

IN THIS ISSUE

Herb-Broiled Beef	2
What Can You Do With?	3
Braised Cabbage	3
National Nutrition Month	4
Upcoming Events	4

FOOD SAFETY TIP

Be sure to prepare your meat products separate from your fresh produce.



We suggest prepping your veggies first and your meat last to prevent any cross-contamination

Peanuts—Friend or Foe?

March is National Peanut Month. The average American eats about 7 pounds of peanuts every year (this includes peanut butter). For many Americans, peanuts can be a tasty, nutritious snack. However, for about 1% of the population, peanuts can trigger an allergic reaction. Peanuts are one of the eight major food allergens that must be listed on food packages sold in the US.



For those of us who can safely eat peanuts, keep on going! Peanuts tend to be cheaper than many nuts and have many of the same health benefits. A 1-ounce serving of peanuts (about 40 pieces) has 7 grams of protein and is a good source of fiber, Vitamin E, and niacin. Peanuts are also a source of monounsaturated fat, which can help lower your LDL (bad) cholesterol. If you're worried about calories from nuts, try to stick to just the serving size.

Saint Patrick's Day & Corned Beef

Saint Patrick's Day is traditionally celebrated on March 17. Many wear green or dye their food and drink green. Corned beef and cabbage is a well-known tradition of St. Patrick's Day celebrations in the US. Beef however, is not traditionally eaten in Ireland, as cows were primarily used for work and dairy. When many Irish immigrated to the US during the famine, they often lived in areas with high Jewish populations. For the first time, beef was accessible to the Irish people and they often bought corned beef from kosher butchers. This is how the modern American tradition of eating corned beef and cabbage for Saint Patrick's Day began.





Recipe Facts

Amount Per Serving (4 ounces each)

Calories 160 Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 73mg 24%

Sodium 127mg 5%

Potassium 490mg 14%

Total Carbohydrates 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 24g 48%

Vitamin A 1%

Vitamin C 4%

Vitamin D 4%

Calcium 2%

Iron 18%

* Percent Daily Values are based on a 2000 calorie diet.



Herb-Broiled Beef

Try this delicious alternative to corned beef for your St. Patrick's Day celebration!

Ingredients:

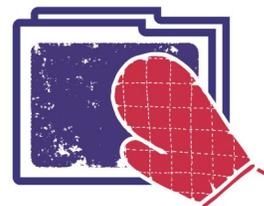
- 1/4 cup of onion, diced
- 2 tablespoons of parsley
- 2 tablespoons of white vinegar
- 3 teaspoons of mustard
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of basil, dried
- 1 pound of beef chuck shoulder steak, boneless, 1-inch thick

Directions:

1. Mix onion, parsley, vinegar, mustard, garlic powder, and basil.
2. Place meat in plastic bag and pour in marinade.
3. Close bag securely, place in a bowl and marinate in refrigerator for six to eight hours or overnight — turning at least once.
4. Pour off marinade and discard. Heat broiler.
5. Place meat on broiling pan and broil for 10-15 minutes — turning once.
6. Cut into thin slices to serve.

Makes 4, 4-ounce servings

**LOOKING FOR RECIPE INSPIRATION?
Check out Click 'N Cook®,
our online recipe database
at GBFB.org/clickncook**



CLICK 'N COOK®

What Can You Do With ... Cabbage?

Shopping: When choosing a head of cabbage, look for one that is firm and heavy. Make sure to check the leaves at the bottom. Leaves should be tightly wrapped and not separating from the stem.

Storing: Store cabbage in the refrigerator to ensure freshness and extend storage life. It is also a good idea to keep the cabbage head moist, so simply wrap it in a damp paper towel before placing it in the fridge. If you are storing it after you have chopped it, consider storing it in an air-tight container or bag.

Preparation: Make sure to wash your cabbage. Because cabbage grows so close to the ground, it can still have some residue from harvesting, perhaps even a pest hiding within the leaves. You can use the whole leaves or chop them up, depending on your cooking plans.

Cooking: Be creative! You can cook cabbage however you like (or eat it raw). Use it in coleslaw, salad, broiled, baked, stuffed, or sautéed — the options are endless. Check out the braised cabbage recipe below if you are looking for something different.

Nutrition: Cabbage, like many other vegetables, is a great source of fiber and is naturally free of fat and cholesterol. It is also a source of calcium, iron, and potassium.

Fun Fact: According to Guinness Book of World Records, the heaviest cabbage was grown in Palmer, Alaska and weighed 62.71 kg (that's 128.25 pounds!).



Braised Cabbage

Ingredients:

- 1 Tablespoon of margarine
- 1 Tablespoon of chicken broth
- 1/2 of medium head of green cabbage — cut into 1/4-inch strips
- 1/4 Teaspoon of crushed thyme
- 1/8 Teaspoon of salt

Directions:

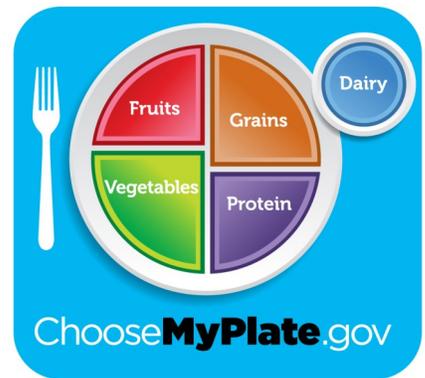
1. Melt margarine in a large skillet over medium heat.
2. Add broth, then cabbage and thyme.
3. Bring to a simmer; cover and continue simmering, stirring occasionally until cabbage is wilted but still bright green — about 7-9 minutes.
4. Season with salt.

Sourced from ClickNCook.org

Serves 6

March is National Nutrition Month®!

National Nutrition Month® is an annual campaign led by the Academy of Nutrition and Dietetics that aims to encourage healthy eating choices and promote nutrition education.



Here are just a few tips highlighted by the Academy this year:

- Eat plenty of different foods from each of the food groups
- Reduce your food waste by planning ahead
- Find fun activities that you enjoy to incorporate more movement into your day

Check out eatright.org to see more tips and to learn more about National Nutrition Month®!



70 South Bay Avenue
Boston, MA 02118
Phone: 617-427-5200
E-mail: nutrition@gbfb.org
www.gbfb.org

**Everyone has a role in ending hunger
in our community. SM**

JOIN US ON



March 2019

National Nutrition Month

Employee Appreciation Day

March 1

Daylight Savings Time Begins

March 10

Saint Patrick's Day

March 17

March Equinox

March 20

Holi

March 21