Fish and Mercury

Fatty fish are a great source of heart healthy omega-3 fats, protein, and Vitamin D but some fish are also high in mercury. Mercury can build up in the body and become toxic to humans. This can make the decision to eat fish difficult. Overall, the health benefits of most fish far outweigh the negatives.

Shrimp, canned light tuna, salmon, pollock, tilapia, and catfish are low-mercury fish. Albacore ("white") canned tuna has more mercury than canned light tuna, so limit your intake of albacore tuna to once a week. Eat up to 12 ounces over a week of a variety of fish and shellfish that are lower in mercury. (12 ounces looks like 4 decks of cards).

Nutrient Spotlight: Fiber

Dietary fiber is the part of plant-based foods that your body cannot digest or absorb but it still important for digestion. The recommended daily amount for women is 25g and for men is 38g of fiber. Good sources of fiber include whole grains, fruits, vegetables, beans, legumes, nuts and seeds.

Why fiber is important:

- High fiber intake can lower cholesterol levels and improve heart health
- Eating plenty of fiber keeps you feeling full longer
- Regular fiber intake helps control blood sugar
- Promotes regular bowels
- Helps healthy gut bacteria

Read the Nutrition Facts label on food to see how much fiber you’re getting. Aim for 5g of fiber per serving or more.
Whole Grains and Greens Salad

In honor of May being National Salad Month, try this hearty and fresh salad loaded with fiber from grains, spinach, and tomatoes.

Ingredients:
1 cup farro or brown rice
1 tsp salt divided
8 tbsp extra virgin olive oil
2 tsp fresh lemon juice
1/3 cup Parmesan cheese
1/2 cup sunflower seeds
2 cups baby spinach or salad greens
1 cup parsley or basil leaves chopped (optional)
1 cup mint leaves chopped (optional)
3/4 cup halved cherry tomatoes
1/3 cup thinly sliced radish

Directions:
1. In a medium saucepan, bring farro, ½ tsp salt, and 2 ½ cups water to a simmer. Simmer, covered, until grains are tender and liquid evaporates, about 30 minutes. If all the liquid evaporates before the farro is done, add a little more water. Let cool.
2. In a salad bowl, whisk together olive oil, lemon juice, parmesan cheese, and remaining ½ tsp of salt.
3. Add farro and sunflower seeds and mix well.
4. Fold in greens, herbs, tomatoes, and radish.
5. Serve at room temperature or chilled.

Source: Community Servings
Retrieved from: ClickNCook.org
Makes 4 servings

LOOKING FOR RECIPE INSPIRATION?
Check out Click ‘N Cook®, our online recipe database at ClickNCook.org
What Can You Do With … Canned Chickpeas?

The chickpeas, also known as a garbanzo beans, are a part of the legume family.

Shopping: Look for low sodium or no salt added chickpeas. You can also find dry chickpeas which cook just like beans.

Storing: Store canned chickpeas in the pantry. Once opened, be sure to refrigerate them.

Preparation: Rinse canned chickpeas thoroughly. This will help reduce the sodium content.

Cooking: Canned chickpeas don’t need to be cooked. You can eat them cold in a salad, blended into hummus, or mixed into the filling of sandwich. You can also roast them with some spices or add them into a casserole.

Nutrition: Like most plant-based proteins, chickpeas are a good source of protein and fiber. They are also a good source of folate and calcium and an excellent source of iron, magnesium, and potassium. They are low in saturated fat and cholesterol.

Fun Fact: Chickpeas can be used a caffeine-free alternative to coffee. The chickpeas are roasted and ground just like coffee beans. You can find ready-to-brew commercial brands in some grocery stores.

Fiesta Hummus

Ingredients:
- 1 15-ounce can garbanzo beans
- 1/2 teaspoon cumin, ground
- 1/4 teaspoon salt
- 1 dash cayenne pepper
- 2 cloves garlic, minced
- 1/2 cup yogurt, fat free, plain
- 1 tablespoon lime juice
- 1 tablespoon sesame oil
- 1 jalapeno pepper, diced (optional)
- 2 tablespoons cilantro, chopped

Directions:
1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.
2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Makes 6 servings
Herb Tips for National Herb Week

National Herb Week is from May 3-9. Many herbs are simple to grow at home but if you don’t have space or time you can get them at grocery stores or farmer’s markets. Storing them correctly will keep them fresh!

Here’s a trick to make your herbs last longer:

- Make sure the leaves are dry
- Cut off a little of the stem
- Fill up a small cup with water, about 1/4 full
- Place the ends of the herbs in the water
- Change the water every few days
- This should keep your herbs thriving for up to 2 weeks

May 2019

National Barbeque Month

National Salad Month

National Herb Week
  May 3-9

International Hummus Day
  May 13

National Cookie Day
  May 15

National Hamburger Day
  May 28