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FOOD SAFETY TIP



Do you have jars of sauce and condiments in your fridge that may be older than you? Try writing the date you opened it on the lid. In the future, you won't have to guess how old it is.



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

Recipe Facts

Amount Per Serving	
Calories 506	Calories from Fat 306
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 6g	30%
Polyunsaturated Fat 5g	
Monounsaturated Fat 22g	
Cholesterol 6mg	2%
Sodium 413mg	17%
Potassium 492mg	14%
Total Carbohydrates 42g	14%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 10g	20%
Vitamin A	18%
Vitamin C	35%
Vitamin D	0%
Calcium	21%
Iron	29%

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

Directions:

1. In a medium saucepan, bring farro, ½ tsp salt, and 2½ 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



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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



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

JOIN US ON



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