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FOOD SAFETY TIP

Food that 'seems' safe can still have bacteria or viruses that make you sick. Foods like cooked rice and diced melon seem like they are safe. Once grains are cooked and produce is cut, bacteria can start growing. Make sure to follow proper refrigeration techniques for all food.

Carbohydrates

Carbohydrates have become unpopular in today's fad diets but they are essential for the body to function.

Carbohydrates or 'carbs' are needed for energy for our muscles and brain to work properly. Carbs also influence our mood and memory.

There are different types of carbohydrates including complex carbs, simple carbs, refined sugars, and naturally occurring sugars. For the average person, it's not necessary to pay attention to complex vs simple carbs but it is a good idea to pay attention to added sugar. Refined sugar is added to food and is linked to some chronic diseases.

Vegetables



Fruits



Whole Grains



Seeds



Nuts



Beans



National Potato Month

Potatoes are a starchy root vegetable that are available all year long and are inexpensive and filling. Some consumers have started to avoid potatoes due to their high carbohydrate content.

Potatoes can fit into a healthy diet. They are an excellent source of many vitamins and minerals including Vitamin C, niacin, Vitamin B12, folate, magnesium, phosphorus, potassium, and manganese. One medium potato contains roughly 1/4 of your daily fiber needs. Keep in mind that while potatoes have beneficial nutrients, they can provide too much carbohydrate and potassium for people with certain medical conditions.

How a potato is prepared impacts how nutritious it is. Boiled or baked potatoes can be a great addition to a meal. Potatoes with added salt and fat like french fries and chips are foods to think about eating for pleasure rather than nutrition.





Fish Braised in Green Curry with Potatoes

Ingredients:

- 1 1/2 pounds cod fillets
- black pepper
- 1 tablespoon olive oil
- 1 14.5-ounce can sliced potatoes, drained and rinsed
- 1 14.5-ounce can low-sodium chicken broth
- 1 teaspoon minced garlic
- 1 cup light coconut milk
- 2/3 tablespoon Thai green curry paste

Directions:

1. Season fish fillets with pepper.
2. Heat oil in a large skillet over medium heat and brown fish on both sides, about 3 minutes per side.
3. Add potatoes, broth and garlic to the skillet.
4. Simmer until the fish flakes with gentle pressure and internal temperature registers 145°F on a food thermometer, about 5 minutes.
5. Transfer fish and potatoes to a warm platter.
6. Over high heat, reduce liquid in the pan by about half.
7. Stir in coconut milk and curry paste. Simmer until slightly thickened, about 5-8 minutes.
8. Pour over fish and potatoes.

Serves: 4, 1.5 cups each

Source: What's Cooking? USDA Mixing Bowl
Retrieved from: ClickNCook.org

Recipe Facts

Amount Per Serving (1 1/2 cups each)

Calories 283

Calories from Fat 81

% Daily Value*

Total Fat 9g	14%
Saturated Fat 4g	20%
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 73mg	24%
Sodium 372mg	16%
Potassium 1033mg	30%
Total Carbohydrates 14g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 34g	68%
Vitamin A	3%
Vitamin C	11%
Vitamin D	3%
Calcium	8%
Iron	10%

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

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our online recipe database
at ClickNCook.org



What Can You Do With Leeks?

Choosing: Look for leeks that aren't larger than 2 inches in diameter. Large leeks can become tough. Choose firm leeks with layers that are well stuck together.

Storing: Uncut leeks will last in the refrigerator for around two weeks. Cut leeks will last for a few days.

Preparing: Leeks push up through the ground and they trap dirt between their layers in the process. To clean leeks, trim off the root end and the dark green tops. The dark green tops are tough and usually aren't eaten. Either cut the leeks lengthwise or into slices and place in a bowl of water. Mix leeks around to remove dirt. Change water and repeat if needed.

Cooking: Leeks can be sautéed, roasted, steamed, or stir-fried. Leeks are common ingredients in soups. Reduce waste and use the tough top greens as part of a vegetable stock.

Uses: Think of leeks like long onions. You can use them similarly.

Nutrition: One leek has 30% of your daily needs of Vitamin A. Vitamin A is essential for good vision, a healthy immune system, and cell growth.



Potato Leek Soup

Ingredients:

- 5 large white potatoes or equivalent, peeled and chopped
- 5 cups low-sodium chicken broth (or vegetable broth or water)
- 1 tbsp butter
- 3 large leeks sliced using whites only
- 1 tbsp fresh thyme
- 1 bay leaf
- 1 tsp celery salt
- 1 cup light cream

Makes 5 servings, 1 cup each

Directions:

1. Peel and cut potatoes, slice leeks.
2. Melt butter over medium heat in pot. Add leeks and let cook for several minutes.
3. Add potatoes, chicken stock, thyme, bay leaf, celery salt and pepper. Bring to a boil and cook until potatoes are soft (about 20 minutes).
4. Once potatoes are soft, remove from heat, remove the bay leaf, and use a blender or food processor to liquify. Careful—the liquid will be very hot.
5. Return the soup to heat, add cream and simmer on low until desired consistency is reached. Season with salt and pepper if needed, to taste.



A Call for Click 'N Cook Recipes

Do you have a simple family recipe or a popular recipe at your pantry? We need your help! GBFB's recipe website, ClickNCook.org, is in search of new recipes.



Here are the recipe criteria:

- Few ingredients—recipes should have 9 or fewer ingredients and the ingredients should be easy to find.
- Simple—recipes should be easy to make and shouldn't require any special kitchen tools. Bonus points for no cook or microwave meals.
- Healthy and tasty—recipes are reviewed by dietitians so help us out by submitting nutritious, yummy recipes.

Please submit recipes to nutrition@gbfb.org. Recipes with photos are preferred but photos aren't required.



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

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September 2019

National Potato Month

National Chicken Month

National Papaya Month

National Mushroom Month

National Peanut Day

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