



## IN THIS ISSUE

Whole Grains and Greens Salad 2

What Can You Do With ....? 3

Spinach Salad with Mandarin Vinaigrette 3

Preparation Tip 4

## FOOD SAFETY



### TIP

While COVID-19 is top of mind, don't forget about food safety!

Store food in an insulated cooler with ice packs away from the sun.

Pack food in small containers so you can take out a portion for eating, while the rest can stay cold.

## Get Outside: National Picnic Month

July is National Picnic Month. Use this as an excuse to have a socially distant gathering with friends or family. You can head to a backyard, rooftop, or park. According to the CDC, gathering outside seems to be safer than indoors.



For added safety:

- Have each family bring a blanket and use that as their hangout area
- Ask people to bring their own food and avoid sharing
- Wear masks when within 6ft of others
- Wash your hands often and bring hand sanitizer with you

No matter what your picnic looks like, you'll need some nutritious snacks to bring with you. These tips will help you stay energized on long summer days.

- **Fruits & Veggies**—Pre-cut some fruits and veggies for easy, healthy snacks. They are naturally a good source of fiber. Try pairing them with hummus, peanut butter, or yogurt dip for additional protein.
- **Whole Grain Crackers or Chips** – Look for “whole grain” as the first ingredient. Try pairing them with low/non-fat cheese, guacamole, or salsa to boost nutrition.
- **Granola bars**— Granola bars are an easy and shelf-stable item to have outside. Look for bars that are high fiber (10% or more Daily Value), high protein (10% or more Daily Value), and lower in added sugar (6g or less).
- **Low/non-fat Cottage Cheese & Yogurt**— These are great sources of protein and calcium. Choose products lower in added sugar and sodium. Add granola or fruit for more flavor. Be sure to keep these items cool.
- **Sandwiches**—Make sandwiches ahead of time and package them individually. Make sure sandwiches are kept cool.
- **Hydration** - Don't forget about beverages! Make sure you have plenty of water for everyone. You can freeze some of the water bottles ahead of time to have them serve double duty— as ice and later as a drink.



## Nutrition Facts

Whole Grains and Greens Salads  
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	3%
Calcium	21%
Iron	29%

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

# Whole Grains and Greens

## Ingredients

- 1 cup farro or brown rice
- 1 tsp Kosher salt divided
- 8 tbsp extra virgin olive oil
- 2 tsp fresh lemon juice
- 1/3 cup Parmesan cheese shaved or shredded
- 1/2 cup sunflower seeds
- 2 cups baby spinach
- 1 cup parsley or basil leaves chopped
- 1 cup mint leaves chopped
- 3/4 cup halved cherry tomatoes
- 1/3 cup thinly sliced radish

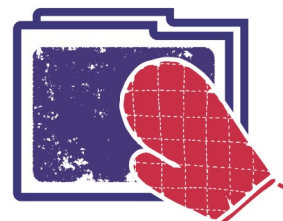
## Directions

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 and remaining ½ tsp of salt.
3. Shave parmesan cheese with a vegetable peeler and add to dressing.
4. Add farro and sunflower seeds and mix well.
5. Fold in greens, herbs, tomatoes, and radish.
6. Serve at room temperature or chilled.

Makes 4 servings

*Recipe adapted from Community Servings*

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



**CLICK 'N COOK®**

# What Can You Do With ... Spinach?

**Choosing:** Choose spinach that is crisp and dark green. Avoid wilted or yellow spinach.

**Storing:** Store in plastic bag (remove air) or in Tupperware container. Line plastic bag or container with paper towels to help absorb extra moisture.

**Preparing:** Remove stems (if present). Wash thoroughly. Spinach should be washed multiple times to remove all dirt and possible contaminants (especially when serving raw). The best way to wash spinach is by soaking the spinach leaves in a bowl of cold water for about 10 minutes (stirring them around occasionally). After soaking, remove spinach leaves by hand, pour out water from bowl, rinse the bowl, and repeat the process. Give the leaves a final rinse and either pat dry or use a salad spinner.

**Cooking:** Spinach can be served raw, sautéed, or added into recipes such as lasagnas, dips, or smoothies.

**Nutrition:** Spinach is high in vitamin A, vitamin K, vitamin C, and folate. It is also a good, low-calorie source of fiber.



## Spinach Salad with Mandarin Vinaigrette

### Ingredients

- 1 3-ounce container mandarin oranges, juice and fruit separated
- 2 tablespoons apple cider vinegar
- 1/4 cup olive oil
- 1 small onion, chopped
- 1 tablespoon spicy brown mustard
- 1 tablespoon yellow mustard
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 8 ounces chicken breast, boneless and skinless
- 5 ounces baby spinach
- 1 carrot, peeled and shredded
- 24 red grapes
- 1 1/2 ounces walnuts, chopped

**Makes 4 servings**



### Directions

1. In a blender, combine juice, oil, vinegar, onion, both mustards, salt, and pepper. Pour into container with tight fitting lid.
2. Preheat the grill to medium-high. Grill the chicken, flipping once, for about 10 minutes total, or until cooked through. Chop into bite-sized pieces.
3. Divide the spinach among 4 bowls. Top each bowl with shredded carrots, grapes, chicken, mandarin oranges, and walnuts.
4. Shake the dressing to ensure it's mixed well and drizzle desired amount on top of salad. Enjoy!



# At Home Spice Mixes

Using spices instead of extra sugar, salt, or fat is one of the common suggestions from Nutritious Bytes. This can be hard to do. Spices can be expensive and its hard to know what you should own. Here are a few spice mixes to help you make the most of some of the basic spices that you may already have.



- **Pumpkin Spice blend:** 4tbsp cinnamon, 2 tbsp nutmeg, 2 tsp ginger, 2 tsp all spice  
Use on oatmeal, sweet potatoes, butternut squash, or apple slices
- **Taco and fajita blend:** 2 tbsp chili powder, 2 tbsp paprika, 2 tbsp cumin, 1 tbsp dried oregano, 1 tbsp garlic powder, 1/2 tsp cayenne  
Use instead of a pre-made packet for chicken fajitas or bean tacos
- **Italian blend:** 1 tbsp basil, 1 tbsp oregano, 1 tbsp thyme, 1 tsp onion powder, 1 tsp garlic powder  
Use in pasta sauces or salad dressings
- **Roasted root vegetable blend:** 2 tbsp rosemary, 2 tbsp oregano, 2 tbsp parsley, 1 tbsp sage, 1 tbsp basil, dash of black pepper and dash of cayenne  
Use on root vegetables you are roasting in the oven

(Note: all measurements are for dried herbs and spices)



70 South Bay Avenue  
Boston, MA 02118  
Phone: 617-427-5200  
E-mail: [nutrition@gbfb.org](mailto:nutrition@gbfb.org)  
[www.gbfb.org](http://www.gbfb.org)

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

**JOIN US ON**



## July 2020

**National Pickle Month**

**National Ice Cream Month**

**Independence Day**

July 4

**National Pick Blueberries Day**

July 10

**National Lasagna Day**

July 29