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FOOD SAFETY

Clean and sanitize all surfaces that may come into contact with food prior to preparing and cooking a meal.

Healthy & Fulfilling Comfort Food during the Winter

The winter season brings about many good things including festive moods, companionship, and delicious comfort foods. Comfort foods are often the centerpieces of holiday meals and traditions. Food is not only nourishment, but also emotion and memory. Take the opportunity this winter season to enjoy your favorite comfort foods and try out some new ways to make your meals more healthful. Here are a few ways you can do so:

- Take your traditional creamy pasta sauce to the next level. Instead of using heavy cream, save your pasta water to use as a base. Add the pasta water, 2 cups of steamed/boiled broccoli, 1 cup of leafy greens, ½ cup of peas, 1 large garlic clove, and a sprinkle of salt to a blender.

Blend until smooth and pour over your favorite pasta.



- Soups and stews are a winter staple for warming our hearts and homes. They also give us an opportunity to add in a lot of vegetables and plant-based protein sources into our everyday lives. Lentils and leafy greens are easy additions to throw into any soup or stew to give the dish extra protein and fiber.
- Try roasting or baking foods you would typically fry like potato wedges, chicken, or falafel. Doing this reduces the amount of saturated fat you're consuming, but still preserves the flavor and more of the nutrients in foods, especially of vegetables.
- Take advantage of the vegetables in season by adding a winter squash, root vegetable, or leafy green to meals that are mainly made up of carb-filled comfort foods. Roasted butternut squash, mashed turnips, or a kale salad are some tasty sides and healthy alternatives to add to any meal.



Vegan Lentil Walnut Loaf

Ingredients

- 1 cup lentils, dried
- 3 cups low-sodium vegetable broth
- 3/4 cup chopped walnuts or chopped pecans (optional)
- 2 tablespoons olive oil
- 1 large onion yellow or white, diced
- 1 stalk celery, diced
- 1 large carrot, shredded
- 2 teaspoons garlic, minced (or 1 large clove)
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 cup breadcrumbs
- 4 tablespoons ketchup

Directions

1. Preheat your oven to 350 degrees.
2. In a saucepan, simmer the lentils in broth for about 25 minutes or until the lentils are tender.
3. Place walnuts (if using) on a cookie sheet in the oven and toast for six to seven minutes. Set aside and allow to cool.
4. In a pan, heat olive oil over medium high heat. Sauté the onion and celery for about six minutes, or until tender, not caramelized (no brown bits). Add the garlic and carrot and cook for another four minutes.
5. Add the oregano, salt and pepper and then take the mixture off the stove and transfer to a large bowl. Add walnuts.
6. Add the breadcrumbs and cooked lentils and stir gently to combine.
7. Press mixture into a greased loaf pan and spread ketchup on top.
8. Bake for 40 minutes, cool for 5 minutes, slice and serve.

Makes 8 servings

Nutrition Facts

Vegan Lentil Walnut Loaf
Amount Per Serving

Calories 263	Calories from Fat 108
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 417mg	17%
Potassium 341mg	10%
Total Carbohydrates 32g	11%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 10g	20%
Vitamin A	9%
Vitamin C	5%
Vitamin D	0%
Calcium	6%
Iron	15%

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

LOOKING FOR RECIPE INSPIRATION?
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our online recipe database
at GBFB.org/clickncook



What Can You Do With ... Brussels Sprouts?

Shopping: Choose Brussels sprouts that are small, firm, and have tightly closed leaves. Brussels sprouts should be bright green in color; any signs of yellowing indicate that they are not as fresh.

Storing: Do not wash or trim Brussels sprouts before refrigerating. Simply wrap in a moist towel or cloth and place in a plastic bag. Brussel sprouts can last 1-2 weeks in the refrigerator.

Preparation: Trim the ends and rinse in cold water.

Cooking: Brussels sprouts can be grilled, steamed, sauteed, or even roasted.

Nutrition: Brussels sprouts are good sources of vitamin C, vitamin K, folate, and fiber.



Brussels Sprouts & Kale Salad

Ingredients

- 1/4 cup lemon juice
- 2 tablespoons mustard (Dijon, if available)
- 1 tablespoon shallot, minced
- 1 clove garlic, finely chopped
- 1/4 teaspoon salt
- 2 bunches kale, stems removed and leaves sliced into strips (about 1 1/2 pounds)
- 12 oz Brussels sprouts, trimmed and finely chopped
- 1/2 cup olive oil
- 1/4 cup low fat parmesan cheese finely grated



Directions

1. Combine lemon juice, mustard, shallot, garlic, salt, and a pinch of pepper in a small bowl.
2. Stir to blend and set aside to let flavors blend together.
3. Mix kale and Brussels sprouts together in a large bowl.
4. Mix olive oil and lemon juice mixture together slowly with a whisk or fork.
5. Add dressing and Parmesan cheese to kale and Brussels sprouts.
6. Toss to coat and serve.

Tips for Picky Eaters

Everyone has food preferences, children and adults alike. However, if we only ate one type of food every day for the rest of our lives, we would miss out on all the benefits that a balanced diet provides us. Although it can be intimidating to try new foods, it's important for us to expand our food preferences, especially when it comes to eating more healthful foods like fruits, vegetables, and whole grains. Here are some tips to help you:



- Try one new food at a time.
 - Don't overwhelm yourself with a bunch of new foods at once. Test out one new food at a meal and make sure to pair the new food with other foods you enjoy to enhance your eating experience.
- Try a new food more than once.
 - It can take quite a few tries before you realize that you actually like the new food, so don't rule it out after the first bite. It might not actually be the food itself, but the way it is prepared that you don't like, so keep an open mind and experiment with different ways to prepare the new food.
- Help plan and prepare meals that include the new food.
 - You may be more willing to try a new food if you help plan and prepare the meal that you are including it in. Take the time to plan out the menu and be creative with how you can make this new food more appealing to your taste buds.

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

National Human Rights Month

**National Popcorn String Day
December 13**

**Winter Solstice
December 21**

**New Year's Eve
December 31**