



The Mediterranean Diet Explained

The Mediterranean Diet has been called one of the healthiest diets in the world and has been suggested to aid in the prevention of chronic diseases such as diabetes, high blood pressure and heart diseases. The Mediterranean Diet is based on the eating habits of people living near the Mediterranean Sea. The people who live in these regions tend to live longer, healthier lives. The Mediterranean Diet is considered a healthier way to live your life than being on a traditional, weight-loss diet. Some of the healthy lifestyle choices include:

- Exercising regularly and staying active
- Enjoying meals with others
- Avoiding or quitting smoking
- Trying to reduce stress
- Participating in your community

The Mediterranean Diet is flexible so people can adapt to this lifestyle easily. The diet focuses on plant-based foods and whole grains with some dairy and seafood and infrequent consumption of meat.

Want to try the Mediterranean Diet? Here is how:

Daily: Fruits, vegetables, nuts, seeds, spices, and whole grains da

Three or more times a week: Fish, seafood and legumes

Enjoy sometimes: Try to have poultry, eggs, yogurt and cheese a few times a week.

Enjoy rarely: Try to have red meat in small amounts and not often.

Avoid: Try to avoid sugar-sweetened beverages by replacing them with water or sugar-free soda water. Try to also avoid choosing highly processed meat and other foods. Save desserts that are high in added sugars for special occasions.

Exercise regularly: Try to go for walks or exercise with a buddy, this will help to keep you motivated.

Eat with others: If you can, try to eat with others and have family meals. Eating with others helps to reduce stress and promotes healthy eating choices. In addition, modeling healthy eating habits with your family can help children develop lifelong healthy eating habits.

Try using these suggestions when planning your meals this week!

Food Safety Tips

When storing fruits and vegetables at room temperature following these tips:

- Wash produce when you are ready to use it and keep in a cool, dry, dark place.
- Check produce often for signs of spoilage.



Apply for SNAP today

If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits.

Contact us to find out if you are eligible, to apply, or for support on your existing case.

CALL:
(617) 598 5022
OR
VISIT:
GBFB.org/SNAP



Mediterranean Orzo and Garbanzo Bean Salad

Ingredients

- 1 cup dried orzo
- 1 can garbanzo beans, rinsed
- ½ lemon, juiced
- ¼ teaspoon salt
- 1 small onion, diced
- 2 cups cucumber, diced
- ½ fresh red bell pepper diced, or 2 roasted peppers from a can/jar
- ½ cup cherry tomatoes or tomato diced
- ⅓ cup chopped mint
- ⅓ cup chopped dill
- 1 Tablespoons vinegar (red, white or cider)
- 2 Tablespoons oil
- ½ teaspoon Dijon mustard
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper
- Optional: ⅓ cup crumbled feta cheese, ⅓ cup olives

Nutrition Facts

Mediterranean Orzo and Garbanzo Bean Salad
Amount Per Serving

	Calories 339	Calories from Fat 90
	% Daily Value*	
Total Fat 10g		15%
Saturated Fat 1g		5%
Trans Fat 0g		
Polyunsaturated Fat 3g		
Monounsaturated Fat 5g		
Cholesterol 0mg		0%
Sodium 385mg		16%
Potassium 408mg		12%
Total Carbohydrates 51g		17%
Dietary Fiber 10g		40%
Sugars 8g		
Protein 12g		24%
Vitamin A		8%
Vitamin C		52%
Vitamin D		0%
Calcium		9%
Iron		16%

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

Directions

1. Prepare orzo according to package directions. Drain and rinse under cold water until orzo is room temperature.
2. In a large bowl add drained chickpeas, lemon juice and salt, onion, cucumber, red peppers, tomato, mint and dill. Add the orzo, vinegar, oil, mustard, oregano and black pepper. Stir together.
3. If adding, add feta cheese and olives. Gently mix.

Note: If red peppers are not available, add any roasted vegetable you have on hand. Can substitute 2 teaspoons dried parsley and 1 teaspoon dried oregano for the mint and dill. Chopped spinach can be added for variety and flavor if herbs/seasonings are not available.

Makes 6 servings

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Asparagus



Asparagus can come in many different sizes. There is no difference in flavor or tenderness from the thinner to the larger stalks.

- **Choosing:** Once asparagus is picked the sugars in the asparagus convert to starch. This change affects the flavors as well as creating a woody texture. Look for stalks that are straight and firm with the tips tightly closed. Avoid asparagus with dried, flaky bottoms.
- **Storing:** Cut ½-inch off the ends of asparagus stalks, then wrap ends with a damp paper towel, place in a plastic bag and store in the refrigerator.
- **Preparing:** Asparagus are easy to prep. You can choose to prepare the asparagus as they are, peel or cut them.
- **Uses:** Asparagus can be cooked in many ways: grilled, roasted, steamed, sauteed and even pickled. Try using asparagus in a stir-fry, salad, soup or own its own.
- **Nutrition:** Asparagus are a nutrient rich vegetable. Asparagus is a good source of folate which is good in times of rapid growth such as pregnancy and adolescence. Asparagus also contains fiber, potassium and antioxidants, all of which promote heart health.
- **Fun Fact:** Once an asparagus begins to sprout the spears can reach their full height within 24hrs! If the asparagus is not cut soon after it will grow into an inedible fern.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

LEMONY ROASTED ASPARAGUS



Ingredients

- 1 bunch asparagus, bottoms trimmed
- 2 tbsp oil
- 1 garlic clove, minced
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 ½ tbsp parmesan cheese, grated
- 1 tbsp lemon juice

Directions

1. Preheat the oven to 425°F.
2. Place asparagus on a baking sheet. Drizzle with oil, tossing to coat. Sprinkle garlic, salt, pepper, and parmesan cheese over asparagus. Toss again.
3. Arrange asparagus in a single layer on a baking sheet. Bake for 10-15 minutes until tender, depending on thickness of asparagus.
4. Remove from oven and sprinkle with lemon juice.



SNAP and Gardening

SNAP benefits can be used to purchase food-producing plants or seeds.

According to SNAPgarden.org guidelines, garden seeds and plants that are eligible include:

- Edible plants and seeds for producing edible plants (e.g., tomatoes and green pepper seeds or plants, and fruit trees)
- Edible food producing roots, bushes, and bulbs (e.g., asparagus crowns and onion bulbs)
- Seeds and plants used to produce spices for use in cooking

Gardening soil, fertilizer, peat moss, and other gardening supplies are NOT eligible items.

If you are new to gardening, consider starting small by growing an herb garden. Many herbs are easy to grow, do not take much space and do well inside in pots on a windowsill. Herbs are also a great way to give your meals a boost of fresh flavor.

Don't worry if you do not have a pot, herbs can grow in almost anything. Try using leftover glass jars, cleaned food cans/tins, baskets or buckets. Start by filling the bottom of the container with pebbles or rocks and then a layer of potting soil up to two-thirds full. Next add seeds or plants to containers (filling with more soil if needed) and give them a good watering. Place near a sunny window that can get at least six hours of sunlight a day.



May 2021

National Hamburger Month

National Mediterranean Diet Month

National Women's Health Week

May 16-22

National Eat What You Want Day

May 11

National Chocolate Chip Day

May 15

National Walnut Day

May 17

National Asparagus Day

May 24