There are many examples of dishes that are familiar across much of the world. For example, what do dumplings, ravioli, empanadas, and pierogies have in common? At first glance, maybe not a lot. At their core however, they are each a dish involving dough stuffed with a meat and/or vegetable mixture.

If you struggle to try foods outside of your comfort zone, try finding similarities that you are comfortable with. You can also start by substituting ingredients that you aren’t familiar with into dishes that you eat often. You could also try the opposite, use some of your favorite foods in new-to-you dishes.

Here are a few ways of using produce often found in US stores in dishes from around the world:

- Eggplant – use eggplant to make baba ganouj, a mixture made of roasted eggplant and tahini. See the next page for a recipe.
- Veggie sticks - Serve raw veggies with hummus or tzatziki, which is a yogurt-based dressing made of cucumbers, garlic, and dill.
- Cabbage – Cabbage leaves can be stuffed with seasoned mixtures of meat, grains, and sauce. One example is Ukrainian holubtsi.
- Tomatoes – Tomatoes can be used to make gazpacho. Gazpacho, which originated in the Iberian peninsula, is a cold soup made of blended vegetables.

National Nutrition Month® is an annual celebration from the Academy of Nutrition and Dietetics (AND). This year, National Nutrition Month® is focused on celebrating a world of flavors by trying foods and recipes from various cultures.

Food is an essential part of culture. Meals can highlight differences in history, manners, family relationships, and holidays. Similar dishes can show how cultures have spread and influenced one another.

Food Safety Tips

Spring is upon us!

Use spring cleaning as a reminder to go through your pantry and fridge. Take all the food out, clean the food packaging and shelves, and put the food back in. Make sure to put food that you need to use first in the front.

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
Baba ghanouj
Makes 8 servings, 2 tbsp each

Ingredients

- 2 medium eggplants, cut in half lengthwise
- 1/4 cup water
- 1/4 cup lemon juice
- 1/4 teaspoon tahini
- 3 teaspoons fresh parsley, chopped (or 1 teaspoon dried)
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup olive oil

Directions

1. Preheat oven to 450°F.
2. Prick eggplant halves with a fork. Place cut edge down on a baking sheet and add water.
3. Bake eggplant until tender or collapsed, about 40 minutes.
4. Allow to cool for 10 minutes.
5. Scoop out the flesh and mash until smooth.
6. Add lemon juice, tahini, parsley, garlic, salt, and pepper.
7. Slowly add oil while mixing until smooth.
8. Chill for 2 hours before serving.

Nutrition Facts

Babaganouj
Amount Per Serving (2 tablespoons each)

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<th>Calories</th>
<th>Calories from Fat</th>
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<tr>
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<td>Iron</td>
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* Percent Daily Values are based on a 2000 calorie diet.

LOOKING FOR RECIPE INSPIRATION?
Check out Click ‘N Cook®, our online recipe database at clickncook.org
What can you do with:  
Broccoli

- Choosing: Fresh or frozen are both great options. If choosing frozen, look for broccoli with no salt or sauces added. For fresh, choose broccoli that is odorless, firm, and has tight blue-green florets.
- Storing: Broccoli keeps well in a loose plastic bag in the refrigerator for 4-5 days.
- Preparing: Broccoli can be eaten raw or cooked. Common cooking methods include microwaving, steaming, or sautéing. Broccoli is also great roasted. Cut broccoli into pieces, spread on a sheet pan, drizzle with oil and roast at 425F until desired crispiness. Skip boiling as it can reduce the nutrient content.
- Uses: Broccoli is great on its own, in a stir-fry, or as a topping on baked potatoes.
- Nutrition: Broccoli is an excellent source of Vitamin C and K.

Sweet and Spicy Broccoli and Carrots

Ingredients

- 4 cups broccoli florets
- 1/2 pkg shredded carrots (10 oz package)
- 1/4 cup sweet Thai chili sauce
- 1 tbsp soy sauce

Directions

1. Heat a large pot of water to a boil on high. Season with salt. Add the broccoli and cook 4 min.
2. Add the carrots to the same pot and cook 2 minutes, until broccoli and carrots are tender. Drain well.
3. Toss with the chili sauce and soy sauce.
Food Allergies affect millions of Americans. Food allergies occur when the body’s immune system reacts to certain proteins in food. Allergic reactions vary in severity from mild symptoms, like hives and lip swelling, to severe, life-threatening symptoms.

Eight major food allergens – milk, egg, peanut, tree nuts, wheat, soy, fish and crustacean shellfish – are responsible for most of the serious food allergy reactions in the United States. Sesame is being added as a major allergen in 2023.

People with food allergies should read labels and avoid the foods they are allergic to. Food labels are required by law to identify the food source of all major food allergens used to make the food.

People cooking and serving food should be aware of the common allergens in their dishes and should always take food allergies seriously.