



## Sunshine Vitamin in the Winter

Vitamin D is a unique fat-soluble vitamin that we obtain from sunlight. It is best known for its role in keeping our bones strong. Vitamin D promotes calcium absorption during digestion to encourage bone growth. Together with calcium, vitamin D decreases the risk of osteoporosis. Vitamin D has other roles in our bodies such as cell growth, reducing inflammation, and normalizing phosphorus levels in the blood.

Because this vitamin can be obtained from sunlight, our vitamin D levels are impacted during winter in the Northeast. The shorter hours of sunlight and cold weather makes it challenging for us to stand outside in the sun in short-sleeved shirts. Luckily, we can also obtain vitamin D from food sources. It can be naturally found in fatty fish (such as trout, salmon, and tuna), egg yolks, and raw white mushrooms.

Other foods are fortified with vitamin D like dairy and plant-based milks, orange juice, yogurt, and ready-to-eat cereals. As mentioned, vitamin D is a fat-soluble vitamin. This means our bodies absorb it best when it is paired with a high-fat food. Aiming for a balanced meal, that includes a high-fat food, can ensure that vitamin D will be readily absorbed.

If you are concerned about how to maintain your vitamin D status during winter, contact your dietitian to learn more about incorporating vitamin D-rich foods in your diet.

### Food Safety Tips

Handwashing can reduce the risk of foodborne illness along with other illnesses. Proper handwashing is as follows: wet hands with warm water, lather with soap and scrub for at least 20 seconds, rinse your hands, and dry using a clean towel. Singing the "Happy Birthday" song twice can be a useful 20-second timer!



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, want to apply, or want support on your existing case.

CALL: (617) 598 5022  
OR  
VISIT: [GBFB.org/SNAP](https://www.gbfb.org/SNAP)



## Alaska Salmon Bake

### Ingredients

- 1 tablespoon mustard
- 2 tablespoons olive oil
- 4 teaspoons honey
- 1/4 cup breadcrumbs
- 1/4 cup walnuts, chopped
- 2 teaspoons parsley
- 4 4-ounce salmon steaks, thawed
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 tablespoons lime juice

### Directions

1. Preheat oven to 450°F.
2. In a small bowl, mix together mustard, olive oil and honey. Set aside.
3. In another bowl combine breadcrumbs, walnuts and parsley.
4. Season salmon steaks with salt and pepper. Place them on a lightly greased sheet or broiling pan.
5. Brush each steak with mustard mixture.
6. Pat breadcrumb mixture onto the top of each steak.
7. Bake for 10 minutes or until salmon reaches an internal temperature of 145°F for 15 seconds.

Makes 4 servings

### Nutrition Facts

Alaska Salmon Bake  
Amount Per Serving (1 steak each)

	Calories 397	Calories from Fat 234
		% Daily Value*
Total Fat	26g	40%
Saturated Fat	4g	20%
Trans Fat	0g	
Polyunsaturated Fat	10g	
Monounsaturated Fat	10g	
Cholesterol	71mg	24%
Sodium	294mg	12%
Potassium	514mg	15%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	4%
Sugars	7g	
Protein	27g	54%
Vitamin A		7%
Vitamin C		16%
Vitamin D		1%
Calcium		3%
Iron		6%

\* 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](http://clickncook.org)



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## What can you do with: Beans



**Choosing:** Think of whether canned beans or dry beans will be better suited for your lifestyle. Recipes may call for specific beans due to textures, flavor, or even color.

**Storing:** Unopened dry and canned beans should be stored at room temperature. Cooked beans and unused canned beans should be stored in a new container in the fridge for 3 to 4 days.

**Preparing:** Dry beans must be washed and soaked before cooking. The easiest soaking method is to place the beans in a large pot, add enough water to cover the beans, and soak overnight or at least for 8 hours. Once soaked, drain the beans and rinse with cold water. For other methods, refer to Click N Cook website. Canned beans are ready for immediate use.

**Cooking:** Beans are versatile and can be added to soups, stews, dips, salsa, salads, and more. Be mindful of how much beans expand when cooked.

**Nutrition:** Beans are considered a great plant-based protein source. They contain similar amounts of protein as meats. They also contain fiber, which keeps you fuller for longer, lowers blood sugar levels, and promotes digestion.

**Fun fact:** Bean soup has been on the U.S. Senate menu every day for over 100 years!

**A CLICK N' COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](http://CLICKNCOOK.ORG)

### "Cha Cha" Chili



#### Ingredients

- 1 tablespoon canola oil
- 1 medium bell pepper, diced
- 1 small onion, chopped
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 15-ounce can low sodium kidney beans, drained and rinsed
- 1 15-ounce can corn, drained
- 1 28-ounce can low sodium crushed tomatoes or diced tomatoes
- 2 cups water or low sodium broth

#### Directions

1. Heat oil in a large saucepan over medium, then add bell pepper and onions. Cook until soft.
2. Add cumin and chili powder. Cook about one minute.
3. Add beans, corn, crushed tomatoes, and water. Reduce heat to low.
4. Cover and simmer about 10 minutes.



## Leftover Prep Ideas

While the holiday season is wrapping up, leftovers can extend that holiday cheer. Try these options to form a new meal:

Leftover meats, vegetables, and sauces → Sandwich

Leftover bread or rolls → Bread pudding

Meat bones → Homemade meat stock

Leftover turkey meat → Turkey chili

Leftover mashed potatoes → Breakfast fritters

Leftover meats, stuffing, and vegetables → Casserole

Leftover cranberry sauce → Overnight oats or muffins

Leftover eggnog → Holiday coffee latte

Enter your leftover ingredients into the Click N Cook search bar for more recipe ideas!

Remember to practice proper storage safety to reduce the risk of foodborne illness.

- If perishable foods were left out for more than 2 hours, discard those items.
- Ask yourself if you will eat the leftovers within the next four days.
- Cover your leftovers with a heavy-duty lid, aluminum foil, freezer paper, or plastic bags.



**December 2022**

**National Pear Month**

**National Cookie Day**

December 4

**National Cocoa Day**

December 12

**National Oatmeal Muffin Day**

December 19

**National Baking Soda Day**

December 30