

January 3, 2018

Healthy Eating New Year Resolutions

A new year is a clean slate but "I'm going to eat healthier this year" is a well intentioned, but too hard to define goal that is easier said than done. So if the big idea is healthier eating, you'll have better success if you break it down into bite-sized mini-goals so you'll have no problem getting them to stick.

Reduce your sugar intake.

Cutting back on sugar is a gradual process and doesn't happen overnight, but once you start to cut back on it, you'll realize you don't need as much of it as you once thought. And it doesn't have to be complicated. One easy thing to do is use Truvia sweetener, because it has 50 percent fewer calories than sugar.

Add veggies to breakfast time.

Aim to fill half of every mealtime plate or bowl with non-starchy veggies. For most people, that's easier to do for lunch and dinner than for breakfast. So, this year include veggies in one way or another at every breakfast.



Practice mindful eating.

Take more time to taste and appreciate everything you eat. Evidence suggests that eating slowly may assist with portion control and weight management which are important factors for long term health.

Eat two pieces of fruit a day.

In the winter months, with oranges, clementines, pears, and apples galore, it shouldn't be so hard. Then, as warmer months arrive, you'll already be in the habit.

Plan meals in advance.

A weekly meal plan can help you eat better, save money, and save time during the week. This type of resolution is positive, has no restrictions, and doesn't involve dieting.

Adapted from self.com

The Best Roasted Potatoes Ever

Ingredients

- 1/4 tsp. baking soda
 - 2 pounds potatoes, peeled & quartered
 - 2 Tbsp olive oil
 - 2 medium cloves garlic, minced
 - Freshly ground black pepper
 - Small handful fresh parsley leaves, minced (optional)
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- A black oval dish filled with golden-brown, quartered potatoes, garnished with fresh herbs like rosemary and parsley.



Instructions

- Heat 2 quarts water in a large pot over high heat until boiling. Add 1 tablespoon kosher salt, baking soda, and potatoes and stir. Return to a boil, reduce to a simmer, and cook about 10 minutes after returning to a boil.
- Combine olive oil, garlic, and a few grinds of black pepper in a small saucepan and heat over medium heat. Cook, stirring constantly until garlic just begins to turn golden, about 3 minutes.
- When potatoes are cooked, drain then transfer to bowl with cooked garlic and season to taste with a little more salt and pepper. Toss to coat, shaking bowl roughly.
- Transfer potatoes to a large rimmed baking sheet and spread out evenly. Bake in 450 degree oven for 20 minutes. Shake pan and turn potatoes and continue roasting until potatoes are deep brown and crisp all over, turning and shaking them a few times during cooking, 30 to 40 minutes longer. Remove and top with parsley.

Adapted from seriouseats.com

Mark your calendars for the next Fresh Food Box pick-up! *(Orders due by 3PM Fri. before Wed. pick-up.)*

JANUARY 2018						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2018						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
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25	26	27	28			

Here's a Super Easy Way to Peel Butternut Squash!

This easy step will save you time and effort! The microwave softens and loosens the skin, making it fall off more easily. It also cooks it slightly, which means you don't have to roast it quite so long. Here's what to do:

Step 1

Poke holes in the squash with a fork.

Step 2

Slice off the top and bottom.

Step 3

Put the squash in the microwave for three and a half minutes. (You could go a little longer if you want.)

Step 4

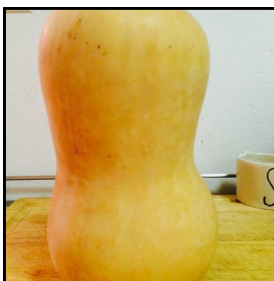
Let the squash cool slightly and then peel the skin using a vegetable peeler or knife. You'll be amazed at how easily the skin comes off.

Step 5

Cut the squash in half and scoop out the pulp and seeds.

Step 6

Cut the squash into cubes or slices and it's ready to use in any recipe you like.



Roasted Butternut Squash & Apple Soup



Ingredients

- 1 butternut squash, peeled, seeded, and cubed
- 1 Tbsp. honey for roasting the squash
- 2 small/medium onion, coarsely chopped
- 2 large apples or 3 small apples, coarsely chopped
- 3 cloves garlic, coarsely chopped
- 2 quarts low-sodium chicken broth
- 1/4 tsp cayenne pepper (optional)
- Butter
- Salt and pepper to taste

Instructions

Scatter the cubed squash on a baking sheet and toss with 2 Tbsp. melted butter, salt, pepper, and the honey. Roast at

425 degrees for 35 minutes. While the squash is roasting, sauté the onion and apples in 1/4 cup butter with a pinch of salt. Cook on medium heat for about 15 minutes to bring out their juices and sweeten. Add the garlic and cook for a minute then add the broth, seasoning, and roasted squash and bring to a boil. Reduce to a simmer for 5 minutes. Puree in a food processor or blender and serve!

Adapted from raisinggenerationnourished.com

Magic Broccoli

Ingredients

- 1.5 pounds of broccoli
- 2 garlic cloves, finely sliced or finely chopped
- 4 Tbsp. olive oil, separated
- 1/2 tsp. salt
- Black pepper
- Zest of half a lemon
- 1 1/2 Tbsp. lemon juice
- 2 Tbsp. freshly grated parmesan cheese

Instructions

Preheat oven to 350F.

Chop broccoli and place on baking tray. Drizzle with 2 Tbsp. olive oil, scatter with

garlic, salt and pepper. Use your fingers to toss, then spread out over tray in a single layer. Bake for 20 to 25 minutes until the tips of the broccoli are slightly browned. The broccoli should be "tender crisp", meaning just cooked through, not overcooked and floppy. Remove from the oven and immediately drizzle over the lemon juice and remaining 2 Tbsp. olive oil. Toss to combine. Scatter over lemon zest and parmesan cheese. Serve immediately.

Adapted from recipetineats.com



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Looking for a 2018 Goal? Become a food storage pro!

What's the best way to store apples? How long will broccoli keep in the refrigerator? Do potatoes really like the dark?

Get started with these questions and other food tips to become more confident and educated in the kitchen. Check out this great food storage guide!

www.savethefood.com/food-storage