



# THE SCOOP ON NUTRITION



**From Basil** Chef of Nutrition

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## Shopping Healthy on a Budget

When parents approach us with words of thanks, it is often followed with regrets that healthy food is expensive and time intensive to buy and prepare. The truth is, you can save money and still enjoy healthy, delicious food! Smart choices save money; limit purchases of soda, cookies, prepackaged meals and fast food and you'll be off to a great start!

**Shop wisely:** Grocery stores aren't the only place to buy food. Discount stores, ethnic and farmers' markets may surprise you with savings and selection. Store brands offer savings as well.

**Alternative protein options:** Purchasing less expensive cuts of meat and practicing portion control add up valuable savings. Stretch meals even further by adding leftover meats to casseroles, soups, and stir-fries. There is also plenty of protein in less expensive meatless items. Beans, nuts, yogurt, and soft cheeses are all highly nutritious protein options.

**Buy in bulk:** Freeze perishable items such as meat and bread and store your grains in airtight containers. Shop for produce that is in season, big bags are more nutritional and flavorful.

**Cooking smart:** Prepare double recipes and freeze half for another day. Leftovers can be used for another meal. Think burritos for some leftover meats, beans and veggies, soups, stir-fries, and salads!

**Dessert can be affordable, healthy, and delicious:** 100% fruit juice popsicles, yogurt with honey, and fruit smoothies can satisfy a sweet tooth. For chocolate cravings, stick to small doses of dark chocolate (70% or higher is best), which is high in anti-oxidants.

For more information visit  
[www.thenutritiongroup.biz](http://www.thenutritiongroup.biz)

## Chef Basil's Wellness Wednesday

This month's taste testing in your child's cafeteria features **Vegetable Quinoa** (pronounced "keen-whah"). Quinoa has more protein than any other grain or seed, is easy to digest and is gluten free! When cooked, quinoa has a crunchy, nutty flavor. It is a great alternative to rice or pasta, and works great in salads, veggie burgers and soups. Look for different colors and forms of quinoa in stores, there is a large variety and they all taste great!

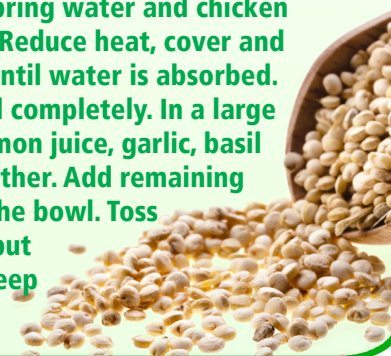


## RECIPE

### Vegetable Quinoa

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 2 1/2 oz. quinoa                 | 1/2 tsp basil, dried                  |
| 2/3 cup water                    | 1 pinch ground black pepper           |
| 1/2 tsp chicken base             | 1/2 cup frozen corn, thawed           |
| 1 1/2 Tbsp salad oil             | 1/3 cup red pepper, small dice        |
| 1 1/2 Tbsp lemon juice           | 1/2 cup frozen carrot dice, thawed    |
| 1/2 tsp garlic, chopped in water | 1/2 cup fresh broccoli, small florets |
|                                  | 2 1/2 Tbsp red onion, minced          |

**Directions:** In a sauce pan, bring water and chicken base to a boil. Add quinoa. Reduce heat, cover and simmer for 12-15 minutes until water is absorbed. Remove from heat and cool completely. In a large bowl, combine salad oil, lemon juice, garlic, basil and pepper and whisk together. Add remaining vegetables and quinoa to the bowl. Toss well to ensure a thorough but gentle mixing. Cover and keep refrigerated until served.





# Chef Basil's Wellness Wednesday

## Word Search

Help Chef Basil find these foods that are vegetables.

### Word List

BEAN, BROCCOLI, CABBAGE, CARROT, CELERY,  
CORN, CUCUMBER, LETTUCE, MUSHROOM,  
ONION, PARSLEY, PEAS, PEPPERS, POTATO,  
RADISH, SPINACH, TOMATO, ZUCCHINI

B W A O J J Q W L L  
H R P C A B B A G E  
X S O U O T A M O T  
Z U C C H I N I O T  
C W G U C A K M Y U  
O E E M E O U E O C  
T C L B P S L N R E  
A V O E H S I I A Y  
T C A R R O T S D Q  
O S O A N Y T R I J  
P O P E P P E R S I  
M S P I N A C H H Z

Words may be vertical, horizontal, diagonal or backwards and upside down.

# QUINOA FUN FACTS

The United Nations named 2013 The International Year of Quinoa, citing how its endurance and durability as a crop contributes to world food security.

Quinoa isn't a grain, it's a seed and is related to beets and spinach.

Quinoa is an ancient food. Humans have been consuming it for over 4000 years!

Twenty years ago, NASA researchers declared quinoa the perfect inflight snack for astronauts on long-term missions.

80% of the world's quinoa is grown in Peru and Bolivia.

There are over 120 different identified varieties of quinoa, but the most commonly cultivated and exported are white, red and black.

