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## The Dietitian's Desk



Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

If you have any questions or comments, feel free to contact me at:

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THE NEXT GENERATION IN HIGH SCHOOL DINING AT SODEXO



## Delivering on Student Well-Being

## Plant Forward Nutrition

Plant forward nutrition is a hot topic lately. Plant forward means focusing on more plant based foods including fruits, vegetables, nuts and seeds, beans, legumes, and whole grains. It doesn't necessarily mean that you have to fully give up animal protein sources, just consider having a larger fraction of plant based food in your daily meal plan. Research has shown the many benefits of a plant forward diet including decreased risk of heart attack, stroke, high cholesterol, high blood pressure, Type 2 diabetes, obesity, and many types of cancer. Even small steps towards a more plant based diet can be beneficial to your health. Consider swapping one meal that is meat based for a plant based meal. Start with meals that have ingredients you're familiar with, and then slowly start to experiment with new plant based ingredients in your recipes. Over time being plant forward will be like second nature.

One concern people have with following a plant forward diet is that they will not be able to get enough protein. This is simply not true. There are so many protein-rich plant based options including beans and legumes, lentils, tofu, tempeh, quinoa, nuts and nut butters, and edamame. Additionally did you know that many vegetables provide some protein? That's right green peas, spinach, asparagus, broccoli, brussel sprouts, corn, mushrooms and artichokes are just some of the vegetables that contain protein. So when you make half your plate vegetables at a meal, you're not only getting an array of vitamins and minerals but also some protein!

### Brownie Batter Hummus

#### Ingredients:

- 1 (15 oz.) can chickpeas, rinsed and drained
- 2 TBSP creamy peanut butter
- 1 tsp vanilla extract
- ¼ cup agave nectar
- ¼ cup cocoa powder
- ¼ cup mini chocolate chips
- ¼ cup almond milk

#### Directions:

- Puree all ingredients except almond milk in a food processor for 2 minutes.
- Add in almond milk and process until smooth.
- Serve w/ Strawberries and graham cracker pieces.



## Sodexo Health & School Programs

Take a look at these cool Sodexo programs and find out more by scanning their corresponding QR codes

