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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:

Meredith.Hesselein@sodexo.com



National Nutrition Month 2021: Personalize Your Plate Michelle Martucci, RDN, LDN

Every March we celebrate National Nutrition Month. This year's theme is Personalize Your Plate. Every person's nutrition needs are different, so what works well for one person will not necessarily work for all. However, there are some basic guidelines that anyone can use to start personalizing their meal plan to fit their needs.

- **Eat a variety of nutritious foods daily**
 - Choose foods from all the food groups
- **Stay hydrated**
 - Kids ages 4 -18 need about 7 to 14 cups, or 56 to 112 ounces, of water a day depending on age, gender, and activity level
 - Adults should drink ½ their body weight in ounces
- **Plan healthy meals ahead of time**
 - Planning prevents grabbing unhealthy meals last minute or on the go
 - Experiment with new, healthy recipes
 - Consider a simple plant-based meal
 - Keep healthy ingredients stocked in your home to easily make nutritious meals and snacks
- **Consult a Registered Dietitian Nutritionist (RDN)**
 - If you need more nutrition help, a RDN is the certified nutrition expert!

Roasted Veggie Bowl

Makes 4 servings

Ingredients:

- 1 can Chickpeas
- 1 Medium Sweet Potato - peeled and cubed
- ½ Large Red Onion - sliced
- 1 lb Brussel Sprouts - halved
- ¾ Tsp Garlic Powder
- ¾ Tsp Smoked Paprika
- ¾ Tsp Onion Powder
- 2 TBSP Dijon Mustard
- 2 TBSP Honey
- 2 TBSP Red Wine Vinegar
- ¼ Cup Olive Oil + 1 TBSP
- 2 Cups Brown Rice - Cooked

Directions:

1. Preheat oven to 450°
2. On a baking sheet arrange brussel sprouts, sweet potato, onion, and chickpea
3. Drizzle with 1 TBSP Olive oil, garlic powder, smoked paprika, and onion powder and toss to coat
4. Put in oven and roast for 20 minutes (or until vegetables are fork tender)
5. Whisk together mustard, honey, vinegar, and ¼ Cup oil
6. Place ½ cup cooked rice in bowl, and top with ¼ of the vegetable/chickpea mixture
7. Top with 2 TBSP Dressing Mixture