

FOOD BYTES

March
2024

Hi there!

National Nutrition Month: Beyond the Table

This year's theme for National Nutrition Month is **Beyond the Table**, inspiring us to look beyond the table when thinking about our health and the environment. School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared.

Our food choices also impact not just our bodies but the health of our planet. When making food choices, do you ever stop to think about the work that goes into producing your food, such as how it's grown or raised? There are many ways you can learn about how your food is produced—visit a local farm or farmers market and talk to your farmers, grow your own fruits and vegetables in a backyard or window box garden, or participate in a "farm share" from a local farm to support your local community!



March 4th – 8th
National
School
Breakfast
Week

Did you know that students who eat breakfast tend to do better on tests? They also are more alert, can concentrate better, and have a better memory. Your child has access to a healthy, balanced breakfast each morning through the School Breakfast Program—contact your Food Services Manager for further information!

KITCHEN TIP

Concerned about how clean your produce is? Skip the soap, vinegar, or lemon juice—studies have shown rinsing or agitating lightly in cool water is a proven way to remove germs and unwanted residues from the surface of fruits and vegetables.



Recipe Cauliflower Tikka Masala with Chickpeas

Makes 4 Servings

Ingredients:

- 1 tablespoon coconut or canola oil
- 4 cups cauliflower florets
- ¼ teaspoon salt
- ¼ cup water
- 1 (15 ounce) can chickpeas, rinsed
- 1 1/2 cups tikka masala sauce (see Tip)
- 2 tablespoons butter
- Fresh cilantro for garnish

Instructions:

- Heat oil in a large skillet over medium-high heat.
- Add cauliflower and salt; cook, stirring occasionally, until lightly browned, about 2 minutes.
- Add water; cover and cook until the cauliflower is tender, 3 to 5 minutes.
- Add chickpeas and sauce; cook, stirring occasionally, until hot, 1 to 2 minutes.
- Remove from heat and stir in butter.
- Serve topped with cilantro, if desired.