

# November 2021

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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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## Fall Fitness Ideas

If you prefer outdoor workouts, fall and winter months may make it more challenging due to less hours of daylight and colder weather. It's important to remain active year-round. You could workout at home with a video, workout at a gym, or walk inside a local mall. But you don't have to travel or have fancy equipment to work out—just a deck of cards!

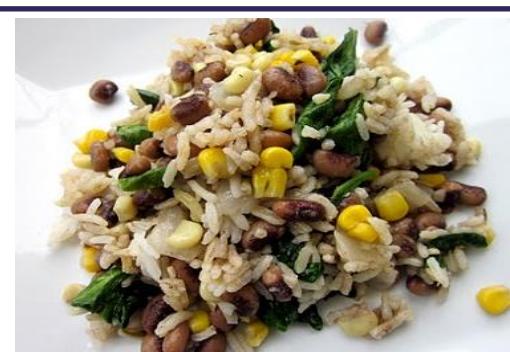
- Assign 1 cardio and 1 strength training move to each suit type (for example jumping jacks for cardio and sit ups for strength training for the entire Heart suit). You may want to write down your plan, so you remember each move.
- Drawing a #2-5 means you do 5 repetitions of the move, #6-10 means you do 10 repetitions of the move. If you get a Jack, Queen, or King, you'll need to do 15 repetitions. Ace cards give you 20 repetitions. You can alter the amounts to fit your fitness level.
- Shuffle the cards and get moving. The move you will do will depend on the suit you pick, and the number of repetitions depends on the number/face card value you pick.
- Start with a cardio move (so for example if you draw 4 of hearts that is 5 jumping jacks). Then when you pick the next card do the strength training option. Keep alternating back and forth between cardio and strength training.
- You can go thru the whole deck or even just do it for a certain amount of time—whatever you do is better than nothing.

## Southern "Fried" Rice

Makes 4 Servings

### Ingredients:

- 1/2 onion, chopped
- 1 TBSP olive oil
- 1 can black-eyed peas
- 1 cup frozen corn
- 1/2 TSP thyme
- 1 TSP minced garlic
- 1/4 TSP cayenne pepper
- 2 cups fresh spinach
- 1 cup cooked brown rice



### Directions:

- In a large nonstick skillet, sauté onion in olive oil until tender.
- Add black-eyed peas, corn, thyme, garlic, and cayenne.
- Cook and stir over medium heat for 1 minute.
- Add spinach and rice and stir until spinach is wilted.

<https://tastykitchen.com/recipes/sidedishes/southern-fried-rice/>