News In Your School
Piscataway Township Schools

June 2016 | Sodexo Food Service

In This Issue

- All About Vegetables
- Staying Hydrated During the Summer

National Food Days in June

Egg Day-June 3rd
Cheese Day-June 4th
Chocolate Ice Cream Day-June 7th
Herbs&Spices Day-June 10th
Eat Your Veggies Day-June 17th
Picnic day-June 18th

Recipe

- ✓ Foil-Baked Veggies

References:
Choosemyplate.gov
http://food.unl.edu
http://usda.gov

Questions? Comments?
Please contact:
Marissa Thorsen,RD
Registered Dietitian
Sodexo School Service
Marissa.thorsen@sodexo.com

All About Vegetables

June is National Fresh Fruit and Vegetables Month. Fruits and vegetables are a great way to get the most nutrition out of your calories. They are packed with vitamins, minerals, fiber, and other nutrients. Whether fresh, frozen, canned, dried or 100 percent juice, fruits and vegetables are quick, delicious and convenient, and will keep you healthy all year round.

Examples of items with approximately 100 calories or less are:

- Medium-size apple (72 calories)
- Medium-size banana (105 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsp. hummus (46 calories)

Staying Hydrated During the Hot Summer Months

When thinking of proper hydration this summer, water is your best option, however…..

Q: Can fruit and vegetables count toward you daily fluid intake?

A: **YES!** A whole piece of fruit can supply nutrients such as vitamin C and fiber, as well as assist with hydration, because the majority of a piece of whole fruit is water. In fact, a piece of fruit is usually made up of 80% water or more! For example:

Apple = 84% water
Strawberries = 90% water
Cantaloupe = 89% water
Peach = 89% water
Cucumber = 96% water
Iceberg/Spinach lettuce = 92-96%

Let's Get Cooking

Foil-Baked Veggies

Filled with fresh vegetables, these are so easy to fix! Prepare them on the grill or in the oven.

INGREDIENTS:

- YOU PICK! Tip: Choose veggies of multiple colors and textures.
- Olive oil
- Spices of your choice-fresh herbs provide more flavor-try a few sprigs of fresh rosemary and/or thyme.
- Salt and Pepper

Directions:

1. Toss together veggies of choice with a little olive oil, salt, and pepper. Add a few springs of fresh herbs, such as rosemary and thyme, if desired.

2. Transfer veggies to individual pieces of heavy-duty aluminum foil, large enough to fold the ends and sides together tightly to seal.

3. Grill over medium high heat about 15—20 minutes; or grill about 8—10 minutes on high heat. Turn once.

4. OR -place packets on a cookie sheet and bake in a preheated 400°F oven. Bake for about 20—30 minutes. Place packet just above the middle of the oven on a cookie sheet. Turn once.