



Cabarrus Health Alliance

# What's In your Kitchen?

Brought to you by the CHA Wellness Kitchen



## Eggplant

Also known as the garden egg or guinea squash.

### Eggplant Lasagna Servings: 10 Total Time: 50 mins.

#### Ingredients

- 2 eggplants, sliced about ¼" thick
- 4 tablespoons olive oil
- sea salt
- fresh ground black pepper
- 1 recipe Simple Marinara Sauce
- 3 pounds ground beef or turkey, cooked and drained (optional)
- 1 15-ounce package whole Ricotta cheese
- 3 large eggs
- 1 cup grated Parmesan cheese
- 1½ cups grated Mozzarella cheese
- Add other veggies as desired

#### Directions:

1. Preheat oven to 350° F.
2. Slice eggplant into thin strips and place on a baking sheet.
3. Brush with olive oil and sprinkle with salt and pepper.
4. Roast in the oven until tender, about 10 minutes.
5. Prepare marinara sauce, including meat if preferred.
6. Mix together Ricotta cheese, eggs, and Parmesan cheese in a separate bowl.
7. Prepare a large baking dish with non-stick cooking spray and begin layering lasagna as follows: (add other veggies where desired) eggplant first, sauce, cheese mixture, eggplant, sauce, and cheese.



## Did You Know?

### What is the eggplant?

Originally native to India, the common purple eggplant has spread its seeds throughout the modern world.

Eggplant is a member of the nightshade family as are tomatoes. As such, eggplant is technically a fruit. There are a number of varieties of eggplant, the dark purple tear-shaped being the most common.

### How to select and use:

Eggplant has a very short shelf-life, so it is best to buy the day that you are going to use them. Look for an eggplant with a smooth unblemished skin. They are ripe when you press on them lightly and they give slightly but spring back into shape.

Eggplant is so versatile that it can be cooked in many different ways--omelets, parmigiana, steamed and the list goes on.

### Nutritional Benefits:

#### Low in calories

If you're looking for a filling food with no impact on your waistline eggplant is definitely worth a try. Eggplant is low in calories, with just 35 per cup.

#### A Fiber Source

Eggplant contains no fat and its high fiber content can help you feel full. It contains about 9% of your daily allowance.

#### Manganese Please

The mineral that is most abundant in eggplant is manganese. This mineral is best known for its function in fat and carbohydrate metabolism. It is also important in proper brain function.

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## Bok Choy

Also known as Chinese Cabbage

### Stir Fry Bok Choy Servings: 4 Total Time: 20 mins.

#### Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, crushed and chopped
- 8 heads baby bok choy, trimmed and cut into bite-sized pieces.
- Salt to taste



#### Directions:

1. Heat the oil in a large skillet or wok over medium heat.
2. Cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
3. Mix the bok choy. Cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5-8 minutes.
4. Sprinkle with salt to serve

### You Can Grow Bok Choy Too!

Plant bok choy in the full sun, though they can tolerate partial shade. Partial shade may be best for summer crops or in areas with a particularly hot spring or fall season. This can help prevent bolting. In general, plant bok choy in a space where it will receive 6-12 hours of direct sunlight per day.

Bok choy does best in the cool of late spring and early fall, in temperatures of 50° F – 70° F. Warm weather can cause the plant to prematurely bolt, but luckily little time is needed from planting to harvest (30-50 days). For best results, sow seeds or set out transplants after the last frost day for your area

## Did You Know?

### What is the bok choy?

A staple in Asian cooking, Bok choy is a type of Chinese cabbage. There are many kinds of bok choy that vary in color, taste, and size, including tah tsai and joi choi. The Chinese have been cultivating this vegetable for more than 5,000 years.

### How to use:

This bright green member of the cabbage family brings flavor, vitamins, and a delightful crunch to recipes. Bok choy, known for its mild flavor, is good for stir-fries, braising, and soups. It can also be eaten raw. The leaves and the stalks can both be cooked, but should be separated before washing to ensure that both parts are thoroughly cleaned.

### Nutritional Benefits:

#### Low in calories

One cup has just 9 calories and barely a trace of fat, yet delivers protein, dietary fiber and almost all the essential vitamins and minerals.

#### A Nutrient-Dense Food

One cup of shredded bok choy delivers at least 3 percent of the recommended daily intake of magnesium and phosphorus, 7 percent of calcium and 26 percent of vitamin K.

#### Good source of Vitamins A and C

This veggie is packed with vitamins A and C. One cup of cooked bok choy provides more than 100% of the recommended dietary allowance of A, and close to two-thirds the recommended Daily allowance of C.

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## Date Fruit

A Sweet Snack

## Did You Know?

### What is the date?

A date fruit is the product of a date palm, a tree native to Northern Africa and the Middle East. Most dates sold in the US come from California. A full grown date palm can reach 82 feet in height, with a spreading crown of greenish leaves. The date fruit grows in heavy clusters suspended under the

### How to use:

In addition to being eaten fresh, the date fruit is dried and eaten whole as a snack or included in an assortment of desserts. Add a date to salads or to sweeten roast chicken or pork. Serve them, pitted and stuffed with Parmesan or blue cheese, as simple appetizers.

### Nutritional Benefits:

#### High Antioxidants

Polyphenols are a type of antioxidant. According to the U.S. Department of Agriculture, dates are higher in total polyphenols than any of the most commonly consumed fruits or vegetables.

#### Potassium Powerhouse

If you are looking to boost your potassium intake, pile on the dates. Your body needs this essential mineral for normal body growth, to build proteins and muscle, to metabolize carbohydrates and to control your acid-base balance. A cup of chopped dates contains 964 milligrams, or 20.5 percent of the RDI for adults.

## Banana and Date Cookies Servings: 3 doz Total Time: 40 mins.

### Ingredients

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract



### Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mash the bananas.
3. Stir in oats, dates, oil, and vanilla.
4. Mix well, and allow to sit for 15 minutes
5. Drop by teaspoonfuls onto an ungreased cookie sheet.
6. Bake for 20 minutes in preheated oven, or until lightly brown.

## Fun Fact About Dates

- Our ancestors first plucked the soft, amber-brown fruit of the date palm around 6,000 B.C. – making the date the oldest cultivated fruit in the world.
- In traditional ancient diets, a bowl of dates was offered on the table at each meal as a sign of hospitality from the host to the guest.

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## Tomatillo

Also known as Husk Cherry

**Tomatillo Salsa** Servings: 1 1/2 cups Total Time: 20 mins.

### Ingredients

- 2 fresh jalapeno peppers
- 4 fresh tomatillos or green tomatoes
- 2 ripe avocados, peeled and pitted
- 1/2 small yellow onion, chopped
- 1 cup chopped flat leaf parsley
- 1/4 cup cilantro
- 4 large garlic cloves, chopped
- Juice of one lemon
- Juice of one lime
- 1 cup low-fat sour cream or Greek yogurt
- Salt and pepper to taste

### Directions:

1. Place jalapeno peppers and tomatillos in a small sauce pan. Cover with water and bring to a boil over high heat. Cook for 10 minutes, stirring occasionally.
2. Remove from heat, drain, and cool slightly.
3. In a blender place the cooked jalapenos and tomatillos, avocado, onion, parsley, cilantro, garlic, lemon juice, and lime juice.
4. Cover and blend on low for 20 seconds or until pureed, stopping to scrape down sides as needed.
5. Put mixture in a bowl. Stir in sour cream, salt and pepper.
6. Enjoy!



## Did You Know?

### What is the tomatillo?

The tomatillo is a plant of the nightshade family, related to the tomato, bearing small, spherical and green or green-purple fruit of the same name. They originated in Mexico and are a staple of the country's cuisine.

### How to use:

Tomatillos can be very inconsistent in flavor, with some being sour and others tasting mild and sweet. They can be used raw or blanched in sauces or salads, or roasted to incorporate a smoky flavor into the dish. Traditional uses include salsa verde and tomatillo-avocado salsa.

### Nutritional Benefits:

#### Low in calories

One serving size contains only 20 calories, with 1 gram of protein, 1 gram of dietary fiber, and only half a gram of fat!

#### High in Potassium

Potassium is an important component in cell and body fluids, helping control heart rate and blood pressure.

#### Good source of antioxidants

The tomatillo contains a phytochemical called withanolide which has been found to have antibacterial and anticancer properties. It also contains small amounts of vitamins A, C, and E.



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## Figs

The Forgotten Fruit

## Did You Know?

### What is a Fig?

A fig is the fruit of a species of ficus tree. There are over 600 different types of figs, bred for different colors, flavors and uses. Figs may have been one of the first plants to be cultivated and were raised in orchards in the middle east.

### Selection and Use:

Select fresh figs that are clean and dry, with smooth, unbroken skin. The fruit should be soft and yielding to the touch, but not mushy. In North Carolina, figs are in season August thru October.

Figs have a unique, sweet taste, soft and chewy texture and are littered with slightly crunchy, edible seeds. Fresh figs are delicate and perishable, so are often dried to preserve. This produces a sweet and nutritious dried fruit that can be enjoyed year round.

### Nutritional Benefits:

#### Low Calorie Snack

100 g of fresh figs provide only 74 calories. They contain health benefiting soluble dietary fiber, minerals, vitamins, and pigment anti-oxidants.

#### Calcium Anyone?

Figs are a uniquely nutritious fruit, as they have the highest amount of calcium of any fruit, and 100g (3.5 oz) of dried figs contains 16% of the daily recommended amount.

#### The Leaves Too?

Fig leaves are also surprisingly healthy. Several cultures use the leaves in cooking, particularly to wrap meats and fish.

## Fig and Goat Cheese Bruschetta

Servings: 20 (2 per person) Time: 10 mins. Calories: 138 per serving

### Ingredients

- 1 1/4 cups chopped dried figs
- 1/3 cup sugar
- 1/3 cup coarsely chopped orange
- 1 teaspoon grated orange rind
- 1/3 cup fresh orange juice (about 1 orange)
- 1/2 teaspoon chopped fresh rosemary
- 1/4 teaspoon ground black pepper
- 40 slices French bread baguette, toasted
- 1 1/4 cups crumbled goat cheese
- 5 teaspoons finely chopped walnuts

### Directions:

1. Combine first 7 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until figs are tender. Uncover and cook 5 minutes or until mixture thickens. Remove from heat; cool to room temperature.
2. Preheat broiler.
3. Top each bread slice with 1 1/2 teaspoons fig mixture and 1 1/2 teaspoons goat cheese. Arrange bruschetta on a baking sheet; sprinkle evenly with walnuts. Broil 2 minutes or until nuts begin to brown. Serve warm.

## Facts About Figs

- Although considered a fruit, figs are actually a flower that is inverted into itself.
- The fig tree is a symbol of abundance, fertility, and sweetness.
- Figs contain high levels of oxalates. Eating excessive amounts of figs is likely to have a laxative effect and should be enjoyed in moderation.

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## Mango

The King of the Fruits

### Did You Know?

#### What is a mango?

Mango fruit is one of the most popular, nutritionally rich fruits. It has a unique flavor, fragrance, taste, and health promoting qualities. The mango tree is grown in most frost-free tropical and warmer subtropical climates.

#### Selection and Use:

A ripe mango will “give” slightly and a firm mango will ripen at room temperature. Remember red does not mean ripe.

Mango can be eaten raw as a dessert fruit or processed to various products. Ripe fruits can be sliced and canned or processed to juice, jams, jellies, nectars and preserves.

#### Nutritional Benefits:

##### Low Calorie Snack

One cup of mangos is just 100 calories, so it's a sweet treat that won't weigh you down. Each serving of mango is fat free, sodium free, and cholesterol free.

##### Why are mangos super?

Mangos contain over 20 different vitamins and minerals, helping to make them a superfood. Mangos provide 100% of your daily vitamin C, 35% of your daily vitamin A, and 12% of your daily fiber.

##### Does a body good!

One cup of mango provides 10% of your daily copper needed. Copper helps form red blood cells, supports healthy immune function, and maintains bone health.

### Mango Salsa Servings: 4-6 Total Time: 10 mins.

#### Ingredients

- 1 mango, peeled and dices
- 1/2 cup cucumber, peeled and diced
- 1 tablespoon finely chopped jalapeno
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro leaves
- Salt and pepper to taste

#### Directions:

1. Dice mango, jalapeno, and cucumber.
2. Chop jalapeno and cilantro.
3. Combine the mango, cucumber, jalapeno, red onion, lime juice, and cilantro leaves.
4. Mix Well.
5. Season with salt and pepper to taste.
6. ENJOY!



Calories	44
Carbohydrates	11 g
Fat	.2 g
Fiber	1 g
Protein	.6 g

### Fun Facts About Mangos

- A basket of mangos is considered a gesture of friendship in India.
- A mango tree can grow as tall as 100 feet.
- Mangos have natural tenderizing properties, making them a perfect ingredient for marinades.