

What's In your Kitchen?

Brought to you by the CHA Wellness Kitchen



Flaxseed

Did You Know?

What is Flaxseed?

The seeds come from flax, one of the oldest fiber crops in the world. Flaxseed was cultivated in Babylon as early as 3000 BC. In the 8th century, King Charlemagne believed so strongly in the health benefits of flaxseed that he passed laws requiring his subjects to consume it. Now, thirteen centuries later, some experts say we have preliminary research to back up what Charlemagne suspected.

How to use:

Whole flaxseed is recommended because it lasts longer when stored correctly, but you will need to grind the flax seed yourself when you want to use it. When whole flaxseed is eaten, it is not broken down by the digestive tract or digested and therefore acts as a fiber agent, pushing nutrients through your body. Make sure to drink a glass of water when adding flaxseed to meals in order to aid this process and not experience digestive issues.

Ground flaxseed does not last as long as whole flaxseed when stored. Ground flaxseed may also lose some of its nutritional value over time, because the oils that are secreted when flaxseed is freshly ground are optimal for its nutritional benefits.

Nutritional Benefits:

The Omega-3

Flaxseed contains Omega-3 essential fatty acids, "good" fats that have been shown to have heart-healthy effects. Each tablespoon of ground flaxseed contains about 1.8 grams of plant omega-3s.

Source:

<http://umaine.edu>
www.webmd.com

Healthy Chicken Nuggets

Servings: 4

Total Time: 20 minutes

Ingredients

- 1 cup whole-wheat or white breadcrumbs
- 1/2 cup flaxseed meal
- 1 tablespoon grated Parmesan
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 cup broccoli or spinach or sweet potato puree
- 1 large egg, lightly beaten
- 1 pound boneless skinless chicken breasts or chicken tenders, rinsed, dried and cut into small chunks
- 1/2 teaspoon salt
- Nonstick cooking spray
- 1 tablespoon olive oil

Directions:

1. In bowl, combine breadcrumbs, flaxseed meal, Parmesan, paprika, garlic and onion powder. Mix well.
2. In shallow bowl, mix vegetable puree and egg with fork and set bowl next to breadcrumb mixture.
3. Sprinkle chicken chunks with salt. Dip chunks into egg mixture and then toss them in breadcrumbs until completely coated.
4. Coat large nonstick skillet with cooking spray and set over medium-high heat. When skillet is hot, add oil. Place chicken nuggets in skillet in a single layer, being careful not to crowd the pan, and cook until crisp and golden on one side, 3 to 4 minutes. Then turn and cook until chicken is cooked through, golden brown and crisp all over, 4 to 5 minutes longer. (Cut through a piece to check that it's cooked through.) Serve warm.



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Butternut Squash

Butternut Mac and Cheese

Servings: 4

Total Time: 10 minutes

Ingredients

- 1 1/2 cups elbow macaroni
- nonstick cooking spray
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 1/2 cup nonfat milk (skim)
- 1/2 cup butternut squash, pureed
- 8 ounces cheddar cheese, shredded
- 4 ounces cream cheese
- 1/2 teaspoon salt
- 1/8 teaspoon paprika
- 1/8 teaspoon pepper



Directions:

1. Bring large pot of salted water to a boil, add macaroni and cook according to package directions until al dente. Drain in a colander.
2. While the macaroni is cooking, coat a large saucepan with cooking spray and heat over medium heat.
3. Add oil, then flour, and cook, stirring constantly, until the mixture resembles a thick paste but has not browned (1-2 minutes).
4. Add the milk and cook, stirring every now and then, until the mixture begins to thicken (3 to 4 minutes).
5. Add the butternut squash puree, cheddar, cream cheese and seasonings and stir until the cheese is melted and the sauce is smooth.
6. Stir in the macaroni and serve warm.

Did You Know?

What is Butternut Squash?

Butternut squash is the most popular among winter squash varieties. Oftentimes, the squash is recognized as a large pear shaped golden-yellow pumpkin fruit. Butternuts are annual long trailing vines.

How to Select :

Choose full-sized, mature fruit with a hard, tough rind. Also look for squash that is heavy for its size. Avoid squash with cuts, punctures, or sunken or moldy spots on the rind. A soft rind means that the squash is not mature and therefore not good to eat.

How to use:

Butternut squash is a vegetable that can be roasted, toasted, puréed for soups, or mashed and used in casseroles, breads, and muffins. It can also be used in the place of pumpkin.

Butternut squash has beautiful nutty flavor and mildly sweet taste. Fresh raw butternut cubes may add special tang to vegetable salads.

Nutritional Benefits:

Vitamins Please

But this versatile veggie is packed with more than just taste possibilities; it's also loaded with vitamin A -- 1 cup of cooked squash has 457% of the recommended daily allowance -- and is a good source of fiber, potassium, and magnesium. And like most vegetables, it's fat-, cholesterol-, and sodium-free.

Source:

<http://umaine.edu>
www.webmd.com

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Black Beans

Did You Know?

What are Black Beans?

Black beans are native to the Americas. One of over 500 varieties of kidney beans, black beans are also known as turtle beans. These beans date back at least 7,000 years, when they were a staple food in the diets of Central and South Americans.

How to use:

Include black beans with your other favorite toppings next time you make a stuffed baked potato. Add them to chili, salsa, or make a dish of black beans and rice. Black beans are also great served as black bean burgers!

How to Select :

Both dried and canned black beans are available throughout the year. Dried beans are generally available in prepackaged containers as well as in bulk bins. Make sure that the bins containing the black beans are covered .

Canned black beans can be found in most markets. There is little difference in the nutritional value of canned black beans and those you cook yourself. We suggest looking for those that do not contain extra salt or additives. Be sure to rinse them well before using them.

Nutritional Benefits:

Protein Rich Superfood With Fiber
More than just a meat substitute, beans are also high in fiber. One cup of cooked beans provides about 12 grams of fiber. Beans also help you stay fuller longer because they digest slowly.

Source:
<http://umaine.edu>
www.webmd.com

Black Bean Brownies

Servings: 9-12

Total Time: 30 minutes

Ingredients

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)
- 2 tbsp cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/3 cup pure maple syrup or agave
- 2 NuNaturals stevia packs or 2 tbsp sugar
- 1/4 cup coconut or vegetable oil
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips

Directions:

1. Preheat oven to 350 F.
2. Combine all ingredient, except for the chocolate chips, into a food processor and blend until completely smooth.
3. Stir in the chips, then pour into a greased 8x8 pan.
4. Optional: sprinkle extra chocolate chips over the top.
5. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. Makes 9-12 brownies



Calories	115
Carbohydrates	15 g
Fat	5.5 g
Fiber	3 g
Protein	2.5 g

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Avocado

Aligator Pear

Did You Know?

What is the Avocado?

An avocado is a fruit and not a vegetable! It is actually a member of the berry family. The two most widely marketed avocado varieties are the rough-skinned, almost black Hass and the smooth, thin-skinned green Fuerte. The Hass has a smaller pit and a more buttery texture than the Fuerte.

Selection and Use:

The avocado's creamy texture and rich taste make it a common ingredient in many dishes. It is probably most known for being the key ingredient in guacamole.

Test for ripeness by cradling an avocado gently in your hand. Ripe fruit will be firm, but will yield to gentle pressure. If pressing leaves a dent, the avocado is very ripe and suitable for mashing. They are best served at room temperature.

Nutritional Benefits:

Healthy Fat

Fats account for around three quarters of the calorie content of an avocado. Most of it is monounsaturated fat, in the form of oleic acid. Monounsaturated fat is considered to be a "good fat" which may help lower your blood cholesterol level when you use them in place of saturated and trans fat.¹

Essential Vitamins

There are 13 vitamins the body absolutely needs: vitamins A,C,D,E,K, and B vitamins such as B-12 and folate. Avocados contain many of these vitamins.

Orange Raspberry Smoothie

Servings: 6 , 8 ounce glasses

Total Time: 15 mins.

Ingredients

- 1/2 cup almond milk
- 4 Tbsp orange juice concentrate
- 3/4 cup vanilla Greek yogurt
- 10 oz. of frozen raspberries
- 1 Tbsp of flaxseed mill
- 1/2 fresh avocado, peeled
- 1 tsp of honey or agave nectar
- 3 or 4 cubes of ice

Directions:

1. Add all ingredients to the blender in the following order: almond milk, raspberries, orange juice concentrate, Greek yogurt, flaxseed mill, honey, avocado, and ice.
2. Blend until smooth and serve immediately.



Fun Fact About Avocados

- Avocados do not ripen on the tree and are often left on the tree as a form of storage.
- You can freeze avocados! Just mash them with a fork and add one teaspoon of lemon or lime juice for each avocado; mix well. Place the mix in a freezer bag, remove all the air, and freeze for up to six months. Don't forget to label and date your bag.

1. American Heart Association. www.heart.org. Know Your Fats

2. California Avocado Association. www.californiaavocado.com