



# Arbor Management, Inc. Nutrition News February 2019



## Warming Winter Produce

While there seems to be no end in sight for the low temperatures, Arbor Management can assure you that your meals do not have to reflect the frigid temperatures outside. This month, we are focusing on cherries! Cherries can be incorporated into both sweet and savory dishes. Not only are frozen cherries excellent this time of year, but it is also time to experiment with seasonal fennel, cranberries, pears, and dates.

### Tips for family and friend bonding:

- Continue trying new recipes together, such as cherry compote over grilled chicken, steamed fennel, and quinoa.
- Knit a family member or friend a warm winter scarf.
- Try an infused tea recipe to share.

## Healthy Celebrations this Month:

### All of February:

Berry, Cherry, Grapefruit, Potato, and Hot Breakfast Month

- February 3<sup>rd</sup>:** Carrot Cake Day
- February 4<sup>th</sup>:** Homemade Soup Day
- February 6<sup>th</sup>:** Oatmeal Day
- February 9<sup>th</sup>:** Pizza Pie Day
- February 6<sup>th</sup> – 10<sup>th</sup>:** Pride in Food Service Week
- February 17<sup>th</sup>:** Indian Pudding Day
- February 20<sup>th</sup>:** Cherry Pie Day
- February 23<sup>rd</sup>:** Banana Bread Day
- February 25<sup>th</sup>:** National Chili Day
- February 27<sup>th</sup>:** Strawberry Day
- February 20<sup>th</sup> – 24<sup>th</sup>:** Pancake Week and Eating Disorder Awareness Week

## The Month of Cherries



**GROW:** Cherries hang in clusters from tree branches—they start out green in color and progress to deep red

**NUTRITION:** High in phytonutrients with antioxidant and anti-aging properties; high in soluble fiber and potassium to regulate cholesterol and keep your heart healthy

**FLAVOR:** Range from sweet to tart and sour with soft and juicy pulp

**TRIVIA:** Cherries turn a blue tint when baked with ingredients with a basic pH—to avoid, add an acid like lemon juice!

## Cherry Berry Goat Cheese Salad – serves 10



### All you need:

- 1 cup candied walnuts
- 8-10 cups mixed salad greens
- 2 cups cherries, pitted and halved
- 2 Tbsp balsamic vinaigrette
- 1 cup blueberries
- ½ cup crumbled goat cheese

Additional balsamic vinaigrette for salad

### All you do (serves 10):

1. Preheat grill to medium heat. Place cherries in a medium bowl with 2 Tbsp balsamic dressing and toss. Place cherries on grill pan and cook for ~5 minutes.
2. In a large bowl, toss greens, grilled cherries, blueberries, goat cheese, and candied walnuts. Serve chilled!



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