



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 3rd:** Carrot Cake Day
- February 4th:** Homemade Soup Day
- February 6th:** Oatmeal Day
- February 9th:** Pizza Pie Day
- February 6th – 10th:** Pride in Food Service Week
- February 17th:** Indian Pudding Day
- February 20th:** Cherry Pie Day
- February 23rd:** Banana Bread Day
- February 25th:** National Chili Day
- February 27th:** Strawberry Day
- February 20th – 24th:** 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!



Jennifer Malchow, RDN, LDN
Corporate Dietitian
Arbor Management, Inc.
jmalchow@arbormgt.com

