

DIETARY COMMUNICATION

GETTING TO KNOW YOUR KITCHEN



6 ways you can eat healthy, delicious meals, and really enjoy them

- 1) Ditch fats that are solid at room temperature**
Switch to the healthy fats such as olive oil, sunflower oil and canola oil that stay in a liquid form when stored in the cupboard
- 2) Harness the power of nuts (and seeds)**
Nuts are high in calories, so it's best to enjoy them in place of other snacks, not in addition, and to keep serving sizes small
- 3) Taste food before you salt it**
Break the habit of reaching for the salt shaker to help you eat healthy
- 4) Pack lunch once a week**
Before you shop for groceries, write out a meal plan that leaves leftovers for one or two lunches.
- 5) Eat five (or more) vegetables and fruits a day**
A nutrient-packed way to fill your plate that is low in calories
One serving equals one-half cup of chopped fruit or most vegetables; for raw leafy vegetables like lettuce and spinach, a serving is one cup.



CALDO DE RES

AUTHOR: BENJAMIN FLORES
PREP TIME: 25 MINUTES
COOK TIME: 2 HOURS
YIELD: 15 CUPS

INGREDIENTS

12 cups of water
2 pounds beef shank, crosscut
2 cloves of peeled garlic
1 stalk of celery, cut into 1/2-inch pieces
4 ounces of onion, peeled and diced
12 ounces of russet potatoes, peeled and cut
12 ounces of chayote, cut into 8 wedges
1 ear of corn, husked, cut into 1-inch pieces
1 pound of cabbage, cut into 6 wedges
8 ounces of carrots, peeled and cut into 1-inch pieces
12 ounces of zucchini, cut into 1-inch pieces
1/4 bunch of cilantro, roughly chopped
Salt to taste

INSTRUCTIONS

Chop beef shank into large chunks, keeping some attached to the bone.

In a large stock pot, add meat, water, garlic, celery and onions.

Bring to a boil and then reduce heat to medium. Cover and simmer for 2 hours, skimming off any foam and fat.

Add potatoes, chayote and corn and then simmer for 15–20 minutes.

Add cabbage, carrots, zucchini and cilantro. Cover, cook for 15 minutes and taste for seasoning.

Serve in a large bowl and garnish with lemon wedges.

Free Employee Meals



Complimentary Employee Meals
will be done on Tuesdays,
Thursdays, & Saturdays for the
rest of the month of August

Meals will be prepared daily and will
be ready by 12:00 Noon

Tuesdays:

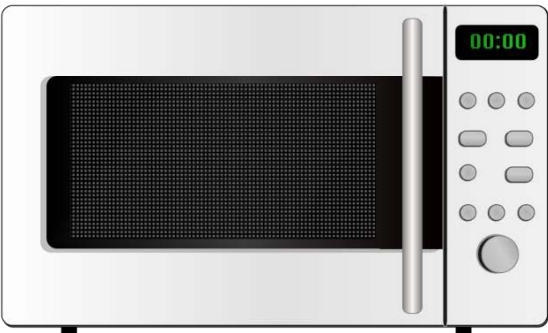
- August 24 Taco Salad
- August 31 Apple, Cranberry, Pecan
Chicken Salad Croissant
Sandwich & Chips

Thursdays:

- August 19 Sweet & Sour Chicken,
Steamed Rice, & Egg Roll
OR
Beef & Broccoli
Fried Rice, & Egg Roll
- August 26 Lasagna, Breadstick, Salad
OR
Chicken Caesar Salad

Saturdays:

- August 21 Chicken or Beef Sopes
- August 28 Picadillo, Rice & Beans



A Quick Microwave Cleaning Tip

Put some dishwashing liquid in a bowl of
warm water. Soak and squeeze a sponge in the
bowl until the water gets full of suds.

Remove the turntable and scrub it in the sink
with the soapy sponge. Rinse it off and let it
dry.

Try to remove all the crumbs from the inside of
the microwave with a damp paper towel or rag.

Use the soapy sponge to scrub the inside
surfaces, starting with the top. Using a
circular motion, coat the top, sides, bottom
and door with suds, being careful not to get
them in the vents. Repeat with clean suds to
make sure all the grime is gone.

Wipe down all the surfaces with a damp paper
towel to remove the suds, being careful not to
get water in the vents.

Now, wipe everything with a dry paper towel or
rag to avoid streaking.

Replace the turntable.

Q: How do you make a gold
soup?

A: You put 24 carrots in it

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Tequila Lime Shrimp Zoodles

By Benjamin Flores, Dietary Service Manager

Ingredients

- 3 tablespoons butter, divided
- 1 shallot, minced
- 2 garlic cloves, minced
- 1/4 cup tequila
- 1-1/2 teaspoons grated lime zest
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1-pound uncooked shrimp (31-40 per pound), peeled and deveined
- 2 medium zucchini, spiralized (about 6 cups)

Directions

- In a large cast-iron or other heavy skillet, heat 2 tablespoons butter over medium heat.
 - Add shallot and garlic; cook 1-2 minutes.
 - Remove from heat; stir in tequila, lime zest and lime juice.
 - Cook over medium heat until liquid is almost evaporated, 2-3 minutes.
 - Add olive oil and remaining butter; stir in shrimp and zucchini.
 - Sprinkle with salt and pepper.
 - Cook and stir until shrimp begin to turn pink and zucchini is crisp-tender, 4-5 minutes.
- Sprinkle with parsley and additional lime zest.