



# THE SCOOP ON NUTRITION



*From Basil Chef of Nutrition*

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## School Lunch – A Recipe for Success!

It's the early-morning scramble, when parents and children rush around the house brushing teeth, grabbing toast and kissing each other goodbye for the day. In the midst of everything, some manage to pack a lunch, and if they're fortunate, conscientious and have time, it MIGHT be a healthy one. Stay calm! The Nutrition Group is here to assist families with one major necessity of the day: Food! Parents can rely on us to provide meals that are healthy for children, and come at a more reasonable cost than packing meals from home every day.

As your food service provider, we pride ourselves in providing students with a variety of great-tasting, healthy food in a positive and comfortable dining atmosphere. Our intent is to support students by teaching them how important it is to make healthy choices so they can perform at their best!

One of our most popular programs is back for another year of new and exciting recipes: Chef Basil's Wellness Wednesday! Each month, a special section of the cafeteria will be designated as a sampling station where students can receive a small taste of healthy new recipes. Students who try the complimentary sample will receive a colorful Chef Basil sticker

to proudly advertise "I tried something new today!" In upcoming editions of *The Scoop*, we'll feature a copy of the recipe to try at home with your child. We look forward to another year of providing the absolute best in food service to your family and district!



## Chef Basil's Wellness Wednesday

This month's taste testing in your child's cafeteria features Broccoli Salad. Broccoli is very high in Vitamin C, making 1 cup of chopped broccoli the Vitamin C equivalent of an orange, giving you your entire daily needed intake! Unlike many summer fruits and vegetables, broccoli is at its best in the winter months. If you are thinking of making a healthy snack or dish, make broccoli a main ingredient in the meals you prepare. It is packed with fiber, which not only aids in digestion but keeps you feeling full!



## RECIPE

### Broccoli Salad

#### Ingredients:

- 5 1/2 oz. fresh broccoli florettes
- 1 1/3 cup shredded carrots
- 1 1/3 cup chopped red onion
- 1 1/3 cup raisins
- 2 1/2 Tbsp mayonnaise
- 1/2 Tbsp white vinegar
- 1 tsp ground black pepper
- 1 tsp sugar
- 1 tsp salt



**Directions:** In large bowl, whisk mayonnaise, vinegar, sugar, salt and pepper to combine. Trim broccoli to bite size pieces and add to bowl along with the remainder of the ingredients. Toss well, serve chilled.

For more information visit [www.thenutritiongroup.biz](http://www.thenutritiongroup.biz)



# Talk with "The Broc"



Some people call "The Broc" the least-popular food on their plate. He says he's just a misunderstood veggie whose best qualities are overlooked!

Sure, he's a tough guy, but he has a tender side, too. Did you know that he's loaded with nutrients and vitamins?

He's the veggie to eat for Potassium to help your heart and muscles work better, Vitamin A to make your eyes strong, and Vitamin C to help your immune system keep you healthy.

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## Chef Basil sat down with Broccoli to hear his story:



**Chef Basil:** So, Broc, why do you think you get such a bad rap?



**Broccoli:** It's not my fault! I do all kinds of good for my friends, and still, some turn up their noses at me. What people don't know about me is I taste really good and am filling when eaten with meals. I'm, like, the perfect veggie, but I don't get any respect.



**Chef Basil:** Why do you think that is?



**Broccoli:** People tend to over cook The Broc. They think of me as all limp and soggy, but that's not the real me. Even when I'm cooked, you gotta leave a little crunch in the bunch. I'm just as good raw with a little dip or in a salad. A lot of people don't realize it, but I'm a great snack food.



**Chef Basil:** Got it. Mushy is bad.



**Broccoli:** Yep. Not only does mushy taste bad, it means that a lot of my vitamins are wiped out.



**Chef Basil:** Where's the best place to find you?



**Broccoli:** The way people make me out to be the bad guy, you'd think I'd be hanging out in dark alleys or something. But man, I am everywhere. At the market, I'm in the produce section and the frozen food section. I hang out at salad bars and restaurants, too!



**Chef Basil:** Hey, I hear you have a new friend!



**Broccoli:** Yeah, Ms. Potato and I are close. We're good friends. We just get along. Chop me up and steam me, add me to my bud the spud after she's been baked, and then sprinkle us with just a touch of cheese. We were made for one another—delicious and nutritious.