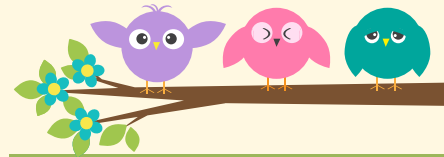


May Nutrition Newsletter



MAY SCHOOL NUTRITION EVENTS

The birds are chirping, the bees are buzzing, and the sun is shining down on us!
Let's celebrate Spring with some wonderful events we have coming up in the month of May.

The Limited Time Offer Menu Item for May is a savory Chipotle Chickpea Hoagie.

Chickpeas, also known as Garbanzo Beans, are a great source of fiber, protein, and minerals.

They are a legume which is the umbrella category for beans, peanuts, lentils, and soybeans.



May also brings us Lunch Hero Day the week of May 5th and Hamburger Day on May 28th,



IN SEASON PRODUCE

Asparagus
Broccoli
Radish
Turnip
Rhubarb
Spinach
Dandelion
Celery
Fennel
Chives
Green Beans
Swiss Chard
Artichoke

Cherries
Strawberries
Japanese Plum
Pear





Our geographic location places us in Hardiness Zones 5 & 6. In these zones the time to get your gardens up and running is the mid to end of May. Test your green thumb with tomatoes, cucumbers, peppers, and hearty greens which thrive in these ecological zones.

No Garden- No Problem

Tomatoes, herbs, carrots, lettuce varieties, and even potatoes thrive in planter boxes, pots, and garden bags.

MAY HEALTH MINUTE



As we move into warmer months we will be spending increasingly more time in the sun. It is important to protect your skin and eyes from the potentially damaging rays.

- Use SPF and apply at least every 2 hours during sun exposure.
- Wear sunglasses or a sun hat to shield your eyes and face from bright rays.
- Remember to stay adequately hydrated during outdoor activities to prevent dehydration.



SUN-DRIED TOMATO-OLIVE HUMMUS RECIPE

Ingredients

- 2 15-ounce cans chickpeas, drained
- ½ cup plain low-fat yogurt
- ¼ cup freshly-squeezed lemon juice
- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- 1 teaspoon cumin
- ½ cup finely-chopped sun-dried tomatoes (not oil packed)
- ¼ cup sliced kalamata olives
- 2 tablespoons chopped fresh cilantro or Italian (flat) parsley
- 2 tablespoons pine nuts for garnish (optional)
- 1 teaspoon paprika (optional)

Before you begin: Wash your hands.

- In a food processor or blender, combine chickpeas, yogurt, lemon juice, olive oil, garlic and cumin. Process until smooth. Consistency should be smooth but not runny.
- Stir in tomatoes, olives and cilantro.
- Refrigerate for 1 hour or longer to blend flavors.
- To serve, top with pine nuts and/or paprika, if desired.
- Enjoy with bell pepper strips, whole grain crackers, or pita wedges.

Serves 12 (1/4 cup serving)

Saturated fat: 0g; Trans fat: 0g; Cholesterol: 0mg; Sodium 210mg; Total carbohydrate: 13g; Dietary fiber: 3g; Protein 4g

Recipe From: EatRight.org