

Harvest of the Month

Chives



FUN FACTS:

Chives are a common herb native to Asia and Europe. Some recipes from China, using chives, go back 5,000 years

Chives have a mild onion flavor. Their bright green, hollow, thin leaves grow as grassy clumps and reach 6-12 inches tall.

The purple flowers are edible and most often used to garnish dishes.

Chives are often used in Japanese cuisine for their mild flavor and aroma.

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Prebiotics and Probiotics: What You Should Know

Discussion on prebiotics and probiotics has been a nutrition topic in recent years, but do you know what they are? With continued growth in research, studies have found these "nutrition boosters" in foods may improve your overall health.

You probably have noticed many different types of supplements; from pills and cleanses to powders, but they are unnecessary. Pre and probiotics are natural ingredients found in everyday foods.

What are Prebiotics and How Do They Work?

Prebiotics are "good" bacteria promoters – natural, non-digestible fiber compounds linked to promoting the growth of helpful bacteria in your gut. Prebiotics improve gastrointestinal (GI) health as well as improve absorption of certain nutrients. **Foods that contain prebiotics include leeks, onions, garlic, bananas, asparagus, artichokes, soybeans, and whole-wheat foods.**

What are Probiotics and How Do they Work?

Probiotics are the "good" bacteria, or live cultures, just like those naturally found in your gut. These active cultures help transform and repopulate intestinal bacteria to balance gut flora. This functional component has been found to boost immunity and overall health, even used to manage certain intolerances and allergies. Yogurt is not the only source of probiotics, but also kefir, aged cheeses, kimchi, sauerkraut, miso, tempeh, and other cultured non-dairy yogurts.

The bottom line: Pre and probiotics work together to promote GI health and researchers are finding that healthy gut flora is responsible for more than just healthy digestion, but healthy bodies.

(Reference: Academy of Nutrition and Dietetics)

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HARVEST OF THE MONTH RECIPE—APRIL

~ featuring chives ~

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Mini Potato Skins with Sour Cream, Bacon and Chives

Yield: 8 servings

- 1 1/2 lbs baby potatoes, cleaned
- 3 Tbs olive oil, divided
- 8 slices cooked bacon
- 2 Tbs unsalted butter
- 1 1/2 cups shredded Tex-Mex cheese or any melting cheese
- salt and pepper to taste
- 3/4 cup sour cream

NUTRITION SNAPSHOT: 1 Serving
270 calories, 22g total fat,
9g saturated fat, 47mg cholesterol,
1g protein, 13.5g carbohydrates,
295mg sodium, 1g fiber, 0g added sugar

1. Preheat oven to 425°F. Line a rimmed cookie sheet with parchment paper. Set aside.
2. In a medium-size bowl, combine potatoes and 1 Tbs olive oil. Mix until potatoes are coated with oil. Transfer to cookie sheet. Place cookie sheet in oven and bake for 20-25 minutes. Potatoes should be soft in the middle but still holding together well. Remove from oven, and cool.
3. Cook bacon while the potatoes are cooking or cooling. Once the bacon is crisp, allow to drain on a paper towel to soak up any excess grease. Chop finely. Set aside.
4. Grab a medium-size bowl for the filling. Keep it nearby.
5. Once potatoes are cool, cut each in half lengthwise. Use a spoon to scoop out the inside of each potato, allowing 1/4 inch base on each potato. Place all potatoes cut side up on a parchment-lined cookie sheet.
6. Grab the bowl of potatoes, use a fork to mash them up by hand. Add butter, cheese, salt, and pepper. Mix until smooth. Fill potatoes with filling. Drizzle the potatoes with 2 Tbs of olive oil. Place the cookie sheet back in the oven and bake 8-10 minutes, or until golden brown.
7. Transfer potatoes to a platter. Add a big dollop of sour cream to each potato skin. Toss chopped bacon on each potato skin. Sprinkle chives on each potato skin. **Devour each mini potato skin!**

