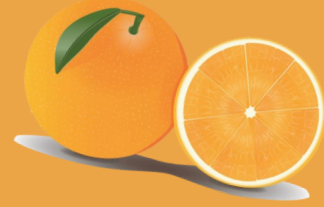




The

SQUEEZE



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WHERE YOU GET THE JUICE!

Recipe of the Month

Pesto Zucchini Noodles with Burst Cherry Tomatoes

- Pesto
- 2 large zucchinis
- ground sea salt & ground black pepper to taste
- 1/2 cup small cherry tomatoes*
- 1 tablespoon coconut oil
- vegan parmesan cheese, to garnish

Spiralize your zucchinis, wrap in paper towels and pat to soak up excess water from the noodles.

In a pan over medium high heat, add 3/4 tablespoon of the coconut oil and heat. Add zucchini noodles and cook for about 1 -2 minutes until still slightly crunchy but tender. Remove from the pan and place in a bowl, leave pan on the heat. Add in the last teaspoon of coconut oil, and add the cherry tomatoes and toss in the coconut oil to coat. Heat through about 2 minutes until the tomatoes are heated, and slightly burst. Season with salt and pepper. Remove from heat.

Add a few tablespoons (to your liking, I added about 3-4 tablespoons) of the pesto and toss lightly together to combine. Add the tomatoes to the mixture and combine.



See What's Cooking at Chico Unified Bakery

In the early hours of the morning while most people are still resting peacefully in their beds there is a team of bakers bustling about creating delicious breakfast and lunch items for our students. The team, lead by culinary trained baker Jesse Simpson, is made up of five people. On a daily basis Jesse, Jackie, Edgar, Andy and Antony are creating scratch made pizza, marinara sauce, smoothies, muffins, "hot pockets" and many other tasty items that we offer to our students daily. We welcome those who wish to tour our bakery to see the exciting things that Chico Unified Nutrition Services is cooking up. Call to schedule a tour 530-891-3021.

Come Join US!

Harvest of the Month

CHERRY TOMATOES

Coke Farms San Juan Bautista growing organic fruits and vegetables since 1981, when founder Dale Coke began the farm with a 1/4 acre of organic strawberries. Originally tomatoes were considered poisonous by Europeans. It was thought if you ate a tomato, its poison would turn your blood to acid—aren't we glad that turned out to be just a myth! The early Aztecs (700 A.D.) named the small yellow-pink fruit 'xitomatl' (pronounced zee-toe-ma'-tel), meaning "plump thing with a navel".

HOTM

Notes From a Nutritionist

Added Sugar is a Disaster
Sugar, mainly due to the high fructose content, is being implicated as a leading cause of obesity, cardiovascular disease and type II diabetes

How does fructose do this?

Well, fructose is metabolized strictly by the liver, over time causing non-alcoholic fatty liver disease, insulin resistance, elevated triglycerides, abdominal obesity and high cholesterol. Then fructose makes our brains resistant to a hormone called leptin, which effectively makes us think that we are hungry even after enough food.

This way, eating an excess of added sugars sets up a relentless biochemical drive in the brain to keep eating sugar, getting fatter and eating even more sugar.

EAT THIS not THAT Breakfast

In a rush? Its so easy to swing through the drive-thru at breakfast. However some of those small breakfast can pack a punch of sugar and unhealthy calories that either make us feel sluggish or give us a burst of energy only to crash an hour later.

Instead of a whole wheat bagel, 1oz cream cheese & FF chocolate milk which has **527 Cal, 16g Fat, 84g Carbs, 21g Sugar and 20g Protein.**

Try a scrambled egg burrito with 1oz of cheese on a 6" Whole Wheat Tortilla and Low fat white milk

375 Cal, 10g Fat, 25g Carbs, 14g Sugar and 24g Protein.

