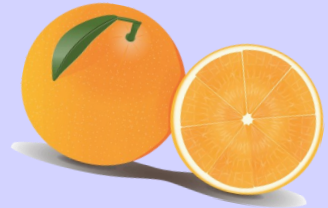


# The

# SQUEEZE



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## WHERE YOU GET THE JUICE!

### Recipe of the Month **CUSD is Springing into Action with Gardening**

#### Crunchy Baked Parmesan Snap Peas By The Smart Cookie Cook

A Few Tips .....

Parmesan is an amazing cheese because a little goes a long way. You save serious calories with a sprinkle of parm instead of a blanket of another cheese.

The hot red pepper flakes are optional. If you like spice, it's a great way to kick things up.

The shape of a snap pea makes it feel like you're eating a French fry. That's another reason they're so satisfying and fresh is the way to be with these peas.

#### Ingredients:

- 1 bag fresh sugar snap peas
- 2 tsp. olive oil or nonstick cooking spray\*
- 1/4 tsp. red pepper flakes
- 1/4 tsp. kosher salt
- 1 tsp. garlic powder
- 1/4 cup grated parmesan cheese

#### Directions:

Preheat oven to 350 °. Line a baking sheet with aluminum foil and either sprinkle with 1 tsp. of the olive oil or spray with nonstick spray.

Lay the snap peas out in an even layer and sprinkle with the remaining olive oil or spray lightly with nonstick spray. Use your hands to lightly toss and evenly coat the peas.

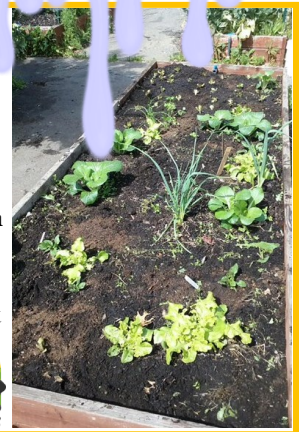
Sprinkle with red pepper flakes, salt, and garlic powder. Bake for 15 minutes or until they start turning golden brown. Flip the peas then

sprinkle with parmesan. Bake for another 5 – 10 minutes or until browned and crisp. Let cool slightly then enjoy.



Spring is a wonderful time of year. Mornings greet you with warm rays of sunshine and birds singing their joyful songs. Spring is also a great time for planting tasty fruits and vegetables for summer harvest. Wonderful varieties of spinach, jalapenos, summer squash, bell peppers and heirloom tomatoes are just a few of the summer goodies to start out with (who likes fresh salsa?!!) Many of the CUSD campuses proudly maintain interactive gardens for our students. The students learn how to plant and harvest from the garden as well as how the soil and sun help the plants grow! These valuable lessons encourage our students to try new things (like kale!) and have a greater chance of selecting those items for their lunch when offered. Plus, who doesn't enjoy seeing a kid discover a worm in the dirt for the first time?

We encourage you to find out when your students next garden lesson is and come join us!



#### HARVEST OF THE MONTH SUGAR SNAP PEAS FROM LEE'S PRODUCE

CUSD is very happy to be joining with Lee's Produce here in Chico for our Harvest of the Month fresh local tasting of Sugar Snap Peas.

C.T. Lee and his family own Lee's Produce, a fruit and vegetable farm with locations in Chico and Orland. C.T.'s family has been farming for nearly 20 years and C.T. has been an active part of the farm since he was 16. C.T. explains that Lee's Produce is high quality because they don't use any chemical sprays and they know the varieties of crops they grow, so they can harvest their produce at its peak taste.

Find C.T.'s peas and other locally grown peas at: Chico Certified Farmers' Market

HOTM

#### Notes From Nutritionist TAKE A HIKE!

"In every walk with nature, one receives far more than he seeks." John Muir. Hikers can teach the rest of us about leading a happier, healthier life. Research shows that spending time outdoors increases attention spans and creative problem-solving skills by as much as 50 percent.

Plus, it's not only the lack of technology and surplus of trees, sunshine and fresh air that contribute to this creativity boost in trail blazers walking gets the creative juices flowing far more than sitting. Just one hour of trekking can burn well over 500 calories, depending on the level of incline and the weight of the pack you're carrying. Hiking is a great way to get a serious workout without putting too much pressure on your joints.

Some research suggests that the physical benefits of hiking extend far beyond cardiovascular health, and may even go as far as to help cancer patients recover. So grab the fam and get out there! Chico offers a variety of trails and scenery for all levels of fitness and curiosity.

#### EAT THIS not THAT *Easter Basket*



Sometimes it's hard to know what the healthier choice is when faced with options. Here are some suggestions:

- \* **BE ACTIVE**—Go for a walk or coordinate a street-wide Easter egg hunt or parade. You would be amazed at all the local offerings. Get outside!
- \* **RETHINK THAT EASTER BASKET**- Purchase nontraditional gifts (books, costume jewelry, gift certificates) are even more appreciated than the usual candy, consider making healthy meal substitutions.
- \* **SHIFT YOUR FOCUS**—Remind yourself that holidays are not about a whole season, a whole weekend or even a whole day. Is there anything that you can tweak. You might surprise yourself and your family with something new.
- \* **"UN"-CHOCOLATE EGGS**—Instead of buying lots of candy, buy plastic eggs and fill them with stickers, money or small toys.
- \* **CHANGE THE SWEETS TO NATURAL SWEETS**— Switch out candy for fruit that is in season. This year try using small wrapped bags of yogurt covered raisins and sunflower seeds or cocoa dusted roasted almonds in the basket.

Brought to you by CUSD Nutrition Services 2455 Carmichael Drive Chico CA 95928