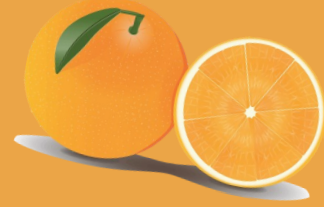




The

SQUEEZE



Volume 1 Issue 3 November 2016

WHERE YOU GET THE JUICE!

Recipe of the Month

Persimmon & Goat Chesse Grilled Naan

Prep time: 10 minutes

Total time: 15 minutes

INGREDIENTS

2 tablespoons butter, melted
 1 tablespoon plus 1 teaspoon honey, divided
 1 package (8.8 ounces) naan,
 2 firm Fuyu Persimmons sliced thin

1 Ripe Peach sliced thin
 4 ounces goat cheese, (chèvre)
 1/4 cup plain Greek yogurt
 1/2 teaspoon grated orange peel
 1 tablespoon finely chopped pistachios

INSTRUCTIONS

Mix butter and 1 teaspoon of the honey in small bowl. Brush naan and peaches with honey mixture.

Grill naan over medium heat 2 to 3 minutes per side or until toasted. Grill persimmons 1 to 2 minutes or until warmed. Slice persimmons into 1/4-inch thick slices.

Mix goat cheese, yogurt and orange peel until smooth; spread on each naan. Top with sliced Fuyu's. Sprinkle with pistachios. Drizzle remaining honey over top.

ENJOY

Turkey Feast Season is Here!

The holiday season has arrived and Nutrition Services is cooking up a tasty feast to bring people together. From the end of October until the students fall break, each day a different school participates in their annual Turkey Feast. The common dining area is decorated with fall colors and a beautiful serving line for the students to select the items in their meal. Fresh, scratch made, turkey gravy, mashed potatoes, warm dinner rolls, fresh green salad, seasonal fruit and a fresh baked pumpkin chocolate chip cookie! Check with your school to see the date and time of your feast.

Come Join Us!



HARVEST OF THE MONTH

Our HOTM comes to you from the O'Connell Ranch in Colusa, CA. Harvest begins mid-July for multiple varieties of yellow and white peaches, yellow and white nectarines, persimmons, pluots and Asian pears. With more than 60 different varieties, they have fresh fruit available through November at our ranch.

A medium persimmon contains about 70 calories and is very low in fats. Its textured flesh is a very good source of fiber, about 9.5% of daily recommendation. They are a good source of vitamin C, iron and calcium. Vitamins contained promote skin, eye and immune health.

HOTM

Notes From Nutrition **STUFF THE BIRD, NOT YOURSELF!**

The turkey is not the only thing getting stuffed at Thanksgiving. The average American consumes more than 4,500 calories and a whopping 229 grams of fat during a typical holiday gathering from snacking and eating a traditional Thanksgiving dinner with turkey and all the trimmings.

Here are some healthy activities for T-Day

- Turkey Breast 6oz - Roller Skating 50 min
- Mashed Potatoes 1/2 Cup - Dancing 30 min
- Stuffing 1/2 Cup - Stair Running 10 min
- Gravy 1/4 Cup - 50 Burpees
- Buttered Roll (1) - Flag Foot Ball 20 min
- Pumpkin Pie 1 Slice - 5K Run in 35min

So, enjoy your family and friends this holiday season and throw in a game of flag football or a little dancing after dinner. Most of all take time to be grateful for the positive things in life.

EAT THIS not THAT Thanksgiving

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

Choose White Meat over Dark Meat. Per 3oz White meat :115 Cal, 7g Fat. Dark meat 160 Cal, 11g fat

Choose Pumpkin Pie over Apple Pie Per 1/8 of a 9 inch pie, Pumpkin Pie: 316 Cal, 14g fat per slice. Apple Pie 411 Cal and 19g of fat for that same-size slice. **Bonus of picking the pumpkin: whipped topping has significantly fewer calories and less fat than the vanilla ice cream often served atop apple.**

Choose Gravy over Cranberry Sauce Surprise! Gravy is actually the skinnier selection in this case. Per 1/4 cup, gravy delivers about 30 calories and 1.5 g fat, versus the cranberries, with 110 calories (and 0 g fat) per 1/4 cup. Why so high? Lots of added sugars.