



Cafeteria Connection



Clementines

Harvest of the Month- Clementines

Clementines are delightful winter fruits that contain fiber and vitamin C to help keep us healthy even during the dreaded cold and flu season. Clementines also contain calcium, phosphorus, magnesium and potassium which are good for muscle function and strong bones. They are widely known as the portable, snack sized fruit, but there are many ways to enjoy clementines. Try them in a smoothie with your favorite Greek yogurt or enjoy on top of your oatmeal in the morning for an extra sweet treat!

Fun fact! Clementines were rapidly imported into the United States after a harsh winter devastated Florida's fruity crop in 1997. Now they are grown primarily in California, Spain and North Africa. Source: <https://www.fruitsandveggiesmorematters.org/>

Written by: Leanne Robertson, Cedar Crest College Dietetic Intern

Mark Your Calendars...

December 2nd: Hanukkah Begins

December 9th: National Pastry Day

December 17th: National Maple Syrup Day

December 25th: Christmas Day

5 TIPS FOR A HEALTHIER HOLIDAY

1. Do not starve yourself before a big meal or party. Eat a small fiber-filled snack beforehand so you are less tempted to overindulge.
2. Enjoy the foods you love but do not feel obligated to try every single item on the table!
3. Use a smaller plate, such as a salad plate, when filling up your selections.
4. Eat slowly! Remember to savor the food that you have and enjoy those you are eating with.
5. Even on holidays...remember MyPlate; make half your plate fruits and vegetables!

Source: <https://www.eatright.org/>

Written by: Leanne Robertson, Cedar Crest College Dietetic Intern

Chef Steve's Buckwheat Salad with Clementines and Pomegranates

Serves 6-8 people

Ingredients

2 cups Baby Spinach
 2 cups Baby Arugula
 4 each Clementines, peeled and segmented
 1 cup Pomegranate Seeds
 ½ each Red Onion, sliced
 2 each Fuji Apple, sliced
 1 ½ cups Toasted Buckwheat Kasha, cooked

Dressing

1 each Garlic Clove, chopped fine
 2 Tbsp. Pomegranate Molasses
 1 Tbsp. Lemon Juice
 1 tsp. Fresh Thyme Leaves, chopped fine
 1 Tbsp. Fresh Italian Parsley, chopped fine
 2 Tbsp. Extra Virgin Olive Oil
 1 tsp. Dijon Mustard

Directions

Buckwheat Kasha Preparation: Toast ¾ cup buckwheat kasha in a teaspoon of olive oil over medium high heat in a small saucepan. Add in 1 cup of water and bring to a boil. Then cover the pot with a tight fitting lid, lower the heat and cook the buckwheat for 15 minutes or until the water is absorbed and the buckwheat starts to open and becomes tender. Cool completely.

Salad Preparation: toss all ingredients together with the completely cooled buckwheat.

Dressing Preparation: Place all ingredients in a container. Close the container with a lid and shake the ingredients vigorously until the dressing is emulsified. Toss the salad with the dressing and serve.

