



April 2024
NEWSLETTER

Sustainable Eating

Sustainability is a growing topic now-a-days, especially when it comes to health and wellness, but what exactly does sustainability mean and how do we bring it to our plates?

Sustainability is more-so referred to agricultural practices that allow for the preservation of natural resources and minimize our footprint on the environment. Now we are not all farmers so these approaches will not fit into our daily lives, but eating involves everyone!

Eating sustainably means that we choose foods that are healthy for our bodies and the environment. Plant-based eating includes more foods from fruits and vegetables, legumes (beans, peas, peanuts), nuts and seeds, and whole grain products.

Follow some of these tips to adapt to more sustainable eating patterns:

USE THE TAP: Tap water comes from a localized area whereas bottles of water or other beverages are usually shipped from locations far away and require more fossil fuel for transportation.¹ Carry around a reusable water bottle and fill up at the tap.

BUY LOCALLY: Visit your local farmers market or local farms to choose fresh produce and products that require less travel time, and therefore less fuel released into the air. It also is a fantastic way to get involved and support your community!

EAT SEASONALLY: When products that are not in season, such as strawberries in the middle of January, they require shipments from outside locations, sometimes from far, far away. Research what peak seasons are for select produce to help keep a sustainable plate.

RETHINK YOUR GROCERY LIST: Make your grocery list include bulk items, minimally processed and more plant-based foods. This allows for less packaging and processing to avoid waste and unnecessary energy.

INCORPORATE MORE PLANTS: Research is showing that plant-based dietary patterns are linked with lower environmental impact compared to Western dietary patterns (high intakes of red meat, processed meat, pre-packaged foods, fried foods, etc.).² Try to incorporate more plants into your diet like adding extra vegetables to your egg omelet, switching to a plant-based protein (tofu, black beans, nuts and seeds), or even going meatless for a day can really help the environment plus provide you with beneficial nutrients!

References:

1. Wolfram, Taylor. "Sustainable Eating." Eatright.org, 2019, www.eatright.org/health/lifestyle/culture-and-traditions/sustainable-eating. Accessed 27 May 2021.

2. Palmer, Sharon. "Climate-Friendly Eating." Today's Dietitian, Jan. 2021, pp. 20–22, viewer.zmags.com/publication/d054a62a#/d054a62a/23. Accessed 17 June 2021.

FOR MORE INFORMATION PLEASE CONTACT:

ENTER RD CONTACT INFORMATION HERE

Chicken, Snap Pea & Strawberry Salad



PREP TIME: 5 to 7 minutes
COOK TIME: 3 to 4 minutes
YIELD: 4 servings; 1 piece of chicken and about $\frac{3}{4}$ cup salad

INGREDIENTS

- 3 tablespoons slivered almonds
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice, divided
- 1 teaspoon honey
- $\frac{1}{2}$ teaspoon salt, divided, plus more to taste
- $\frac{1}{4}$ plus $\frac{1}{8}$ teaspoon freshly ground black pepper, divided
- Four (5- to 6-ounce) boneless, skinless chicken breasts
- Cooking spray or oil for the grill or grill pan
- 3 cups sugar snap peas (about 8 ounces), trimmed and cut lengthwise into thin strips
- 1 cup baby arugula leaves
- 4 medium strawberries, hulled and thinly sliced

INSTRUCTIONS

1. Toast the almonds in a dry skillet over medium-high heat, stirring frequently, until they are golden and fragrant, about 3 minutes. Set aside to cool.
2. In a small bowl, whisk the olive oil, 1 tablespoon lemon juice, honey, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper for the dressing. Set aside.
3. Place a sheet of plastic wrap onto a large cutting board. Place two pieces of the chicken side by side on top and then cover with another sheet of plastic wrap. Use a mallet or rolling pin to pound the chicken to an even $\frac{1}{4}$ inch thickness. Repeat with the remaining two pieces of chicken. (Note: If you purchase chicken labeled "thin cut" or "cutlets," you may skip this step.) Season the chicken with the remaining $\frac{1}{4}$ teaspoon each salt and pepper.
4. Spray a grill or grill pan with cooking spray or brush it with oil, then preheat to medium-high heat. Grill the chicken until grill marks have formed and it is just cooked through, about $1\frac{1}{2}$ to 2 minutes per side. Transfer the chicken to a plate and drizzle it with the remaining tablespoon of lemon juice.
5. Toss the snap peas and the arugula in a medium bowl with the dressing. To serve, place one piece of chicken onto each serving plate. Top with a mound of snap pea salad and scatter each with strawberry slices and toasted almonds. Season with the additional salt to taste.

NUTRITION FACTS: 1 Salad

Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
250	120	13g	2g	0g	75mg	320mg	8g	2g	4g	27g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.

This product contains:
TREE NUTS