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Food and Fitness

Creative and Simple Lunch

Deciding at meal time what to eat can be the most cumbersome task. Lunch, however, usually comes with the idea of soups, salads, and sandwiches that have been engrained into most people’s minds. These three concepts are a great starting point for creating a simple and creative lunch.



Lunch is considered to be the second meal of the day and it can be at a range of times depending on one’s schedule. Plus, lunch is the most common meal that can collide with a work schedule and other activities, so lunch needs to be quick and easy for most.

Lunch is a great way to utilize leftover foods. Leftovers can be reheated, if necessary, and make a quick and simple lunch. Some people do not mind to eat leftover foods and others might be bored of eating the same foods more than once. It would be a great option for you to have everything leftover in the right portions for a complete and balanced meal. Often, it’s the random foods that are sometimes hard to piece together like broccoli, spaghetti, and tuna.

Back to the three concepts of soup, salad, and sandwiches. These three concepts will work with every food in your home, including the leftovers.

Creative and Simple Lunch

(Continued from Page 1)

Soup, in my opinion, is the one that can take the longest to prepare. It usually comes with a cook time that you can avoid with the other two. Soups do not have to be a heavy workload. Canned soups can act as a great starting point by adding additional food items like leftover ground beef to a can of vegetable soup. Starting with a can of potatoes and making potato soup. Also, if you have chicken, beef, or vegetable stock, these are the starting point of many delicious soups. Steps to making a great soup include starting with a base (like a stock), adding spices of your choice, adding vegetables, including a protein, and deciding to have grains or no grains. Grains like rice, pasta, noodles, or bread on the side can add some extra body to the soup.



Salads have evolved from the usual lettuce with other vegetable toppings to being so versatile that some include the most intriguing ingredients. Salads are an easy way to hit all five food groups. Sometimes people say they don't like salads, but salads have endless combinations. To build a salad you need to start with a base, the base can be any leafy green vegetable or combination of them. Next, add the fruits and/or vegetables of your choice. Yes, fruits are great on salads as well. Common fruits that are added to salads are berries, apples, pears, avocados, or dried fruits like raisins or cranberries. Then, add items that have a crunch like croutons, tortilla strips, nuts, seeds, celery, radishes, or shredded carrots. The next step is where most people fail salads. Increase the flavor with cheese, scallions, red onions, and even dried fruits. Then, determine a protein. If you are eating the salad as your full meal, include a protein source. Proteins can be meat, poultry, fish, eggs, nuts, seeds, or beans. Boiled eggs are one of my personal favorites to add because it also provides a creaminess to the salad. Finally, top the salad with your desired dressing and be sure to try different ones.



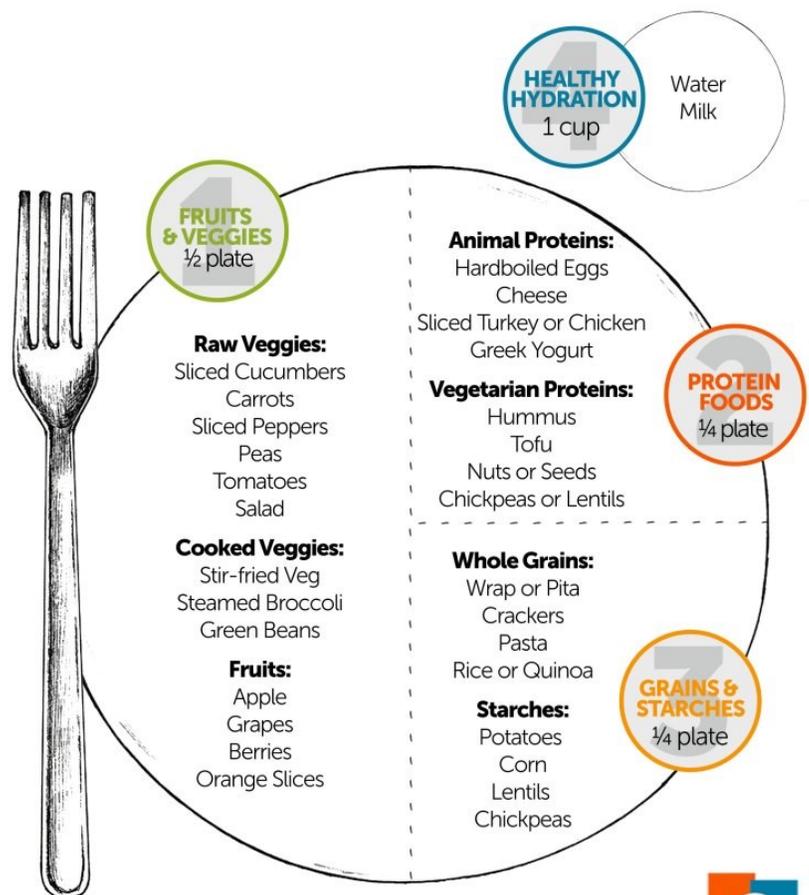
Creative and Simple Lunch

(Continued from Page 2)

Sandwiches are the last part of the trio. Sandwiches can be cold or hot. We typically go straight for the ones we are most familiar with like cold cut, peanut butter and jelly, and egg or meat salad sandwiches. The first place to start with is the bread. The bread can be sliced bread, a bun, French bread, rye bread, a bagel, or a tortilla shell. Next, select a protein that you want to build from. The portion is important because it helps to keep us feeling fuller for a longer period of time. Now, add fruits and vegetables of your choice; it doesn't always have to be lettuce and tomato. Other great choices could be avocados, spinach, and cucumbers. Definitely, do not forget about your flavorful vegetables like onions, pickles, and peppers. Then, add a flavorful condiment. Common options for condiments are mayonnaise and mustard. Fun other options would be buffalo sauce, pesto, and Caesar dressing. These fun condiments are what makes a sandwich go from ordinary to extraordinary. The last thing is to determine if the sandwich you are going to enjoy is going to be hot or cold and it eat accordingly.

Recipes have come from someone who has experimented with different foods in different amounts. See what foods you have and make your own recipe. Trying out this method might find you creating a one of a kind recipe that fits your taste buds just right!

HOW TO BUILD A HEALTHY LUNCH



Vegetable—Leek

Leeks are vegetables that belong in the allium family. They are related to chives, garlic, onions, and shallots. The leeks have a similar flavor profile but are a bit more mild. Fresh leeks are best to find in the spring and fall.

Leeks look a lot like scallions but are much larger. They have a white bulb with leafy, green tops. The bulb of the leek is usually not round but more strait. The older the leek the more round the bulb will be.

Just like onions, leeks are used to build flavor within a dish. Because leeks are more mild, it is often that they are enjoyed on their own as a side dish. Leeks can be boiled, braised, fried, or roasted. Leeks usually should be added toward the end of cooking a dish so they do not get mushy and slimy. Leeks are often used in soups, pasta dishes, risotto, with eggs, in stuffing, and on pizza.

The down side to leeks are that they are on the more expensive side of the allium family. Some say the extra cost is worth the flavor.



Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Leeks, (bulb and lower leaf-portion), raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

89%	4%	7%
Carbs	Fats	Protein



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★☆☆

The good: This food is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Dietary Fiber, Vitamin B6, Iron and Magnesium, and a very good source of Vitamin A, Vitamin C, Vitamin K, Folate and Manganese.

Nutrition Facts

Leeks, (bulb and lower leaf-portion), raw

Serving size: 1 cup (89g) ▼



NUTRITION INFORMATION

Amounts per 1 cup (89g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	54.3 (227 kJ)	3%
From Carbohydrate	48.3 (202 kJ)	
From Fat	2.2 (9.2 kJ)	
From Protein	3.7 (15.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.3 g	3%

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	12.6 g	4%
Dietary Fiber	1.6 g	6%
Starch	~	
Sugars	3.5 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	88.1 mg	
Total Omega-6 fatty acids	59.6 mg	

Learn more about these fatty acids and their equivalent names

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	1484 IU	30%
Vitamin C	10.7 mg	18%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.8 mg	4%
Vitamin K	41.8 mcg	52%
Thiamin	0.1 mg	4%
Riboflavin	0.0 mg	2%
Niacin	0.4 mg	2%
Vitamin B6	0.2 mg	10%
Folate	57.0 mcg	14%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	8.5 mg	
Betaine	~	

[More details ▼](#)

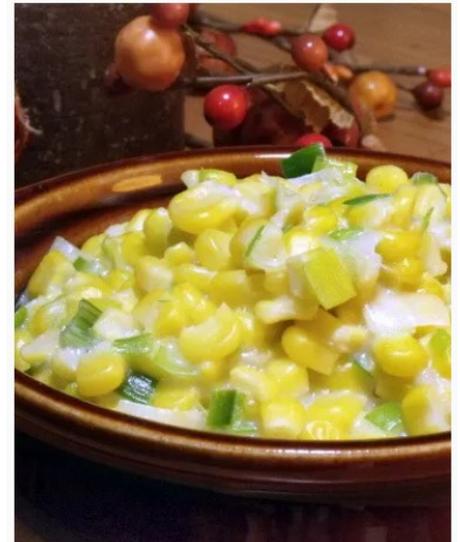
Minerals

Amounts Per Selected Serving		%DV
Calcium	52.5 mg	5%
Iron	1.9 mg	10%
Magnesium	24.9 mg	6%
Phosphorus	31.2 mg	3%
Potassium	160 mg	5%
Sodium	17.8 mg	1%
Zinc	0.1 mg	1%
Copper	0.1 mg	5%
Manganese	0.4 mg	21%
Selenium	0.9 mcg	1%
Fluoride	~	

Recipe—Leek Creamed Corn

Ingredients

- 1 Tbsp salted butter
- 1 c leeks, sliced
- 1 Tbsp all-purpose flour
- 1 c milk
- 2 ½ c corn, thawed if frozen
- ¼ tsp salt
- 1/8 tsp ground white pepper



Directions

- In a medium saucepan, heat butter. Add leeks and sauté over medium-high heat until vibrant and soft, about 5 minutes.
- Add flour and mix to create a paste. (It will be a chunky paste with the leeks in there. Just make sure the flour is dissolved.) Add milk, stir to combine. Heat until milk is simmering and begins to thicken.
- Add corn, salt, and pepper. Simmer, stirring often to be sure the mixture doesn't stick to the bottom of the pan.
- When most of the liquid has reduced out, mash corn with a potato masher to desired consistency.

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!



Cooking Terms

Word Scramble

Chef Paul has been busy in his kitchen and has made a fabulous dinner. He's also made a mess of his cookbook! Can you figure out the cooking terms he had to know to make his dinner by unscrambling the letters?

- UPOR _____
- PEEUR _____
- ASTRNI _____
- OEVRC _____
- MNSOTEI _____
- LCIES _____
- EAZGL _____
- STSO _____
- EMTL _____
- CSRDIAD _____
- CBRUS _____

- NLDBE _____
- NMICE _____
- TEAB _____
- AORST _____
- MEURESA _____
- AERGT _____
- ASTUE _____
- BRNWO _____
- CIED _____
- TSAEB _____
- CHPO _____
- ILOB _____
- TSIR _____

**September
Monthly
Observances**

September 2022



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
• Baby Safety Month					1	2	3
• Chicken Month					National Cherry Popover Month	VJ Day, WWII	International Bacon Day
• Better Breakfast Month							
• Classical Music Month	4	5	6	7	8	9	10
• Fall Hat Month	Newspaper Carrier Day	Cheese Pizza Day	Read a Book Day	National Salami Day	National Date Nut Bread Day	Teddy Bear Day	Sewing Machine Day
• Happy Cat Month							
• Hispanic Heritage Month							
• Honey Month	11	12	13	14	15	16	17
• International Square Dancing Month	911 Remembrance	Chocolate Milk Shake Day	National Peanut Day	International Crab Fest Day	Make a Hat Day	American Legion Day	National Apple Dumping Day
• National Mushroom Month	18	19	20	21	22	23	24
• National Piano Month	National Cheeseburger Day	National Dance Day	National Punch Day	Miniature Golf Day	Autumn Equinox	Checkers Day	National Cherries Jubilee Day
• National Sewing Month							
• Whole Grains Month	25	26	27	28	29	30	
	National Comic Book Day	Johnny Appleseed Day	Crush a Can Day	National Good Neighbor Day	Confucius Day	National Mud Pack Day	

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575
Kathrine.Clark@marshall.edu



Brain Exercise Answers

SOLUTION

UPOR	<u>POUR</u>	NMICE	<u>MINCE</u>
PEEUR	<u>PUREE</u>	TEAB	<u>BEAT</u>
ASTRNI	<u>STRAIN</u>	AORST	<u>ROAST</u>
OEVRC	<u>COVER</u>	MEURESA	<u>MEASURE</u>
MNSOTEI	<u>MOISTEN</u>	AERGT	<u>GRATE</u>
LCIES	<u>SLICE</u>	ASTUE	<u>SAUTE</u>
EAZGL	<u>GLAZE</u>	BRNWO	<u>BROWN</u>
STSO	<u>TOSS</u>	CIED	<u>DICE</u>
EMTL	<u>MELT</u>	TSAEB	<u>BASTE</u>
CSRDIAD	<u>DISCARD</u>	CHPO	<u>CHOP</u>
CBRUS	<u>SCRUB</u>	ILOB	<u>BOIL</u>
NLDBE	<u>BLEND</u>	TSIR	<u>STIR</u>

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.