

APPROVED



PRODUCE SELECTION:

Apricots:

- Select apricots that are fully ripe. Fully ripe apricots are ones with a rich orange or yellow color with no green color.
- Fruits should be slightly soft, but not mushy.
- Ripe apricots have a rich aroma and are highest in nutritional value with vitamins, powerful antioxidants and health-promoting phytonutrients at their peak. As with all fruits, I recommend selecting organically grown varieties whenever possible.

Green beans:

- Green beans should be crisp, firm and brightly colored.
- They should snap easily when bent. (Hint: Select beans of similar size and shape for a more uniform cooking time.)
- Don't buy ones that have soft spots or signs of discoloring.
- Keep beans refrigerated in a plastic bag. If you're going to store them for very long, add a piece of paper towel to the bag to absorb any extra moisture.



Apricots	
Nutrition Facts	
Serving Size 1 cup, halves 155g (155g)	
Amount Per Serving	
Calories 74	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 2g	
Vitamin A	60% • Vitamin C
Calcium	2% • Iron

Green Beans	
Nutrition Facts	
Serving Size 1 cup 110g (110g)	
Amount Per Serving	
Calories 34	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 2g	
Vitamin A	15% • Vitamin C
Calcium	4% • Iron

FAMILY NUTRITION NEWSLETTER

MAY 2016 EDITION

Produce Items of the Month are APRICOTS & GREEN BEANS

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

HEALTHY BODY FOCUS: National Asthma and Allergy Awareness Month

Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month." It's a peak season for asthma and allergy sufferers, and a perfect time to educate your patients, family, friends, co-workers and others about these diseases.

Asthma affects approximately 25.9 million Americans and more than 50 million Americans suffer from all types of allergies. Asthma causes swelling of the airways. This results in narrowing of the airways that carry air from the nose and mouth to the lungs. Allergens or irritating things entering the lungs trigger asthma symptoms. Symptoms include trouble breathing, wheezing, coughing and tightness in the chest. In severe cases, asthma can be deadly. Although there is no cure for asthma, it can be managed with proper prevention and treatment. More Americans than ever before have asthma. It is one of this country's most common and costly diseases.

An allergy is when your immune system reacts to a foreign substance, called an allergen. It could be something you eat, inhale into your lungs, inject into your body or touch. This reaction could cause coughing, sneezing, itchy eyes, a runny nose and a scratchy throat. In severe cases, it can cause rashes, hives, low blood pressure, breathing trouble, asthma attacks and even death. Just like asthma, there is no cure for allergies. You can manage allergies with prevention and treatment. More Americans than ever say they suffer from allergies. They are among the country's most common, but overlooked, diseases.

For more information on both asthma and allergies, visit the Asthma and Allergy Foundation of America's web-site at www.aafa.org.

HELPING YOUR CHILD EAT HEALTHY

Green beans:

- Simply steaming green beans and adding a bit of butter, pepper and onion powder is an easy way to prepare green beans.
- Add green beans to your vegetable soup recipe.
- Wash fresh green beans and dip them in hummus for a healthy snack.

Apricots:

- Many children enjoy apricots simply washed and eaten fresh.
- Add dried apricots to their lunch box as a fruit option.
- For a dessert treat, add sliced apricots to frozen yogurt - or add to Greek yogurt for a breakfast idea.



RECIPE CORNER

Apricot Cheese Bites

- 16 dried apricots
- 8 teaspoons crumbled blue cheese
- 2 ounces chopped shelled pistachios
- 1/2 teaspoon honey
- Freshly ground pepper



Top each apricot with 1/2 teaspoon cheese. Sprinkle with pistachios and drizzle with honey; sprinkle with pepper.

Braised Summer Vegetables

- 1 tablespoon extra-virgin olive oil
- 1 small onion, halved and sliced
- 1 tablespoon finely chopped fresh oregano , or 1 teaspoon dried
- 1/2 cup reduced-sodium chicken broth
- 1 pound green beans, trimmed
- 1 medium summer squash or zucchini, halved and cut into 1-inch pieces
- 1 cup halved cherry tomatoes or grape tomatoes
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup finely shredded Parmesan cheese



Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring, until softened and beginning to brown, about 2 minutes. Add broth and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice. Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more. Season with salt and pepper. Serve sprinkled with Parmesan.