

SPRING
2014

THE GRAPEVINE

Teachers College, Columbia University

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SPRING 2014

*NYCNEN members workshopping case studies at the latest meeting***THE GRAPEVINE**

PROGRAM IN NUTRITION

Building Cultural Skills with NYCNEN

by Tyffanie Ammeter

The NYC Nutrition Education Network (NYCNEN) is an organization whose members all have a similar goal: improving the food and nutrition environment in New York City. NYCNEN is comprised of both students and professionals in the nutrition and public health arenas and provides multiple learning and networking opportunities throughout the year. One such event was held on February 7, 2014 at the Hunter College School of Public Health. The theme of this meeting was "Setting a Culturally Inclusive Table," which included learning about the SNAP program as well as how to work with diverse populations in a culturally sensitive

manner. After some coffee and snacks, the meeting kicked off with welcome messages by Rosanna Campitiello, NYCNEN chair, and Jackie Rodriguez and Kelly Moltzen, meeting coordinators.

Ana Sarabia, who is the Training Coordinator at the Food Bank for New York City, took the stage next and presented a high-level overview of the Supplemental Nutrition Assistance Program (SNAP), eligibility criteria, and how to encourage underrepresented populations to apply for the program. SNAP is federally funded and was created to help alleviate hunger by providing a supplement to those in the program—it is not

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni, and Staff,

2014 commenced with a calendar full of exciting events. Already there has been a New York City Nutrition Education Network meeting, a Greater New York Dietetic Association conference, and a book talk and signing with Teachers College alumnus Ellie Krieger. A group of students also recently traveled to Washington, D.C. to attend the 17th Annual Health Education Advocacy Summit. Look out in the next few months for the Just Food Conference and the film screening of Growing Cities.

New to this issue is the “On the Web” section, where we feature some of the websites and blogs of current nutrition students.

March is National Nutrition Month and this year’s theme is “Enjoy the Taste of Eating Right.” Spread the message of nutrition all month long! One of the best parts about learning and working in the field of nutrition is the variety of opportunities available to us. In this edition of The Grapevine, read about a day-in-the-life of a supermarket dietitian, a prenatal yoga instructor, a childhood nutrition educator, and a nutrition research assistant working with a pediatric dental clinic.

You will need a strong gut to get through this issue’s Hot Topic on fecal transplants (told you!), but it is definitely an important read.

If you are still hungry for more, check out Ian Ang’s taste test of the fun new Blue Hill Yogurts, or head down to Xi’an Famous Foods after reading Jessica Laifer’s Restaurant Review. This issue’s recipe section will make you go crazy for cauliflower!

Thanks to all of the students who volunteered to write. This issue received an overwhelming response for interested writers! The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at sal2182@tc.columbia.edu.

And don’t forget to “like us” on Facebook at

Facebook.com/TheGrapevineTeachersCollege

Special thanks to Ryan Renaud, dietetic intern, who has been helping find exciting stories to post on our Facebook page.

Enjoy the issue!

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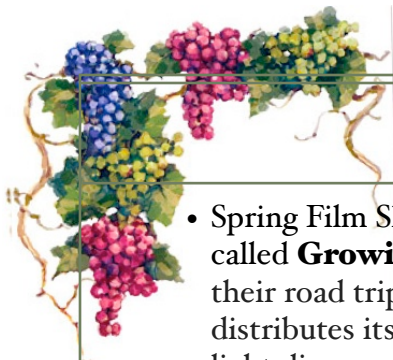
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Fresh off the Vine: Events & Announcements

- Spring Film Showing at Dr. Pam Koch's house. Wednesday, April 9th at 5:30pm. The film is called **Growing Cities**, and follows filmmakers Dan Susman and Andrew Monbouquette on their road trip to meet the men and women who are challenging the way this country grows and distributes its food, one vacant city lot, rooftop garden, and backyard chicken coop at a time. A light dinner of local vegetarian and vegan food will be served before the film.
- The Just Food Conference is being held at Teachers College this year! On April 5 and 6, 2014, the annual **Just Food Conference** will be hosted at Teachers College in partnership with the Laurie M. Tisch Center for Food, Education & Policy. This two-day event will offer opportunities for the general public, food professionals, CSA members, community organizers and farmers to come together for workshops, skill-building sessions, all-day intensives, and tours. The conference will provide attendees with opportunities to learn about national farm and food issues, CSA trends, and cooking and food preservation techniques, as well as ways to mobilize communities in order to increase access to farm-fresh, locally grown food. Visit justfood.org/events to purchase tickets.
- Congratulations to Tyffanie Ammeter, who was awarded the New Jersey Society for Public Health Education (NJ SOFHE) academic scholarship of \$500!



On the Web

The Grapevine is giving a shout-out to some of the students in the Nutrition Program who have websites and blogs related to food, nutrition, health and exercise. Check them out, and let us know if you would like your site mentioned in a future issue! Keep in mind, views of our students are not necessarily reflective of views of the Program.

Tiffany Chag

Tiffany Chag Training

<http://www.tiffanychagtraining.com>

Alyssa Cohen

Food Is Fuel For Me

<http://foodisfuelforme.wordpress.com/>

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Kate Gardner Nutrition

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The Functional Foodie

<http://consciouscravings.wordpress.com/>

Emelia Stiverson

Foods With Benefits

<http://foodswithbenefits.wordpress.com/>

Anthony Wind

RUN Like WIND

<http://anthony-wind.blogspot.com/>

(Building Cultural Skills with NYCEN, cont'd)

meant to provide *all* of a family's nutritional needs. Eligibility in the program is based on household composition, income, child/dependent care expenses, out-of-pocket medical costs, other resources, and immigration status². Those who receive SNAP benefits can purchase eligible products (human food products as well as seeds/plants to grow food) at a variety of locations including grocery stores, bodegas, and even farmers markets.

Following Ms. Sarabia was Diane Barrett, MS, RD, who spoke about her work at the Morrisania WIC Program as well as a cookbook project she published in collaboration with Lincoln Hospital. The cookbook, titled *Sweet Bites and Savory Sensations: Bronx Home Cooking*, is a compilation of favorite family recipes from Latin America, Africa and the US that were "healthified" while still maintaining traditional flavors. Based on her experience working with a multitude of cultures, Ms. Barrett gave us the following advice as to how we can be culturally sensitive and effective nutrition educators:

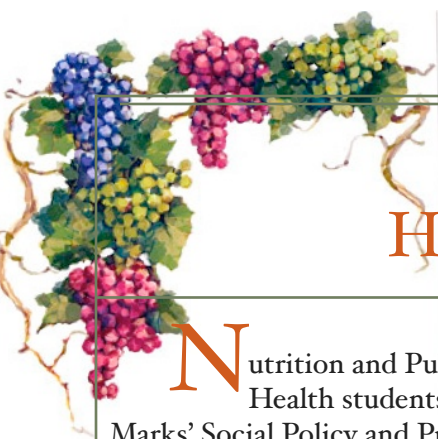
- Foster a community-focused environment in which participants feel at ease. Leave preconceived notions and judgments at the door.
- Remember that traditions, especially food-related ones, have deep emotional ties.
- Focus on topics that are relevant to the participants. If you are not sure what topics are most important to them, simply ask and then *really* listen.
- Once you know what is most important to the participants, be respectful of those key elements as you suggest behavior changes.
- Make it a collaborative project by using a participant-centered approach. Avoid telling them what to do or judging them--neither result in behavior change. Instead, facilitate an interactive process in which you can highlight their capacities and strengths, thereby empowering them. This will give the participants confidence to share their ideas, give opinions and participate in the decision-making process regarding incorporating healthier behavior into their daily lives.

When working one-on-one, Ms. Barrett suggests completing a full assessment of the client's needs prior to spewing off nutrition information. First, take a minute to summarize what you learned from the client, highlighting the nutrition education topics that are a priority for the client (not you). Then develop some goals that motivate your client to make healthy choices. This can be a collaborative process; perhaps you suggest ideas, but let your client pick which ones they feel most comfortable tackling first. Finally, decide if there are any supporting documents, referrals or other resources that you can provide them to help them achieve the goals.

The last part of the meeting was devoted to working in groups on several case studies written by Sandra Arevalo, MPH, RD, CDN, CDE. Each group was tasked to develop goals and solutions for their clients and then present the plan to all meeting attendees. A key theme that surfaced during the presentations was the idea of remembering to refer clients to other community workers that may be able to assist them in other aspects of their life. For example, referring a client to a social worker who may be able to help them apply for SNAP, find housing, etc. really shows the client you care about his/her situation and are interested in what is best for him/her. It is clear that, acting alone, we cannot solve all of the issues that our clients have, but by working together and using our networks, we can greatly expand the support given to those clients and improve their quality of life.

The next NYCEN meeting, "*Got Fruits and Vegetables? Improving Access to Healthy Food for all New Yorkers*," will be held on April 4th at 9:00am at the School of Public Health at Hunter College. RSVP to nycnenadmin@gmail.com.





Out and About: Health Education Advocacy Summit

Nutrition and Public Health students from Dr. Marks' Social Policy and Prevention class participated in the 17th Annual Health Education Advocacy Summit on February 22-24 in Washington, DC. Hosted by the Society for Public Health Education, students attended briefings on three priorities that centered around sustaining funding for prevention programs, supporting school health programs, and elevating health and physical education to core subjects. The weekend ended with an opportunity to advocate for these issues on behalf of New York voters at the offices of Senator Kirsten Gillibrand and Congressman Charles Rangel.

-Casey Luber



Nutrition Program Alumni Career Panel 2014

We were happy to welcome back some Teachers College Program in Nutrition alumni for a panel discussion with current students on Wednesday March 12th.

Panelists briefly introduced themselves, stating their emphasis at Teachers College, where they completed their dietetic internship, and where they currently work.

Nearly all of the panelists mentioned the broad scope of their work in nutrition, and the wide variety of opportunities available.

Their advice: Even during the struggles of the "in-between" job search, keep an open mind because you never know who you will meet during that time, and

cherish the opportunity to develop quality skills that you might not gain elsewhere.

They also advised us to stay connected to the Teachers College listserv for job postings and connections, and don't hesitate to introduce yourself and reach out to the wide array of alumni working around the city.

Lastly, **PAY ATTENTION** in all of your classes and keep in touch with the faculty, because even if the particular subject does not interest you at the time, you may need the skills later on in your career.

Thank you to the Nutrition faculty for coordinating this event.



Thanks again to:

- ❖ Leah Kaufman, MS, RD, CDN
- ❖ Sydney Nitzkowski, MS, RD
- ❖ Gila Daman, MS, RD
- ❖ Atheer Yacoub, MS, RD
- ❖ Pippa Purdy, MS, RD
- ❖ Amrita Persaud, MS, M.Ed, RD, CDN
- ❖ Michelle Truong, MS, RD
- ❖ Emma Hulse, MS
- ❖ Debora Kupersmid, MS, RD, CDN, RYT
- ❖ Christie Custodio-Lumsden, PhD, RD
- ❖ Katherine Brooking, MS, RD

I commonly see first-time practitioners in my prenatal yoga classes. Women who have never tried yoga or haven't exercised consistently in a long time are drawn to take part in motherhood-focused fitness. It makes sense that when a woman embarks on the journey of taking care of new little life, she desires what is best for that life. The popularity of prenatal yoga has grown exponentially in the past several years, in part because of the positive and encouraging atmosphere it offers. I am an advocate for including yoga in a prenatal regimen in part because it promotes mindfulness with regard to overall health. "Asana" is the Sanskrit word for "pose," and prenatal yoga is a series of poses designed to benefit the body and mind of the mama-to-be—i.e. "mama asanas."

Many of my students are aware of what I am studying, and often ask questions about health during pregnancy. The following are a few of the most common:

What is the best exercise routine during my pregnancy?

This depends greatly on a woman's fitness level prior to becoming pregnant. In general, barring any unusual conditions, I recommend to just keep moving! Whatever movement makes your body happy! During the first trimester, some women feel sick or fatigued, others experience few symptoms at this stage. This is where that yogic perspective comes in. This is a time to listen to the body, and let go of the ego. As the pregnancy progresses, your routine will inevitably have to shift to accommodate the growing belly, the increased flexibility (and decreased stability) in the joints and the aches and pains that come from these changes. It's a time to work on getting past the internal voice that says, "but I used to be able to do this!" Pregnancy is temporary, and is an opportunity to get to know your body in a different way!

Prenatal yoga is great for pregnant women of all fitness levels because it is so modifiable. Whether used as the main exercise, or supplementary, it is a unique

system of poses specifically targeting the changing pregnant body. One of the primary goals is to strengthen the muscles that support the structural changes of the body, as well as the muscles used in labor and delivery.

Regardless of what mode of movement chosen, partaking in moderate intensity exercise 3-4 days per week has shown remarkable benefits in pregnant women— from reducing the risk of pregnancy-induced hypertension and gestational diabetes (1), to preventing/decreasing back and pelvic pain (4).

What can I do to relieve my...?

There is a long list of symptoms commonly experienced in pregnancy, and a great many oldwives tales that promote certain remedies. Unfortunately many of them have not been clinically studied at length or at all. One exception is the use of ginger (a personal favorite home remedy!), which has been shown to reduce nausea and digestive discomfort in pregnancy (2). It is recommended to consult your doctor before supplementing (especially if on other medication), but if cleared, I am big on using the actual ginger root in food preparation, and boiling it to drink as a tea. There is some literature associating ginger with anti-inflammatory properties as well, so in cases of headaches/body aches, it may help ease discomfort when preferring to avoid pain medication.

Leg cramps are another common complaint. Aside from stretching, I like to remind my students to keep hydrating, especially this time of year. It can be difficult in the winter, when we don't have as many external signals to remind us how much fluid we need. Making sure electrolytes stay in balance is another concern in terms of cramping, especially with the increased plasma/fluid volume that occurs in pregnancy. I often recommend bananas or coconut water—both rich in potassium.

What are the major things that need to change about my diet?

Again, this is dependent on a woman's habits prior to pregnancy. I usually start by asking about usual diet and food preferences to assess clients' needs on an individual basis. Studies show that nutrition education and counseling during pregnancy significantly improves gestational weight gain, reduces nutrition related health risks such as anemia, and decreases risk of low birth weight, and preterm delivery (5). Taking prenatal vitamins is important, acting as a safety net to ensure enough nutrients are available to the body, but it is important to not depend solely on them. Getting as much nutritional value out of whole foods as possible will help to ensure proper absorption, and better all around health for mother and baby.

While it is often the "don'ts" that are stressed to pregnant women in terms of eating/drinking/doing, science has recently begun to take a more positive tack. Several studies done in the past few years are even showing benefits of mindfulness and meditation training during pregnancy (3). The nine months of gestation is a time of acute awareness for the mother-to-be, a perfect time to take the "mama asana," to reflect inward, and make mindful choices to maximize health for pregnancy and beyond.

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A Day In The Life Of A Supermarket RD

By Nicole Hallissey, RD

Americans are increasingly becoming more aware how the food they eat affects their health.

According to the *Consumer Attitudes about Nutrition*, 87 percent of Americans are concerned about the nutritional value of the food they purchase (1). The average shopper is bombarded with nearly 42,000 food items when walking into the grocery store (2). Making sense of health claims and understanding the language of food labels is downright confusing for customers. With growing health concern from the public, grocery stores are doing what they can to meet the needs of their shoppers. A wave of Registered Dietitians (RDs) are leaving the clinical setting and stepping into the world of retail and corporate wellness. The grocery store is a precious arena where an RD can foster behavioral change for clients, one aisle at a time.

As a Retail Dietitian I split my focus into three areas: the employees, customers and the members of the surrounding community. Below are just a few ways I spend my time each day in the supermarket.

Culinary Workshops and Cooking Classes: Teaching customers how to cook is an increasing trend for many grocery stores. In my store, there is a fully equipped culinary station that can fit up to 12 participants. On a weekly basis I host cooking classes for toddlers, school-aged children and adults. Each class is about 45 minutes and consists of a health-focused lesson, activity and recipe. Just recently I teamed up with the store chef to engage customers in a two hour culinary workshops where customers gain superior culinary and knives skills in addition to how to prepare nutritious meals. Over the past two years, I reached an estimate of 1,000 children and adults who participated in my culinary programs.



Nicole makes food fun for the little chefs who attend her cooking classes.

Grocery Store Tours: During tours, the dietitian brings customers through the aisle while pointing out the nutritional highs and lows of various products. Customers who attend the tour gain the skills needed to be “nutrition detectives” in that they learn to read food labels, dissect food claims and use their judgement to make the best nutritional choice possible. In the past I have hosted numerous store

tours that point out heart healthy, gluten-free and high calcium containing products.

In-Store Wellness Programs: The Supermarket Dietitian develops programs based on the needs of the employees and customers. Currently, I am wrapping up an eight week weight management program as well as a nutritional class series that focuses on making foods from scratch. The class learned how to make their own pizza with homemade dough as well as a four step homemade almond milk. Since I have been in my store, I have worked on providing better-for-you options such as store-made salads and fruit cups in the employee break room.

Community Events: Opportunities for community events are endless. To date I have attended libraries, senior centers, hospitals, health fairs, schools and various clubs. At each community event I tailor a nutrition lesson to fit the needs of the participants. I always bring healthy food samples, recipes and coupons as well as engage the audience in a cooking demonstration.

Being a Supermarket Dietitian is a fun and rewarding career. For anyone who is interested in this area of dietetics, I recommend joining the Retail Dietitian's Business Alliance group. For more information and resources please see the links below or feel free to contact me directly at nlh2116@tc.columbia.com.



Nicole hosted a Kids Cook Monday cooking event at her grocery store with a local girls scout troop. Nicole and little chefs made whole wheat bruschetta pizza from scratch.

Resources

1. http://www.soyconnection.com/sites/default/files/Soy_Connection_Consumer_Attitudes.pdf
2. <http://www.fmi.org/research-resources/supermarket-facts>

To learn more:

www.supermarketguru.com
www.retaildietitians.com
www.fmi.org

MySmileBuddy: Bringing Together Nutrition and Dentistry

By Ione Machen

As nutrition students, we don't often think of dentistry as relevant or related to what we do. Although we all know that sugar rots our teeth, that's about as far as we go with that connection. Just stop eating so much sugar - easy fix, right?

Not so fast. The mechanism is much more nuanced. When we eat food containing digestible carbohydrate, a certain strain of bacteria in the mouth, *Streptococcus mutans*, eats the carbohydrate left in the mouth, and produces an acidic byproduct. This resulting acid is what corrodes our tooth enamel and leads to dental caries. The whole process is mediated by many interrelated factors: how often we eat; how fast the food dissolves; how much saliva we produce; how much water we drink; how often we drink sugary beverages; fluoride exposure; and of course, how often we remove those pesky digestible carbohydrates with a toothbrush and floss.

Without the proper dietary and oral health habits, it is easy to create an oral environment in which these carb-loving bacteria can flourish and reproduce, bringing the pH of the mouth down, and increasing the risk of developing cavities over time. For example, taking sips of a sugar-sweetened beverage every few minutes throughout an entire day bathes the teeth in digestible carbohydrates for a prolonged period of time. All day long, the mouth becomes a perfect, hospitable environment for *Streptococcus mutans* to reproduce. In regard to oral health, it would be better to drink that sugary beverage all in one sitting, and rinse with water afterwards. Similarly, retentive foods like raisins and other dried fruits tend to stick in the teeth and dissolve very slowly, leaving those carbohydrates in contact with the teeth for a long

period of time. So if a child eats raisins and doesn't brush his or her teeth before going to bed, the bacteria have the whole night to digest the carbs and produce acid, corroding the teeth for eight straight hours.

Understanding this process is essential for properly treating pediatric patients. Both kids and parents are prone to believe that a cavity in a baby tooth is no big deal because it falls out anyway. However, if a child's mouth is already full of bacteria when the adult teeth arrive, and the same cariogenic (cavity-causing) habits continue, then it won't be long before the permanent teeth start to decay as well.

What does all of this have to do with the Program in Nutrition at Teachers College? Recent doctoral graduate Christie Custodio-Lumsden is conducting a study in a pediatric dental clinic in an ongoing collaboration between Columbia University's College of Dental Medicine (Principal Investigator Dr. Burt Edelstein) and the Program in Nutrition (Dr. Randi Wolf, Dr. Isobel Contento, Dr. Pamela Koch). Three of our Master's students -- Tyffanie Ammeter, Jessica Laifer, and Ione Machen -- are currently interning as Research Assistants with the project.

The research involves an iPad-based survey and intervention tool called MySmileBuddy (MSB) to assess the risk of pediatric patients for developing caries, based on dietary and oral health habits. During the data collection phase of the study, the research assistants are getting a chance to practice their Spanish language skills, 24-hour recall skills, and one-on-one nutrition intervention skills in a clinical setting. They also practice collecting saliva samples from the pediatric patients and reading agar

plates to assess the levels of *S. mutans* in the mouth.

The MSB research assistants also have the opportunity to participate in a thought-provoking monthly seminar class for Pediatric Dental Residents at Columbia, called the Whole Child Seminar. This interdisciplinary seminar taught by Dr. Edelstein examines the needs of the pediatric dental patient in the context of his or her family, community, and society at large. Many of the same risk factors that affect a child's risk of developing nutrition-related chronic illnesses are the same factors that influence their risk of tooth decay. So instead of blindly treating each tooth's problem in isolation, Dr. Edelstein helps the dental residents recognize that family income level, race, ethnicity, and family education level all come into play. When we take these factors into consideration, we can provide better preventive care, both in the world of pediatric dentistry and nutrition care alike.

Students in the Whole Child Seminar aim to re-imagine the health care system, bringing seemingly disparate areas of study like dentistry and nutrition into closer collaboration with one another. As future nutrition professionals, imagine the impact we can have on improving oral health outcomes for dentistry patients! Our disciplines are not so unrelated after all.



Hot Topic

Move Over Ick Factor—The Cure For *Clostridium difficile* Lives In Someone Else's Feces

by Stephanie Lang

The patient traced the problem to her childhood. Whenever she felt sick, doctors would immediately put her on antibiotics. “It was like candy,” she said. The patient, who did not want her name used, believes the antibiotics left her susceptible to the pathogen *Clostridium difficile*, which can cause symptoms ranging from diarrhea to intense abdominal pain. That’s why she turned to an experimental procedure, fecal transplantation.

In the procedure, stool from a healthy person is transplanted into the recipient. There’s definitely an ick factor involved, but doctors who have used the procedure say fecal transplants have helped hundreds of patients overcome recurrent *Clostridium difficile*, with a success rate greater than 90 percent.

Dr. Lawrence Brandt, a gastroenterologist at Montefiore Medical Center in the Bronx, views stool transplants to fight the infection as “the most exciting thing in gastroenterology.”

The trouble with *Clostridium difficile* begins when antibiotics wipe the colon, allowing the bacteria to gain traction. It’s an increasingly common problem in hospitals and other health-care institutions.

According to a Mayo Clinic study², *Clostridium difficile*, first described in 1978, now accounts for 600,000 cases each year. Generally, antibiotics are the first line of treatment but an estimated 15,000 patients get sick again.

Worldwide, approximately 450 cases of fecal transplantation for treatment of *Clostridium difficile* infection have been reported, said Brandt¹.

In May 2013, the Food and Drug Administration (FDA) initially ruled that doctors would need to apply for special permission each time they

performed the procedure. Seven weeks later, the FDA reversed its position, allowing transplants so long as patients are aware that this is an investigational new drug procedure.

Brandt said FDA officials were concerned about the unknown long-term consequences of transferring fecal bacteria. But, he said, transplants are currently the most effective treatment for recurrent *Clostridium difficile*.

Patients prepare for the procedure with an enema and an antibiotic to get rid of all gut bacteria. Donors are quickly screened to confirm they are disease-free. After the donor’s sample is received, it gets liquefied in a standard blender before it is pumped into a patient.

Although it is possible for a patient to perform the procedure themselves at home, many doctors and researchers prefer to use a colonoscopy, which allows them to see any damage to the colon as they are injecting the donor stool.

After the transplant, most patients can eat a regular diet again.

Dr. Johan Bakken, a specialist in *Clostridium difficile* at St. Luke’s Hospital in Duluth, Minn., suggests his patients drink kefir, a largely lactose-free probiotic that is similar to drinkable yogurt, because many of his fecal transplant patients are lactose intolerant.

The recent fecal transplant patient took probiotics before her transplant, but said, “They were never able to fully give me relief in the way that one stool transfer was going to.” Now, post-transplant, she eats a lot more fermented foods like sauerkraut, and compares feeding her new gut to cultivating a garden.

Down more than 20 pounds from before the complications, this patient

currently eats a diet of 3,000 calories, but cannot gain weight. She thinks one reason is her avoidance of lactose, casein and gluten-containing foods.

Brandt said changing the diet, such as going from eating meat to eating a vegan diet, also changes the bacteria in the gut within a matter of weeks.

The technology of fecal transplants is rapidly changing, doctors say. Brandt predicts stool-derived products will become more common than actual stool. Research is moving toward designing mixtures of harmless stool bacteria to treat *Clostridium difficile*, a process called bacteriotherapy.

In one recent study published in *Microbiome Journal*³, two patients with recurrent *Clostridium difficile* received a stool substitute, a preparation of 33 different intestinal bacteria isolated in pure culture, from a single healthy donor. There are about 3,000 strains of bacteria in the stool. Narrowing the numbers down to 33 isolated strains from one donor leaves doctors and researchers excited and curious about the prospects of this particular mix.

Brandt believes that diseases other than gut disorders, such as diabetes, atherosclerosis, and neuromuscular disorders, could also be cured by certain bacterial species in the stool.

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National Nutrition Month: “Enjoy the Taste of Eating Right”

By Sandeep Kaur Dhillon



St. Patrick’s Day isn’t the only day this month that Americans should think of the color green. This year, the Academy of Nutrition and Dietetics, which annually sponsors

National Nutrition Month® every March, is promoting the theme, “**Enjoy the Taste of Eating Right.**”

National Nutrition Month® is a nutrition education campaign designed to encourage individuals to make informed food choices, and to convey the importance of developing healthy eating and lifestyle habits. The campaign promotes the Academy (as well as its members) as a reliable source for timely, evidence-based information regarding nutrition and health. This year’s campaign is a fun and playful approach to making powerhouse foods taste good enough to actually relish.

In a country where food is abundant to many, and fast, processed foods are available in excess, it may seem hard for healthier options to compete. The implication of this year’s theme (that healthy food can be enjoyed), however, sends a potent message to a society whose waistline doesn’t seem to stop growing. It is a message that acknowledges the widespread desire to eat foods that taste good as well as suggests that there is a “right” way to eat that promotes health.

Socioeconomics are a formidable opponent in our battle against the expanding waistline of the typical American, but there is more at play. Even those who can afford to pay for healthier food alternatives choose not to, in large part because *processed foods taste good to most people.*

Learning to navigate the field of “healthy,” “clean,” or even “green” eating is just that: a learning experience. Eating means engaging all of the senses: from

smelling the interplay of spices and the aromas they create, to savoring the smoothness of fresh polenta as it contrasts with the textured decadence of homemade meat sauce. Eating with the eyes is also important—think of how a sliced red bell pepper pops against a bed of spinach! Every cooking adventure is an opportunity for a new discovery.

Personally, this year’s theme resonates with me. Giving up a number of foods to alleviate my own physical ailments has been challenging, but learning to make healthy foods that I can enjoy on a regular basis has been the saving grace in my journey to better health. I’ve learned that living and eating healthfully is an *effort*. It takes time, and it takes money. Processed foods and takeout are cheaper, faster, easier to clean up, and require little to no preparation time compared to cooking fresh foods and meals. The reality is that it is more expensive in the long run to *not* eat healthfully—think of the medical expenses incurred by those who suffer from the consequences of obesity.

Bottom line: healthy food can, and even *should*, taste good. With the number of food blogs and recipes available to the masses today, there are innumerable ways to make the most obscure whole foods appetizing. Eating is one of the most ancient experiences. It should be enjoyed, savored, celebrated, and experienced with passion. It is a dance partner that will do its part (fill your belly *and* nourish your body) if you do yours (put in some effort to make nourishing food).

For those in the nutrition and health profession, the social, economic, and political aspects of promoting healthy lifestyles seem pretty intimidating. If enough nutrition educators and advocates work together in promoting National Nutrition Month® and spreading the message that we can “enjoy the taste of eating right,” obesity levels will likely reduce, fresh food will likely become more affordable, and society as a whole will probably experience greater health, productivity, and contentment.

***More information at eatright.org/nnm.*

Taste Test: Blue Hill Yogurts

by Ian Ang

Food: Blue Hill Yogurts

Price: \$2.99 each

Available at: Whole Foods, Gotham West Market, and other select stores.

Over the years, yogurt has been an increasingly popular breakfast or snack food item. With the Dairy Industry's much-touted benefit of high calcium and protein all packed in an easy convenient grab-and-go cup, yogurt has been a staple for many looking to feel satiated with what is considered a nutrient-rich health food. In recent years, Greek yogurt has majorly expanded yogurt sales thanks to heavy marketing highlighting its high-protein content.

Blue Hill Farm, owned by chef Dan Barber of the namesake Blue Hill restaurants, has decided to get a slice of this yogurt market by introducing their own line of yogurts "made only with milk from 100% grass-fed cows, from farms in the Northeast." But in an overtly saturated market, making yogurt that is "all natural", "no preservatives", and "no artificial anything" is not exactly the strongest selling point. Not even if you highlight how naturally wonderful it is with a trademarked slogan of "All Grass All The Time", or guilt-trip us into supporting an eco-friendly business that implores us to "Know Thy Farmer®". The solution? Yogurts in six out-of-the-norm, vegetable-based flavors: tomato, carrot, butternut squash, parsnip, beets and sweet potato. Having been to Blue Hill at Stone Barns twice before and a big fan of their local sustainability efforts, I wanted to find out how these interesting "yogurts from the garden" fare:



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Tomato:

This was the first flavor I tried, and so I will give a little more insight of my first experience with this line of yogurts. On all the lids, there is a blurb that describes the flavor a little more, and this one reads, "Maple is this yogurt's secret ingredient, the perfect partner for the ripest tomato." Upon opening it, I found that the underside of the foil lid had information that this yogurt was "made by Nelly, Ayrshire Cow - 5 years old" - cute, but really the cow did not make this yogurt. I get that Blue Hill Farm wants to improve our experience and make us connect with our food and the one cow that contributed her milk to this yogurt, but I cannot help but be cynical and feel that this is just another "Supermarket Pastoral" trying to cover up the fact that the milk comes probably from more than one cow, probably all named "Nelly".

So on to the first spoon of the yogurt. Savory! The yogurt tasted like cold tomato soup and had that salty umami taste. There was no real hint of sweetness or scent from maple syrup that I was expecting, which was disappointing. The yogurt aftertaste was distinct enough that you know you are eating yogurt and not curdled tomato soup. It has been a while since I have had regular non-Greek yogurt, and so the softer texture and difference in sharpness and aftertaste took a while to get used to. I was surprised that the yogurt was not more reddish, but instead a chalky color with a slight orange tinge. Tomato was definitely the most savory of the bunch and this first experience was overall interesting but thankfully less weird than I thought it was going to be.

Carrot:

Made by Luna, a 6-year-old Jersey Cow, the carrot yogurt was very refreshing and I wanted to get another spoon of it right away. The yogurt tasted very much like carrot puree or carrot juice with a little salt in it, and one could easily forget that it was yogurt. I recently learned that I am a super-taster and I remember that I used to hate the distinct sharp green taste of raw carrots as a child, but have learned to like it now. Being more alert of what I was eating to write this review, I found that this green taste was very strong and did not dissipate with subsequent spoonfuls. So for those that are not a fan of raw carrots or that yellow core of cooked carrots that does not taste as nutty as the outer orange (continued on the next page)

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parts, I would suggest staying away from this flavor. If you have no problem with that distinct green carrot taste, then this is definitely a great snack option for a hot summer day.

Butternut Squash:

Made by Daffodil, an 8-year-old Dutch Belt Cow, the cinnamon taste of this butternut squash yogurt hits you immediately. I couldn't tell if this yogurt was just less salty but the fact that these yogurts are savory was no longer a surprise. I was expecting this flavor to be more like butternut squash soup with that salty, creamy taste, but it was more just a yogurt with cinnamon taste, with an after taste of ginger. The blurb on the lid reads, "The king of squash gets a kick from ginger and other spices in this cool tangy treat", but nowhere in the ingredients was ginger listed. Perhaps the blend of fresh sage, cinnamon, nutmeg and cloves, which were listed in the ingredients, mimic the taste of ginger when combined, or that ginger was just accidentally left out from the ingredients list. The yogurt did leave a tingly, spicy feeling in my throat after, much like having had a cinnamon gum.

Parsnip:

The parsnip yogurt had an even stronger raw, green taste, which is a surprise since parsnips are usually quite bland to me. It seems to me like a special breed of parsnips with a more intense aroma were selected to crank up the flavor in this yogurt. Strangely enough, an herbal scent, which I associate more with traditional Chinese medicine, lingered, which then transitioned to a pleasant coconut-y aftertaste. Interestingly enough, after I read the flap on the inside of the container, I found out that Sunshine, the 6-year-old Kerry cow that "made" my yogurt, recommended I pair the flavor with coconut flakes. The blurb claimed this to be the sweetest of their range of yogurts, but I did not find it any sweeter than the others, or any less salty. For anyone that wants to pull a prank on their friends that do not like vegetables, this would be the yogurt of choice.

Beet:

Finally a sweet, fruity yogurt! With honey and raspberry vinegar, the beet yogurt had the distinct raspberry flavor that most commercial raspberry or mixed berry yogurts have. Still saltier than the usual flavored commercial yogurt, the sweet, fruity scent of this yogurt was quite a relief. I don't know what was going on with Dutchess, the 6-year-old Dutch Belt Cow that made my yogurt, but the yogurt was more watery than usual. I would highly recommend trying this flavor first for those apprehensive of diving straight in to Blue Hill Farm's line of savory yogurts.



Sweet Potato:

Unfortunately, the Whole Foods Market did not carry any Sweet Potato flavor, and I only learned about this sixth flavor when doing my research writing this piece. Perhaps this would add some mystery and intrigue for you to review this flavor without influence of my opinion.

Trying the Blue Hill yogurts was a fun and interesting experience. For those used to the thick textures of Greek yogurts, as well as the exotic fruity flavors from common brands, Blue Hill Yogurts can be a stark contrast. Nevertheless, if you were to give all these flavors a go, I guarantee that by the end, you will get used to these savory vegetable-flavored yogurts. You might even start thinking that this is the right way to go, and be left wondering why these flavors have never been the norm all along!

Sample Nutrition Information:

6oz (170g) Butternut Squash Yogurt:

Pasteurized whole milk, roasted butternut squash, fresh sage, sea salt, maple sugar, cinnamon, nutmeg, clove, live active cultures

Calories 100, Total Fat 4g, Saturated Fat 2.5g, Cholesterol 15mg, Sodium 180mg, Total Carbohydrates 13g, Dietary Fiber 1g, Sugars 6g, Protein 4g, Vitamin A 140%, Vitamin C 25%, Calcium 15%, Iron 2%

If you ever doubted the influence that handsome chef and reformed bad boy, Anthony Bourdain, has on the success of a business, take the case of Xi'an Famous Foods. Xi'an was featured on Bourdain's Travel Channel show, *No Reservations*, in its humble beginnings as a tiny stall in a basement food court in Flushing. Its name proving prophetic, Xi'an Famous Foods blew up. They now have six locations in New York City, the most recent of which opened here, in what their website describes as a "not-so-happening section of Broadway." We can overlook this burn because a) the food is so darn good, b) the food is so darn cheap, and c) they're not totally wrong (sorry). And speaking of burn, Xi'an's chili oil is a serious antidote to this terrible winter we're having, though it may have you running to the Ben & Jerry's up the block to cool off after your meal.

Here are some things to know before you go.

1. Good things come to those who wait.

Granted we went on opening day with rumors of free food, but in this town, high quality plus low cost almost always equals long lines. If you're going during peak hours, expect to wait to pay, and since everything is fresh and made-to-order, to wait again to pick up. On the bright side, their website features a "Real Time Traffic Meter" a la Shake Shack, so you can scope out the line in advance.

2. It's the real deal.

Like any Chinese fast food place worth its weight in wontons, the menu consists of a bunch of coded pictures on the wall, and ordering is done by

number (e.g., N1, B2, etc.), not by name. Unlike most takeouts, however, Xi'an serves up authentic Northern Chinese cuisine with unexpected flavors like cumin and peppercorn and makes their own hand-ripped noodles, known as "biang biang," for the same price (and maybe less) than the usual suspects. It's cash only, though, so be sure to hit up an ATM before coming.

3. Stay put.

This place is serious about their noodles. A sign at the register reads "WARNING Takeout Noodles Will Not Taste As Good As Fresh Ones" in red, boldface type, and goes on to insist on at least tasting the noodles in-store before taking your food with you. Despite being designed in the style of a takeout joint, Xi'an actually discourages taking their food to go, which is something of a Catch-22, since seating is extremely limited. Still, patrons tend not to linger and seats turnover quickly, though your group may have to split up.

4. Come in for the cumin.

A good rule of thumb is to order anything with the words "spicy" and "lamb" in the name without hesitation. The Spicy Cumin Lamb Hand-Ripped Noodles (\$7.50) are spicy, salty, oily and absolutely terrible for you - but they are so delicious that you will have trouble trying anything else on future visits. Everything on the menu is less than \$10, but if it's a real bargain you're after, the Bourdain-approved Spicy Cumin Lamb Burger (which is more like a flatbread sandwich than a burger) weighs in at a svelte \$3.50. The Spicy & Sour Lamb Dumplings (\$6) pack a punch and are great to share. If you like your salad with a face, the Spicy & Tingly Lamb Face Salad (\$10)

is a big hit with food bloggers, though we haven't been brave enough to try it.

5. Lighten up.

With such a meat-centric menu, it's easy to overlook the lighter options at Xi'an, which are surprisingly some of their best. The combination of the Chang-An Spicy Tofu (\$2.50), Spicy Cucumber Salad (\$4.75) and Liang Pi Cold Skin Noodles (\$4.75) make a filling, vegan meal that still contains Xi'an's signature kick. The aforementioned lamb dumplings come in a vegetarian version (\$6, sorry vegans - contains eggs), stuffed with spinach and mung bean vermicelli in the same spicy and sour sauce. Truth be told, if you're looking for a health-conscious place to frequent, you'd be better off at the other newcomer, Dig Inn, on 112th and Broadway. (RIP Cardomat!)

6. Say it right or pay the price.

You'll be talking about this place a lot to your friends and loved ones, so to save you some embarrassment down the line...it's pronounced SHEE-AN. You're welcome.



Stewed Pork Hand-Ripped Noodles

Xi'an Famous Foods

Address: 2675 Broadway (between 101st and 102nd St.)

Website: <http://xianfoods.com/>

Notes: Limited seating; eat in or risk compromising quality; cash only.

GNYDA Health & Wellness Conference + Blogging Tips

by Rachel Paul

I attended the 12th Annual Greater New York Dietetic Association (GNYDA) Health & Wellness Conference a few weeks ago. It was an all-day event with lots of new faces and free food. The main events were three presentations, one on integrating nutrition and naturopathy by Jamie Schehr, ND (naturopathic doctor), RD, a diabetes medication update by Joyce Vergili EdD, RD, and session on blogging by Toby Amidor, MS, RD. Teachers College was well-represented – both Dr. Vergili and Amidor received degrees from the Nutrition Program.

I was especially excited for Toby Amidor's presentation because I recently started a blog, "The College Nutritionist," and I wanted to pick up some web-based tips.

Having a blog or website is important for registered dietitians (RDs or #RDtobe). As we all know, many people write about nutrition, health, and exercise that have no formal education, and many times, they are the ones who get consumers' attention. It's time for us to step it up!

Here are some blogging tips from Toby's session, and some that I have picked up over the past couple of months:

Tips from Toby Amidor:

- Be yourself – show your personality in your posts. That's what readers want to see, and what they will keep coming back for.
- If you're going to post recipes, include all of the nutrition facts. Write out words like "teaspoon" and "tablespoon."
- Blog at least once a week, if not more.

My tips:

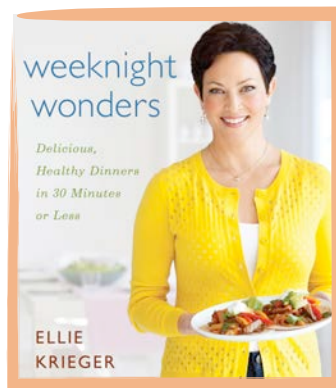
- Quality photos are important. Some iPhone apps I use to enhance my pictures are *Afterlight*, and *Studio*.
- Regarding social media...BE SOCIAL! Interact with other people. Like, comment, retweet.
- Instagram is my new favorite platform. Be consistent – find your personal style and stick with it. Also, use many hashtags so others can find you.

This was an inspirational conference. I hope to see more Teachers College students next year! Become a member of GNYDA for the \$65 student rate through gnyda.org.

BOOK TALK & SIGNING AT TEACHERS COLLEGE: ELLIE KRIEGER'S WEEKNIGHT WONDERS

By Morgan Bookheimer

Cookbook author, nutrition columnist, and Food Network personality Ellie Krieger visited Teacher's College on Wednesday, January 29th to promote her new cookbook, *Weeknight Wonders: Delicious, Healthy Dinners in 30 Minutes or Less*, as a part of Teachers College's Future First campaign.



Members of the community came out to hear the Teacher's College alumna introduce her newest cookbook. Krieger reminisced about her time at Teacher's College and how she shared a classroom with the Nutrition Department's own Pam Koch when they were students.

Krieger shared how her background at Teacher's College led to where she is today. "At my heart of hearts, I am a nutrition educator." She explained how this philosophy informs her writing, even down to the recipes. In *Weeknight Wonders*, the recipes don't assume readers are skilled home cooks. For instance, step-by-step instructions walk through steps like chopping onions in the recipe, as opposed

to writing '1 onion, chopped' as an ingredient.

Krieger also explained how she was meticulous about timing each recipe, keeping them all under 30 minutes. She even worked slower than her usual pace to make sure an inexperienced cook would still finish in 30 minutes.

Even though she's a celebrity chef, Ellie Krieger's approach to food is just like many New York moms – she shops all over town at stores like Whole Foods and Fairway Market, as well as other local markets and the farmers market, too. Her down to earth and approachable manner showed as many lined up to have her sign a copy of her cookbook.

The reception included a sample of recipes from *Weeknight Wonders*. Many attendees raved over her 'Peach Chicken with Crispy Bread Crumbs' that was devoured in minutes.

This event highlighted a successful TC alumna, and the many applications the nutrition degree affords.



Nutrition Educator Prepares Youngsters for a Lifetime of Healthy Eating: A Profile of Erin Gordon

By Stephanie Lang

A few years ago, Erin Gordon was planting eggplants with an 11-year-old boy when he looked up at her and said, “Oh wow, I always wondered where eggs came from.”

That’s a typical level of knowledge for a city kid, Gordon said, and it’s why she is devoting her profession to teaching youngsters that the food they eat does not grow on supermarket shelves.

Gordon, 27, is currently the lead nutrition instructor at Teachers College Community School on the Teachers College, Columbia University campus, where she teaches kindergarten and second grade. Ultimately, she wants to work with schools to develop a system-wide nutrition and health curriculum that could be incorporated into the daily core subjects, like math and history.

She firmly believes that access to healthy food is a right, not a privilege, echoing California restaurateur Alice Waters. Waters pioneered the Edible Schoolyard, a gardening and nutrition education program in schools.

Gordon ran a summer camp and a fall program last year for the Children’s Garden at the Queens Botanical Garden. The emphasis of the program is to get kids interacting with the earth, and to learn about how everything is connected. During the summer, they learned about soil, water and sun by creating worm bins and conducting soil tests, by making terrariums, and by making solar pizzas with garden vegetables.

Gordon’s interest in nutrition and health began in her childhood, when she and her family moved from the suburbs of Washington, D.C. to Kenya, where her father, an infectious disease doctor in the Army, specialized in malaria. There were no paved roads, her family lost power in their home daily, and they saw abject poverty everywhere. Gordon was in high school when the family moved back to the states.

She studied documentary film production and photography at New York University with a focus on health issues, specifically HIV. Her intention was never to be a professional filmmaker. Rather, she wanted to teach others how to use cameras and editing software, to flip media as a top down enterprise and place people who are the most equipped to tell their own stories behind the lens.

While she was in college, Gordon spent a year abroad in Johannesburg, South Africa, where she taught photography in a township with a 70 percent HIV infection rates. There was a lot of international money pouring into the community to give drugs, but these people had no food. This was a turning point, as she began to make connections between how nutrition ties into large public health issues.

After graduating in 2008, Gordon moved back to Washington, D.C., where she served as elementary school program director for Kid Power, an after-school program working with youth from underserved communities.

Gordon always thought she wanted to work internationally, but the more time she spent in the states working with urban youth, she realized that “the issue of [food] access is a whole world problem, we just have it in a different shape here.”

“Cooking and gardening are powerful ways to feed the basic understanding of where food comes from,” said Anna Rickards, a nutrition educator who has collaborated with Gordon. Kids need to learn that food isn’t just something from a shelf at the supermarket.

Through Kid Power, Gordon started a sub-program called Veggie Time, where students participate in a multi-faceted approach to health and environmental science education. Urban gardening is a big focus of the Veggie Time program, and during her time there, Gordon helped students build gardens in six of the schools in the district. Now, there are gardens in 15 schools.

In the fall of 2012, Gordon began her graduate studies in nutrition education at Teachers College. Pam Koch, director of the Center for Food, Education & Policy, remembers Gordon immediately seeking her out to get involved.

Through Teachers College, Gordon ended up overseeing Earth Friends, a program in place since 1978 that teaches children hands-on cooking and nutrition, with an emphasis on learning where food comes from and how to care for the environment.

(continued on the next page)

Nutrition Educator Prepares Youngsters for a Lifetime of Healthy Eating: A Profile of Erin Gordon

By Stephanie Lang

"I would not have given that responsibility to just any first-year student, but since she had run a [similar] after-school program before, I allowed her to dive in and just get much more involved," said Koch.

The Earth Friends program is much smaller this year, and Gordon now leads the nutrition sessions at the Teachers College Community School, which began in September 2011 with two kindergarten classes. Pre-K was recently added, and the school will continue to grow by one grade each year through grade five.

The structure of public education can be challenging. Schools are evaluated through standardized testing, and administration is focused on the students performing well. The Teachers College Community School, however, has allowed Gordon and other nutrition educators to provide nutrition dietary education to students, both during the school day and after.

Gordon brought pumpkins to a fall session with the second graders last year. She and the other educators told the class to put their hands inside and scoop out the seeds. Only two of the children had done this before. Gordon said, "The class looked at me like, 'This is gross, we want gloves!' And I said, 'Nope...' And by the end, they wanted to take the seeds home and plant them."

Another session focused on seasonal root vegetables for fall. At a parent-teacher conference, the parents of one of Gordon's

students told her that their son was obsessed with "roots," and he refers to all of his root vegetables, like carrots, as "roots." The entire family is now going to try a new root vegetable together every Saturday. Gordon said, "And this is a kid who in class, is off the wall. He is not the one sitting in the front row...But he is getting it and he is going home and telling it."

Unfortunately, these stories are the only form of evaluation, and it is difficult to translate that into quantitative data.

Although this is the school's third year, there is still no set nutrition curriculum. "It is not sustainable, there is no check on quality and it just stresses people out," said Gordon. Having a set curriculum based on social theory and science would enable nutrition professionals to stand up and say they know what they are doing and they are doing it well.

Funding these programs is another challenge. The U.S. Department of Agriculture looks for things like changes in body mass index in the evaluations, but "with an alternative program that happens once a month, you won't see that kind of change," said Rickards of some of the programs she and Gordon collaborate on.

Though The Center for Food, Education, and Policy at Teachers College, Pam Koch is involved with numerous nutrition programs directed at urban youth that have been proven effective through research. One of them is an inquiry-based science and nutrition

education curriculum for middle school students called Choice, Control, and Change. This curriculum has been field-tested in five states, with more than 4,000 students. It has also been extensively evaluated with results showing that students who received the inquiry-based science and nutrition lessons reported specific healthier habits, such as drinking fewer sweetened beverages and choosing smaller portions for fast food, compared to students who received the standard science curriculum without nutrition.

Gordon has no doubt that her students could explain the food groups and articulate that healthy foods give them the energy to do the things they love. After becoming a registered dietitian, she wants to continue pursuing a core nutrition curriculum for school districts. Despite a brain full of other nutrition and health ideas, Gordon said, "I see teaching as a two two-way street in that you are not just giving somebody information, but giving tools and knowledge and inspiration, and encouragement to take that inspiration and run with it."



RECIPE CORNER

I like to make this soup on the weekend and freeze it into individual portions so that I can enjoy my own "fast food" at a moment's notice.

-Laura

Chickpea & Tomato Soup

Yields 6-8 cups, depending on how much water you add for desired thickness

2 cans of chickpeas (15 oz each), drained and rinsed

1 medium onion

3 medium-sized tomatoes or canned tomatoes

1 clove garlic

2 tsp. ground cumin

1/2 lemon

1 chicken bouillon cube

1 T. extra virgin olive oil

crushed red pepper (to taste)

Recipe by **Laura Sienkiewicz**

- 1) Swirl 1 T. of olive oil to coat the bottom of large saucepan. Warm the oil using low heat.
- 2) Add diced onion and minced garlic to heated oil. Cook for 2-3 minutes until slightly browned, stirring occasionally.
- 3) Add chopped tomatoes and chickpeas to garlic/onion mixture.
- 4) Pour in enough water to cover mixture; bring to a boil.
- 5) Stir in cumin & bouillon.
- 6) Cover and simmer for 30 minutes. Stir every five minutes. Add water as needed to cover ingredients.
- 7) Remove from heat, uncover and allow to cool for 20 minutes. Add lemon juice and crushed red pepper.
- 8) Puree the soup using a hand blender or traditional blender.



Cookie dough is delicious, but probably not the healthiest treat. This cookie dough dip is lighter on calories but not on taste. Plus, it only takes 5 minutes to make!

-Matt

Healthy (Chickpea!) Cookie Dough Dip

Recipe adapted from chocolatecoveredkatie.com

1 1/2 cups chickpeas or white beans (1 can, drained and rinsed)

small pinch salt

1/8 tsp baking soda

2 tsp pure vanilla extract

3-4 Tbsp. nut butter of choice

1/4 cup milk of choice

3-4 Tbsp sweetener of choice

2-3 Tbsp oats or ground flaxseed

1/3 cup chocolate chips

Recipe by **Matthew Stranberg**

- 1) Add all ingredients except for the chocolate chips to a food processor. Blend until smooth.
- 2) Taste and adjust seasonings (you may want a little more sweetener, a little more nut butter, etc.).
- 3) Transfer to a bowl and mix in the chocolate chips.
- 4) Serve with your favorite dipping accouterment!



CRAZY FOR CAULIFLOWER

The results are in! Picky eaters? Vanquished by cauliflower popcorn! Diabetics? Vanquished by cauliflower popcorn! Dieters? Vanquished by cauliflower popcorn! Gluten faddists? Vanquished! Party guests? Vanquished! The list of conquests goes on. After human taste buds meet cauliflower popcorn, no one and no thing will stand in the way of its rampant consumption. You must try it to believe it.

Warning: You may not be able to live without cauliflower after trying this recipe. Make sure you have enough space in your fridge before coming home with several heads of your newfound love. And please, make this with kids.



Recipe by **Jack Taliercio**

"I am not sure that an easier and tastier vegetable recipe exists. Maybe kale chips."

Cauliflower Popcorn

Adapted from Food.com
Total Time: 40 min.

- 1 head cauliflower
- 4 tablespoons olive oil
- 1 teaspoon salt, to taste

Preheat the oven to 425°

- 1) Using a large knife, cut the head of cauliflower in half.
- 2) Cut out the core; with your hands, break florets into small bite size pieces. (Kids love this part)

- 3) In a large bowl or directly on a baking sheet, combine the olive oil, salt, and cauliflower pieces. Toss thoroughly.
- 4) Spread the cauliflower pieces evenly on the sheet and roast for about 30 minutes, turning 2 or 3 times, until most of each piece has turned golden brown with some very dark areas.
- 5) The brown area is where "flavor" likes to hide. Give "flavor" plenty of brown area to inhabit. If you remove cauliflower from the oven too early and little or no browning has occurred, "flavor" will move on to a different oven.
- 6) Serve immediately and enjoy!



This side dish has less than 50 calories per serving and will satisfy the craving for cheesy breadsticks! Cauliflower grows in cool temperatures and is an excellent cruciferous vegetable to incorporate in your diet if you are eating seasonally.



Cauliflower Breadsticks
serves 12

- 1 large head cauliflower (approximately 6" diameter)
- 2 cloves garlic, minced
- 2 large eggs, lightly beaten
- 3 oz low-fat shredded mozzarella cheese
- 1/2 tsp onion powder
- dash salt
- 1/4 tsp ground black pepper
- Non-fat vegetable oil cooking spray

Recipe by **Alyssa Cohen**

- 1) Preheat oven to 450 degrees Fahrenheit.
- 2) Wash and dry cauliflower and chop into florets. Steam (either in microwave or over boiling water) until soft (approximately 10-15 minutes).
- 3) Place cauliflower in food processor and blend until pureed. The cauliflower should have the consistency of mashed potatoes.
- 4) In a large bowl, mix eggs, 2 oz cheese (2/3 of the cheese), spices (garlic, onion powder, salt and pepper) and pureed cauliflower.
- 5) Spray a 9x13 inch casserole dish with non-stick vegetable oil cooking spray. Transfer cauliflower mix into casserole dish and spread into a thin, even layer with spatula.
- 6) Bake in oven for approximately 20-25 minutes, or until the top is slightly brown. Remove from oven, add remaining cheese on top and bake until cheese is melted (another 5 minutes).
- 7) Cut into squares (3x4) to yield 12 cauliflower breadstick squares. Enjoy!

Nutritional Analysis Per Serving:

*1 serving is 1 square

Calories 43, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 36 mg, Carbohydrates 3 g, Fiber 1 g, Protein 4 g, Calcium 72 mg, Sodium 86 mg



Cauliflower "Mashed Potatoes"

Serves 4

- 1 large head cauliflower (approximately 6" in diameter)
- 1 clove garlic, minced
- 1 Tbsp butter or margarine
- 1/4 tsp ground black pepper
- 1/4 tsp salt

- 1) Bring a medium-sized pot of water to a boil.
- 2) Wash and dry cauliflower. Cut cauliflower into florets and transfer into pot of boiling water. Boil until soft (approximately 5-7 minutes).
- 3) Strain water from cauliflower and transfer cauliflower into food processor. Blend until pureed (it should be the consistency of mashed potatoes).
- 4) Transfer cauliflower into serving bowl. Add butter and spices and stir until well combined. Enjoy!

Cruciferous cauliflower is a lighter alternative to traditional mashed potatoes. This recipe is low in saturated fat, it's a cinch to prepare, and it makes great leftovers! -Alyssa


Nutritional Analysis Per Serving:

Calories 63, Total Fat 12 g, Saturated Fat 2g, Cholesterol 8 mg, Carbohydrates 8 g, Fiber 4 g, Protein 3 g, Calcium 35 mg, Sodium 210 mg

Along with Dr. Pam Koch and Dr. Joan Dye Gussow, students in The Sustainable Agriculture and Nutrition Educators (SANE) organization recently attended a workshop on Organic Gardening at the Rodale Institute in Pennsylvania.



SANE[™]
Sustainable Agriculture
and Nutrition Educators



Rodale Institute Road Trip:
Saturday March, 22nd 2014 7am
Meet outside TC Main Entrance

"Organic Gardening 101"
Workshop from 10am-1pm
Learn how to build raised beds,
compost, mulch, varieties for your region,
insect and disease prevention
and harvest practices.



*Photographs
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Jack Taliercio*