

Arbor Management's *Nutrition News* March 2021

March is National Nutrition Month®!

It is very important to choose healthy foods that are right for you. This way you have a better chance to stick to a healthy eating routine. Try these tips for a healthy eating routine:

- Eat a variety of food from all food groups. Get creative and try a new vegetable each week.
- Plan ahead to make nutritious meals for the week. To prep, cook some things ahead of time, have your veggies cut-up, or your spices pre-measured out.
- Learn culinary skills to create delicious meals. Get out of your comfort zone and try a new recipe or cooking technique. Make your own salad dressing or roast veggies.
- Choose healthful foods that you enjoy. Experiment with new healthy foods so you have a few go to items you enjoy.
- Visit a Registered Dietitian Nutritionist for individualized nutrition advice.



Nutrition Spotlight

Potassium is one of the most important minerals in the body, it helps regulate fluid balance, muscle contractions and nerve signals. Americans don't consume enough foods that provide Potassium. Good sources of potassium are bananas, apricots, raisins, dates, orange juice, almonds, kidney beans, squash, potatoes.

Baked Garlic Parmesan Potato Wedges

Ingredients:

- 4 Large Russet Potatoes, sliced into wedges (about 8 per potato, keep skin on for more potassium)
- 4 Garlic Cloves, minced
- 1 tsp. Smoked Paprika
- 1 tsp. Sea Salt
- 1/2 tsp. Ground Black Pepper
- 3 Tbsp. Olive Oil
- 1 C. Parmesan Cheese, shredded
- 2 Tbsp. Fresh Parsley, chopped



Instructions:

1. Preheat oven to 400° F.
2. Prepare baking sheet by spraying it with cooking oil.
3. In a small bowl, add minced garlic, smoked paprika, sea salt, black pepper, and olive oil and mix together.
4. Add potatoes to a large bowl. Pour garlic mixture over potatoes. Using your hands, toss potatoes to coat with garlic mixture.
5. Place potato wedges on baking sheet, skin side down.
6. Sprinkle wedged potatoes with parmesan cheese.
7. Bake for 30 minutes, until wedges are fork tender.
8. Garnish with chopped parsley.

<https://www.joyfulhealthyeats.com/baked-garlic-parmesan-potato-wedges/>

Free Meals Available!

**For ALL Children 18 and Under
Through June 30th!**

Check with Your School District for More Information



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