

NUTRITION To Go

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Nutrition to Go is written and edited by Monica Davis, RDN



FOOD PANTRY

Loaves & Fishes Food Pantry will be closed: Thursday, December 24, 2020; Friday, December 25, 2020; Thursday, December 31, 2020; and Friday, January 1, 2021.

Produce Spotlight: Citrus

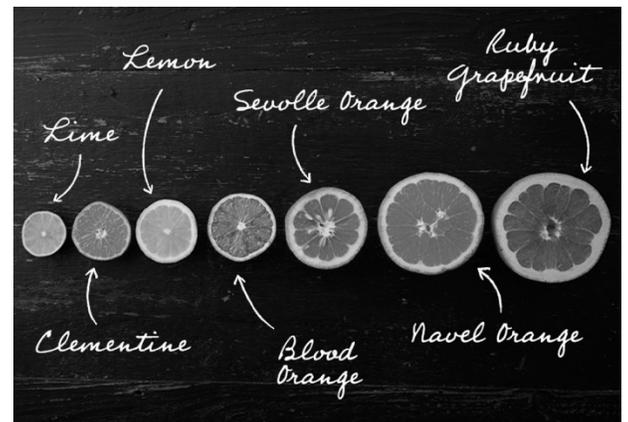
There are two scents I associate with the Holiday Season - evergreen and citrus. My family always had a fresh Christmas tree. My dad was a World War 2 veteran who never let anyone else cut his tree if he could do it himself. The citrus smell I also owe to him, as we always had a fragrant orange in our stockings. It was to remind my siblings and me of our relative bounty. An orange was sometimes all he had for Christmas during the Depression.

Citrus fruit grows on flowering trees, shrubs and vines in tropical and sub-tropical climates. They are a delicious dose of sunshine in this darker season of the year, rich in Vitamin C and fiber. Most citrus belongs to one of these five categories: oranges, mandarins, grapefruit, limes, and lemons. They ripen to their sweetest from late fall to early spring, making them perfect gems for December. They are best stored in a cool, dry place. They do not need refrigeration. The best fruit is heavy for its size and has a relatively smooth skin. They can be juiced, sliced, sectioned, or eaten out of hand. Check out some of the unusual uses below as well along with a few citrus-centric recipes. Enjoy them with whatever holiday you celebrate this season!

Cleaning a microwave - Use a lemon to make short work of cleaning a food splattered microwave (and no scrubbing!). In a microwave safe jug, combine half a cup of water and two lemon halves. Microwave on high power for three minutes, leave the microwave door closed for another five minutes and then wipe out with a clean, damp cloth.

Juice & Freeze - Juice the fruit into a large jug and freeze the juice in ice cube trays. Once frozen, pop the cubes out and store in an airtight container. Very handy when a recipe only calls for a little (or a lot!) of fresh juice. Or let a few cubes thaw in a glass of seltzer water for a refreshing beverage.

Author: Jolene Bodily, RDN, MPH



Mixed Citrus Salad

Ingredients:

- 2 tangerines (or clementines)
- 1 pink grapefruit
- 1 navel orange
- 1 kiwi
- Dash of salt (optional)
- 1/2 any small onion or 1 shallot, chopped
- 3 tablespoons extra virgin olive oil
- 1 tablespoon vinegar (such as apple cider or red wine)
- 1 teaspoon honey
- 1 teaspoon lime (or lemon juice)
- 1/4 teaspoon freshly chopped tarragon or mint (or a pinch of dried)

Directions:

Peel citrus, removing as much pith as possible, and slice into wheels. Remove any pits, layer fruit on a serving dish, sprinkle with salt and garnish with chopped onion.

Whisk together olive oil, vinegar, honey, lime juice and tarragon until well combined; taste, adjust seasoning as needed and drizzle over salad.

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Loaves & Fishes



FOOD PANTRY

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Everyday Vegetable Soup

Ingredients:

- 2 tablespoons olive oil
- 1 cup thinly sliced celery
- 2 teaspoons Italian seasoning
- Coarse salt and ground pepper
- 2 cups chopped onions
- 1 32oz container of vegetable or chicken broth
- 4 cups of water
- 1 can (28 ounces) diced tomatoes, with juice (or 2 14oz cans)
- 1 tablespoon tomato paste
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, peas, potatoes, and zucchini (cut larger vegetables into smaller pieces)

Directions:

Heat oil in a large stockpot over medium heat. Add onions, celery, and Italian seasoning, season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8 minutes.

Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and cook, uncovered, 20 minutes.

Add vegetables to pot and return to a simmer. Cook, uncovered, until vegetables are tender, 20 to 25 minutes. Season with salt and pepper, as desired. Let cool before storing.

Source: marthastewart.com

Fun Fact:

Did you know a Meyer lemon is a cross between a lemon and a mandarin? And a Tangelo is a cross between a mandarin and a grapefruit?

Rainbow Slaw

Ingredients:

- 1 bunch kale (or other hearty green), thick stems removed and leaves thinly sliced
- 4 cups shredded red cabbage (about 1 small head)
- 2 oranges, peeled and segmented
- 1 small red onion, thinly sliced
- 1 red bell pepper, cored, seeded and thinly sliced
- 1/3 cup sunflower seeds (or chopped almonds)
- 2 Tablespoons mustard
- 1/4 cup orange juice
- 1/4 cup balsamic vinegar
- 1/2 teaspoon pepper

Directions:

In a large bowl combine kale, cabbage, orange segments, onion, bell pepper and sunflower seeds.

In a small bowl, whisk together mustard, orange juice, vinegar, and pepper. Pour over the kale mixture and toss to coat. Serve immediately or refrigerate for up to 2 days. About 6 servings.

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