

NUTRITION To Go



FOOD PANTRY

Volume 2 ♦ Issue 2 ♦ February 2021

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

Food Spotlight: Lentils!

Welcome to February 2021! Maybe you were lucky enough to have eaten black-eyed peas to celebrate the new year. That is a Southern tradition, probably rooted in the legumes (edible seeds that grow in pods) from West Africa, augmented by Scottish and Irish traditions which all mixed together in Appalachian and southern U.S. culture.

Many cultures highlight legumes (also called pulses) - Indian, Chinese, Japanese, Mexican, to name a few. If not black-eyed peas for you, then maybe adzuki, mung, kidney, navy, or black beans? Or perhaps one of the many kinds of lentils? Lentils, like all legumes, are high in protein, carbohydrate, and fiber, and low in fat. That makes them a healthy and inexpensive substitute for meat. They are also packed with folate, iron, phosphorus, potassium, and manganese. Lentils are easy to store and easy to cook, since they don't need to be pre-soaked.

Below is a simple Lentil Soup. It is delicious as is, but you can use different toppings to take you around the world. Be in Greece tomorrow, Mexico the day after, then India.

Written by Jolene H. Bodily, RDN

Simple Lentil Soup

From Nutrition Actional Health letter, Dec 2020

Time: 50 minutes

Makes 9 cups (if you don't use it all, it freezes beautifully)

Ingredients:

- 1/4 cup olive oil (or other vegetable oil)
- 1 large onion, diced
- 2 carrots, diced
- 3 cloves garlic, minced (or 1 1/2 tsp. garlic powder)
- 2 Tbs. tomato paste
- 2 bay leaves
- 1/2 lb. (1 1/4 cups) black, green, brown, or red lentils, or yellow split peas, rinsed and picked over
- 1 15 oz. can diced tomatoes
- 1 1/2 tsp. salt
- Black pepper, to taste

Directions:

1. In a large heavy pot over medium heat, heat the oil until shimmering. Sauté the onion and carrots until lightly browned, 5-7 minutes. Stir in the garlic, tomato paste, and bay leaves. Cook, stirring, for 1 minute.
2. Stir in the lentils, tomatoes, and 5 cups water. Bring to a boil over high heat. Reduce the heat to medium-low and simmer, covered, stirring occasionally, until the lentils are tender, 25-30 minutes (15-20 minutes for red lentils or yellow split peas). Remove and discard the bay leaves.
3. Optional: For a smoother consistency, purée some or all the soup with a hand blender.
4. Season with the salt and pepper.

Per serving (1 cup): Calories: 170; Total fat: 6 g; Sat fat: 1 g; Carbs: 22 g; Fiber: 4 g; Total sugar: 3 g; Added sugar: 0 g; Protein: 7 g; Sodium: 340 mg

Reminder: Due to COVID, clients can now visit the pantry two times per month to pick up food.

Top 10 Healthy Foods to Add to Your Diet

Delicious and nutritious!

1. Sweet Potatoes
2. Mangoes
3. Plain Greek Yogurt
4. Broccoli
5. Wild Salmon
6. Oatmeal
7. Garbanzo Beans
8. Watermelon
9. Butternut Squash
10. Leafy Greens

Loaves & Fishes



FOOD PANTRY
Neighbors Nourishing Neighbors

2050 Lambs Road
Charlottesville, VA 22901
434-996-7868

Giving out Free Groceries
Wednesdays 2:00-4:00 pm
Thursdays 6:30-8:30 pm
Saturdays, 10:00 am - 12:00 pm

www.cvilleloaves.org
info@cvilleloaves.org
Twitter: @Cville_Loaves
Facebook: Cville.Loaves.and.Fishes
Instagram: loavesfishes4288
YouTube: CvilleLoaves

Support Loaves & Fishes when you shop at Kroger with your Kroger Community Rewards card using code DL975 and select Loaves & Fishes as your charity

Select Loaves & Fishes on
smile.amazon.com

Las ventajas de las lentejas

Las lentejas llevan en nuestro mundo desde hace miles de años! No es ninguna sorpresa, porque son fuente importante de nutrientes con muchos beneficios para la salud:

Hidratos de carbono: Lentejas contiene unos hidratos de carbón que se absorben de forma muy lenta, contribuyendo a mantener estables los niveles de glucosa.

Fibra soluble y insoluble: Las lentejas contienen mucha fibra soluble y insoluble, que contribuye a esa lenta absorción de la glucosa. Además, la fibra da un elevado poder saciante, facilita el tránsito intestinal, tiene un efecto prebiótico sobre la microbiota y reduce el riesgo de cáncer de colon.

Proteína: Una proteína completa es la que provee todos los componentes de proteína necesarios (aminoácidos esenciales). Hay mucha proteína en las lentejas pero es incompleta, ya que falta un aminoácido esencial, la metionina. Si las combinamos con arroz, que es rico en metionina, ambos provee proteína completa con un alto valor biológico igual que la carne.

Hierro: Aportan el triple de hierro que la carne, pero en una forma que se absorba peor que el hierro en la carne. Se favorece la absorción si las consumimos junto con vitamina C. Por ejemplo, con pimientos en una ensalada.

Ensalada de lentejas con pimiento asados

Ingredientes

- 2 pimientos rojos asados (también de conserva o asados en casa)
- 400 gramos de lentejas cocidas y al natural
- 1 tomate grande
- 1 pepino
- 1/2 cebolla mediana
- 2 cucharadas de mostaza de Dijon
- aceite de oliva
- sal al gusto

Preparación

1. Ecurrir las lentejas y echar en una ensaladera.
2. Lavar y pelar el tomate y el pepino y picar en trozos pequeños al igual que el trozo de cebolla. Añadir a las lentejas.
3. Cortar los pimientos en tiras y echar sobre las lentejas.
4. Batir las dos cucharadas de mostaza con un buen chorro de aceite de oliva y sal.
5. Mezclar muy bien el aderezo con todos los ingredientes y guardar la ensalada al menos durante una hora en la nevera removiendo de vez en cuando con una cuchara.



Ask Monica or Samantha:

If you have questions for a dietitian, look for Monica (left) and Samantha (right) around Loaves and Fishes! They can help you with everything from recipes you can make with the food you get at the food pantry to understanding how to build a healthy diet. Feel free to ask them anything!