

Arbor Management, Inc. Nutrition News May 2017



Mediterranean Diet Month

What do we mean by the term “diet?” “Diet” simply refers to a way of eating. The Mediterranean Diet is a healthy lifestyle approach that incorporates traditional foods from cultures surrounding the Mediterranean Sea, including a large variety of fruits and vegetables, legumes, whole grains, seafood, lean protein, nuts and seeds, and healthy fats. It uses fresh flavors such as herbs and garlic to bring life to food. As primarily plant-based meals, vegetables are often the highlight of the dish. The Mediterranean lifestyle approach promotes the importance of an overall healthy lifestyle including physical activity and enjoyment of meals with friends and family.

Healthy Celebrations this Month:

All of May:

National Physical Fitness & Sports, Better Sleep, National Bike, Mediterranean Diet, Salad, Salsa, Asparagus, Strawberry, & BBQ Month

May 4: Orange Juice Day

May 11: Eat What You Want Day

May 13: National Apple Pie Day

May 19: World Baking Day

May 20: Pick Strawberries Day

May 21: Strawberries & Cream Day

May's Seasonal Produce:

Arugula, Asparagus, Beets, Carrots, Cherries, Swiss Chard, Lettuce, Strawberries, Spinach

The Month of Soybeans



GROW: Soybeans are harvested at different stages depending on use. Young soybeans (Edamame) is the green vegetables we eat. Mature soybeans are the dry, yellow pods used for oil, feed, soy milk, and soy flour.

NUTRITION: The protein in soybeans has all the essential amino acids your body needs, just like animal protein!

FLAVOR: Edamame absorbs the flavors in which it's paired.

TRIVIA: Did you know soybeans are a local food? Illinois is the 2nd largest producer of soybeans in the US!



Strawberry, White Bean & Edamame Salad



All you need:

¼ cup Olive Oil
2 Tbsp Balsamic Vinegar
1 tsp Honey
½ tsp Dijon Mustard
¼ tsp Salt
⅛ tsp Pepper
1 ½ cup Edamame, *shelled, cooked, chilled*
2 cup Fresh Strawberries, *quartered*
15oz can White Beans, *low-sodium, rinsed, drained*
½ cup Red Onion, *thinly sliced, halved*
2 Tbsp Fresh Basil, *chopped*
½ cup Crumbled Feta Cheese
8 cups Fresh Baby Spinach, *washed*

All you do (serves 4):

Whisk the vinegar, honey, mustard, salt, and pepper together in a small bowl. Slowly whisk in the oil until incorporated, and set aside.

Toss the edamame, strawberries, white beans, onion, and spinach in a large bowl with the vinaigrette until well mixed. Top with basil and feta cheese before serving.

Enjoy this fresh, seasonal May Salad with friends and family!

Valerie Wass, RDN, LDN
Staff Dietitian

