

# Nutrition News

## June/July 2018

### Arbor Management, Inc.



#### National Fruit and Vegetable Month

Fruits and vegetables are a key part of an overall healthy eating plan. Eating a variety of fruits and vegetables help create a balanced diet. Plus, they are delicious, colorful, versatile, convenient, and affordable!

#### Fruit and Vegetable Myths:

**Myth 1:** Fruits & Vegetables are healthier **FRESH!**

**BUSTED:** Frozen, canned and dried Fruits and Vegetables are similar nutritionally and are all good choices!

**Myth 2:** White-Colored foods are **NOT** healthy!

**BUSTED:** White fruits and vegetables like **bananas**, and **potatoes** provide many nutrients like **potassium and B vitamins**.

#### Eggplant Rollatini Quinoa Casserole

Serves: 4 to 6



#### Ingredients:

- 1 cup uncooked tri-colored quinoa, rinsed
- 2 cups low-sodium vegetable broth
- 1 medium eggplant, cut into ½ inch chunks
- 1 ½ tablespoons olive oil
- ¼ teaspoon salt
- 1 clove garlic, minced
- 1 (10 ounce package) frozen chopped spinach, thawed and squeezed dry
- 1 ¼ cups your favorite marinara sauce
- 1 ½ cups freshly grated mozzarella cheese, divided
- ½ cup ricotta cheese
- Chopped fresh parsley, for garnish

#### Instructions:

1. Add the quinoa and vegetable broth to a medium saucepan. Bring the mixture to a boil, give it a stir, cover, then reduce the heat to medium-low / low and let simmer for about 15 minutes, until the water is absorbed. Turn off the heat and let the pan sit covered for 5 minutes, then fluff the quinoa with a fork. Transfer the quinoa to a large bowl.
2. Meanwhile, preheat the oven to 400 degrees. Add the eggplant to a rimmed baking sheet and add in the olive oil, salt and garlic. Toss to combine and spread in an even layer. Bake for about 20 minutes, stirring once halfway through, until tender. Remove from the oven and transfer to the bowl with the quinoa. Maintain the oven temperature. To the same bowl, add in the spinach, marinara sauce and ½ cup of the mozzarella. Gently mix until well combined.
3. Transfer the mixture to a square baking dish (mine is 9x9) and spread evenly in the pan. Drop on dollops of the ricotta and then sprinkle with the remaining mozzarella. Cover with aluminum foil and bake for 20 minutes. Remove the foil, turn on the broiler and cook for 5 minutes, until the cheese is golden and bubbly on top. Garnish with fresh parsley before serving.

#### What's in Season?

##### Vegetables

Tomatoes  
Corn  
Green Beans  
Mushrooms

##### Fruit

Strawberries  
Peaches  
Watermelon  
Raspberries

#### Interesting Facts about Eggplant & Quinoa

1. **Eggplants** are not actually vegetables; botanically they are fruits and are 95% water!
2. **Eggplant** can be fried, sautéed, grilled, or baked.
3. **Eggplant** is a rich source of dietary fibers, vitamins B, C, K.
4. **Quinoa** is naturally gluten-free
5. **Quinoa** is high in protein and vitamin B-6, which support muscle development, our immune and nervous system function
6. **Quinoa** has 4 times the amount of iron per serving than brown rice



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