

University of Delaware
Nutrition & Dietetics Club

Fall 2016 Newsletter

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Arranged by: Stephanie Kramer

NTDT Club Events & Other Activities

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- Parish Life Day Nutrition Workshop
- Yes U Can Healthy Eating on a Budget



NTDT Club with their picked apples from Milburn Orchards!

Yes U Can Nutrition Extension

Submitted by: Nicole Randazzo



A few of our nutrition club members gave a presentation at Easter Seals on tips for eating healthy on a budget through the Yes U Can Nutrition Extension. They provided the audience with two recipes along with a cooking demonstration and samples at the end. The Yes U Can Nutrition Extension provides nutrition education and outreach programs geared towards the disabled population. Katie Hughes & McKenzie Weitz have officially made this a separate RSO on campus called the Nutrition & Disabilities Club!



ECC Thanksgiving Meal

Submitted by: Kathryn Hughes



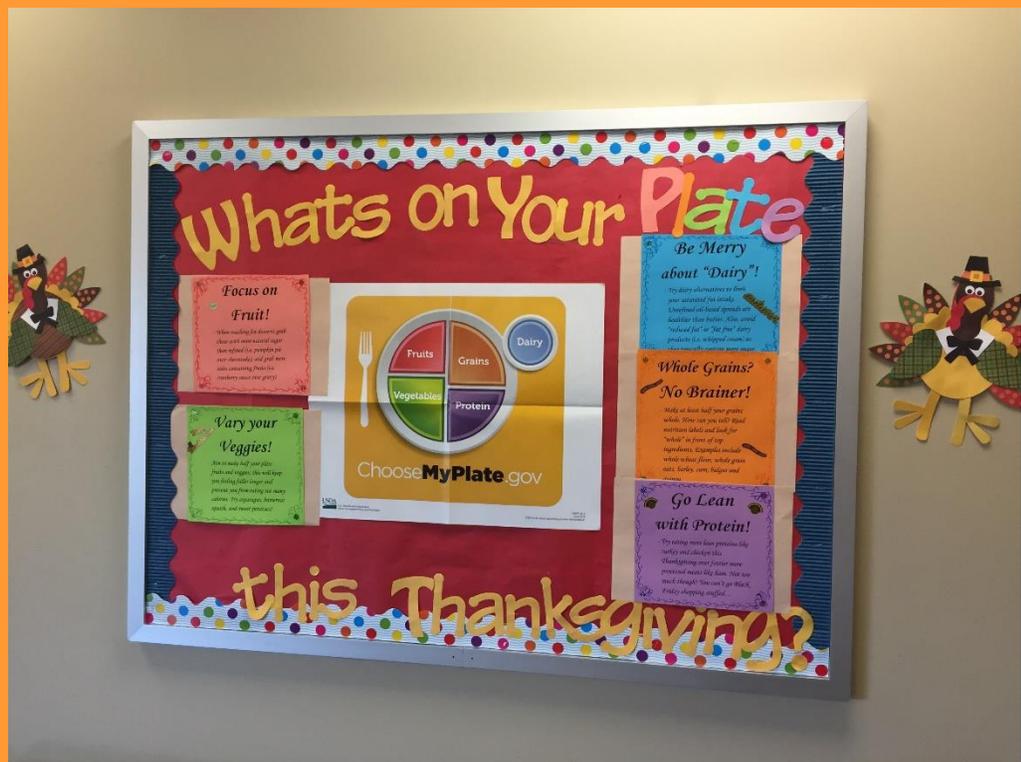
Kathryn and several other NTDT Club members visited Exceptional Care for Children (ECC) this semester for Thanksgiving. They set up and served a Thanksgiving meal to children who live at the ECC as well as their families, the staff and the staff's families. They also received a tour of the facility with RD LDN Leigh Runyan!

Submitted by: Lauren Burkett:



Lauren participated in a Chopped Cooking Competition this semester that was prepared by the Food Science Club & the Peanut Butter Club. Lauren was one of the chefs for the event. The picture to the left shows the "main dish round" in which the mystery ingredients were peanut butter, chocolate tasty cakes, cottage cheese, canned pineapple and pork. She had 30 minutes to make a creative dish and although her partner and herself did not win, they still had a great time!

Lauren is also an RA on campus. She created a bulletin board in her residence hall that shows MyPlate guidelines and how to eat healthy during the hardest time of the year, Thanksgiving!



Submitted by: Samantha Okerson

Samantha participates in Healthy U Cooking Series offered through UD Employee Health and Wellness. This is where UD employees come together in the [Food and Nutrition Laboratory](#) once a week to cook recipes based on various themes such as the Mediterranean Diet, Cooking with Herbs and Spices, etc. The recipes and ingredients are supplied for them. In the beginning of each class employees are given a 15-minute presentation by a Registered Dietitian-Nutritionist on the week's theme and then they are given the rest of the time to cook recipes. It is very fun and the employees love it!

Here is a one of the recipes they made during the Spices session:

Spiced Flatbread Pizza with Tomatoes and Goat Cheese

Ingredients

- 1 tablespoon olive oil, divided
- ½ cup thinly sliced onion (approximately 1/2 medium onion)
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- 1 package (8.8 ounces) whole wheat naan or prepared pizza crust
- 1 tomato, sliced
- 3 ounces goat cheese OR feta cheese, crumbled
- ½ tablespoon chopped fresh mint

Preparation

1. Preheat oven to 350°F.
2. Heat ½ tablespoon olive oil in sauté pan over medium heat. Add turmeric and cumin; cook for 1 minutes or until fragrant. Add sliced onions and cook for 3 to 5 minutes until onion softened; set aside. (note: turmeric can stain utensils)
3. Brush tops of naan or pizza crust lightly with remaining ½ tablespoon olive oil. Place on baking sheet. Spread onion mixture evenly, then top with tomatoes and crumbled cheese. Bake until crust is golden and cheese is melted, about 10 minutes.
4. Sprinkle with mint. Cut with a pizza cutter and serve immediately.



Source: *Spice Kitchen*

Makes **4** servings

Nutrition information per serving: 251 calories, 13 g total fat, 4 g saturated fat, 10 g protein, 23 g carbohydrate, 3 g fiber.

Fall Recipes

Recipe submitted by: Kelly Brogan

Cucumber Quinoa Salad

(4-6 servings)

Prep Time: 10 minutes

Cook Time: 0 mins

Cucumber Quinoa Salad Ingredients:

- 1 English cucumber, diced
- 2 cups chilled cooked quinoa
- ½ cup diced red onion
- ½ cup crumbled feta cheese
- 1/3 cup julienned fresh basil leaves
- 1 batch lemony vinaigrette

Lemony Italian Vinaigrette Ingredients:

- ¼ cup olive oil
- 2 tablespoons apple cider vinegar or red wine vinegar
- 1 tablespoon fresh lemon juice
- ½ teaspoon Italian seasoning
- pinch of salt and black pepper

Directions:

To make Cucumber Quinoa Salad:

1. Toss all ingredients until combined and serve immediately.

To make lemony Italian Vinaigrette:

2. Whisk all ingredients together in a small bowl until combined

Source: <http://www.gimmesomeoven.com/cucumber-quinoa-salad-recipe/>



Recipe submitted by: Christina Chan

Creamy Artichoke Spinach Dip

Ingredients:

- 3/4 cup raw cashews (unsoaked)
- 3/4 cup plain unsweetened non-dairy milk (I like almond or soy, but your choice)
- 2 1/2 – 3 tbsp freshly squeezed lemon juice
- 1-2 medium-large cloves garlic (I typically use 1 to make it family-friendly; use less/more to taste)
- 3/4 tsp sea salt
- 1/2 tsp dry (ground) mustard
- freshly ground black pepper to taste
- 2 cups frozen artichoke hearts, partially thawed (helps for pulsing in blender)
- 2 cups (loosely packed) spinach leaves

Directions:

Preheat oven to 425. In a blender, first add cashews, milk, lemon juice (I like the full 3 tbsp for tanginess), garlic, salt, dry mustard, and pepper. Blend until very smooth. Add artichokes and spinach and just PULSE through. Do not fully blend, keep some chunky texture! Transfer to an oven-proof baking dish, and bake for 17-20 minutes. Remove, let cool for about 4-5 minutes, and serve.

Source: <http://plantpoweredkitchen.com/creamy-artichoke-spinach-dip-without-the-junk/>

Apple Pecan Rosemary Greek Yogurt Chicken Salad



Recipe submitted by: Eileen O'Connor

Ingredients:

Salad

- 1 lb boneless skinless chicken breasts, cooked, cooled and dice into small cubes
- 1 1/4 cups chopped golden delicious, gala or fuji apple (chop small)
- 1/3 cup chopped pecans
- 1/3 cup dried cranberries, roughly chopped

Dressing

- 1 (5.3 oz) container fat-free plain greek yogurt (heaping 1/2 cup)
- 2 Tbsp mayonnaise
- 1 Tbsp red wine vinegar
- 2 1/2 tsp finely chopped rosemary
- 1 tsp dijon mustard
- 1/2 tsp honey
- 1/2 tsp onion powder
- Salt and freshly ground black pepper
- Lettuce or whole grain bread, for serving

Directions

- Add chicken, apples, pecans and cranberries to a large mixing bowl. In a separate small mixing bowl mix together greek yogurt, mayonnaise, red wine vinegar, rosemary, mustard, honey and onion powder. Season with salt and pepper to taste. Pour over chicken mixture then toss to evenly coat. Serve in lettuce or on whole grain bread.

Source: <http://www.cookingclassy.com/apple-pecan-rosemary-greek-yogurt-chicken-salad/>

Recipe submitted by: McKenzie Wietz

Butternut Squash Soup

Ingredients:

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock
- salt and freshly ground black pepper to taste

Directions:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Source: <http://allrecipes.com/recipe/77981/butternut-squash-soup-ii/print/?recipeType=Recipe&servings=4>



Recipe submitted by: Laura Talbot

Roasted Spaghetti Squash with Parmesan & Herbs

Total time: 15 mins Serves 6

Ingredients:

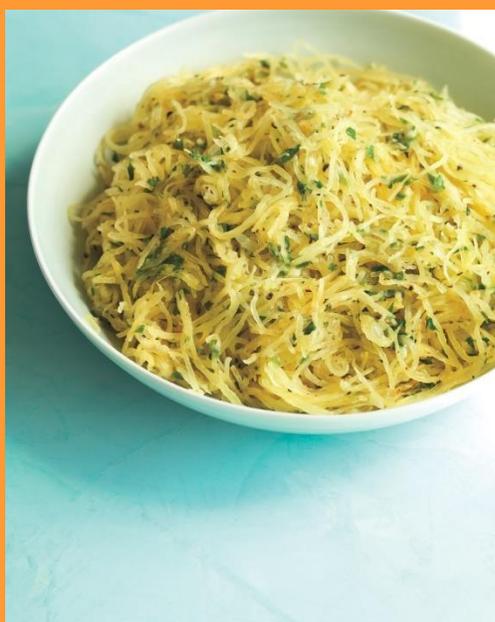
- 2 ½ tbsp. unsalted butter
- 2 shallots, diced small
- 2 garlic cloves, minced
- 1 tsp chopped fresh thyme leaves
- ¾ tsp chopped fresh rosemary leaves
- 6 c roasted spaghetti squash
- ¼ c chopped fresh parsley
- 2 tbsp grated parmesan
- Coarse salt & ground pepper

Directions:

In a large nonstick skillet, melt butter over medium. Add shallots and garlic and cook until softened, 7 minutes. Stir in thyme and rosemary and cook until fragrant, 1 minute. Add squash and toss to combine. Cook until warmed through. Stir in parsley and Parmesan and season with salt and pepper.

Source:

<http://www.marthastewart.com/873339/roasted-squash-parmesan-and-herbs>



Sweet Potato Lentil Burgers

Submitted by: Kylie Lebel

Serves: 9

Ingredients

- 1 cup cooked red lentils
- 1 cup cooked quinoa
- 1 cup roasted sweet potato flesh
- 3 tbs. hemp hearts
- 2 tbs. ground flax seeds
- 2 tsp. curry powder
- ½ tbs. smoked paprika
- 1 tsp. garam masala
- ¼ tsp. salt
- 2 tbs. cilantro, chopped

Directions:

1. Preheat oven to 375.
2. In a large bowl, combine the lentils, quinoa and sweet potato flesh. Mash sweet potato and combine all ingredients.
3. Add hemp hearts, ground flax, curry powder, paprika, garam marsala and salt. Stir to combine thoroughly.
4. Chop cilantro and add to mixture. Stir and let sit 5 minutes.
5. Add parchment or foil to a cookie sheet. Spray with nonstick spray.
6. Divide the mixture into 8-9 equal parts. Form burger sized patties with lightly wet hands.
7. Place burgers on sprayed cookie sheet.
8. Bake for 20 minutes.
9. Pull out of the oven and CAREFULLY flip the burgers over. These will still be quite fragile so be careful!
10. Bake for another 5-10 minutes until burgers are crispy.
11. Take out of oven and allow to cool on a cooling rack for a few minutes before eating. If you are storing these for later, allow to cool to room temperature before placing in a airtight container. for up to a week.

Source: <http://www.pancakewarriors.com/sweet-potato-lentil-burgers/>



Vegan Pumpkin Spiced Latte

Recipe submitted by: Kylie Lebel

Serves: 2

Ingredients:

- 1 c warm nut milk of your choice
- 2 c freshly brewed coffee or 2-4 shots of espresso
- ½ c pumpkin puree
- 2-3 tbsp maple syrup
- 1 tsp cinnamon
- ¼ tsp vanilla bean powder
- ¼ tsp ground ginger
- ¼ tsp nutmeg
- 1/8 tsp ground cloves
- 1/8 tsp allspice

Directions:

In a small pot, over medium heat, combine the coffee, pumpkin, maple syrup, and spices. Whisk until smooth. Transfer to mugs, top with steamed or warmed milk, and ground cinnamon if you wish. Alternatively, you can place all the ingredients into a blender and blend until smooth.

Source: <http://www.mindbodygreen.com/0-27158/vegan-pumpkin-spiced-latte-with-real-pumpkin-in-it.html>



Photo from <http://thecolorfulkitchen.com/2014/09/18/healthy-vegan-pumpkin-spice-latte/>

Creamy Pumpkin Pie Bars

Recipe submitted by: Carolyn Prieto

Serves: 9

Ingredients:

CRUST

- 1 cup (90 g) gluten free rolled oats
- 1 1/2 cups (168 g) [almond flour](#)* (not meal // or 1 cup raw almonds)
- 1/4 tsp sea salt
- 2 Tbsp (24 g) coconut sugar
- 1 Tbsp (15 ml) maple syrup
- 4-5 Tbsp (60-75 ml) melted coconut oil

FILLING

- 2 3/4 cups (475 g) pumpkin purée
- 1/4 cup (60 ml) maple syrup
- 1/4 cup (48 g) coconut sugar
- 1/4 cup (60 g) unsweetened plain almond milk
- 2 1/2 Tbsp (18 g) cornstarch*
- 1 3/4 tsp pumpkin pie spice (or sub mix of ginger, cinnamon, nutmeg & cloves)
- 1/4 tsp sea salt

Instructions:

1. Preheat oven to 350 degrees F (176 C) and line an 8x8-inch baking dish with parchment paper.
2. Make crust by adding oats to a blender (or food processor) and blending/mixing until you reach the consistency of oat flour (if using raw almonds, mix them with the oats at this time).
3. Add almond flour (not meal*), sea salt, coconut sugar and mix once more. Then add maple syrup and melted coconut oil and mix/pulse to combine. Depending on device, you may need to use a spoon to scrape around the edges to ensure the crust is completely mixed. If it appears or feels too dry, add more coconut oil.
4. Add crust to the parchment-lined baking dish and shake to evenly disperse, then lay down parchment paper on top and use a flat-bottomed object (such as a liquid measuring cup or drinking glass) and pressing down to pack the crust into place, making an even, firmly packed layer.
5. Bake for 20 minutes, then set aside to cool.
6. In the meantime, add all filling ingredients to the blender (or food processor) and blend until smooth, scraping down sides as needed. Taste and adjust seasonings as needed, adding more maple syrup or coconut sugar for sweetness, or pumpkin pie spice for flavor. I also added a pinch of ground cinnamon. Set aside.
7. Once the crust is baked, pour the filling into the crust and tap on counter to remove air bubbles. Bake for 50 minutes - 1 hour. The filling will still be just a bit jiggly, dark orange in color, and have some cracks on the top - this is normal.
8. Remove from oven and let cool completely before loosely covering with plastic wrap or foil and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.
9. Once cooled, gently lift bars out of dish and slice into 9 bars. I also sliced the edges off mine for appearance, but this is optional.
10. Serve with [coconut whipped cream](#) and an additional sprinkle of cinnamon, nutmeg, and/or pumpkin pie spice (optional). Store leftovers in the refrigerator up to 3 days, though best when fresh.



Source: <http://minimalistbaker.com/creamy-pumpkin-pie-bars-v-gf/>

Interesting Reads

The 8 Health Habits Experts Say You Need in Your 20s

Submitted by: Lauren DelMaestro

Read more: http://www.nytimes.com/interactive/2016/10/16/well/live/health-tips-for-your-20s.html?_r=0

Lauren says: “This article suggests ways for young adults to maintain a healthy lifestyle. The lifestyle that people follow in their 20s can have a drastic effect on their life later on. Some suggestions the article offers are portion control, cutting back on sugar, weighing yourself and eating more vegetables. While these are obvious suggestions, some more important ones are to learn to cook, find a job you love and incorporate a post-party exercise routine. These suggestions caught my interest because a lot of students, I myself, have busy schedules and struggle to find time to cook or incorporate a workout routine into their busy lives. These suggestions sound simple in the article but are extremely important at our age. When maintaining a healthy lifestyle, it is important to think about drinking habits and alcohol consumption. This can have a negative effect on efforts to make a lifestyle change. In addition, learning to cook is important because it teaches students how to pick the ingredients that are best for their body. Instead of constantly eating out where you may not know all the ingredients in your food, cooking is entirely up to the person. Cooking is also important because every recipe can be tweaked or changed to be even healthier. Overall, I thought this article was interesting and offered some great nutritional advice for busy college students.”

Chocolate Covered Katie

The Healthy Dessert Blog

Submitted by: Amanda Krieger

"Chocolate Covered Katie" is a full-time food blogger who is known for her healthy and delicious recipes. She has published two cookbooks and offers many free recipes on her website, Chocolate Covered Katie. Amanda wanted to share Katie's blog with NTDT Club members to introduce students to food blogging and share some of the healthy recipes included on the website.

Check out some of Katie's blog posts here:

<http://chocolatecoveredkatie.com/2016/04/25/blogging-full-time-chocolate-covered-katie/>

Thanks for reading!



Photo Source: <http://www.highlightpress.com/could-a-simple-smile-hold-the-key-to-beating-childhood-obesity/24001/ed-jones>