





University of Delaware
Nutrition & Dietetics Club
Fall 2017 Newsletter



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Arranged by: Stephanie Kramer



Club Events



- Food Bank Trips
- Sanford School Health Fair
- Milburn Orchards Apple Picking Trip
- Gluten Free Holiday Cooking Night
- Speakers:
 - Jessica Farrand MS, RD, LDN
 - Brittany Knick MS, RD, LDN
 - Jaclyn Esbenshade MS, RD, LDN



Photo source: Dole.com



Sanford School Health Fair



Members of NTDT Club helped The Sanford School in Hockessin, DE with their health fair for kids grades K-8. Members taught kids about healthy food options and physical activity. The NTDT Club table focused on fruits and vegetables. To engage kids, there were fruit puppets, a rainbow diagram of fruit and veggie facts, as well as bananas, apples and tangerines for kids to take with them. The kids also could play a trivia game to answer nutrition questions and win prizes!



Nutrition & Disabilities Club Presentation

Submitted by: Ariana DiFilippo



“We created 2 different presentations throughout the fall that were catered to people with disabilities. The presentation I did took place at Star Health and it focused on slow cooker recipes and we also talked about the technique of batch cooking and its benefits. This opportunity gave me the confidence and practice I needed to improve on public speaking skills. We also demoed the recipes and the audience got to try each one. This club gave me hands-on experience with a new population and I’m excited to continue helping with these presentations in the spring.”

Gluten-free Holiday Cooking Night



On November 1st, Gluten Free at UD paired up with the Nutrition and Dietetics Club to host a gluten free holiday cooking night! The NTDT club students shared that they were surprised by how easy it was to make regular recipes gluten free. Overall, students had a great time, and the recipes tasted great!



Recipes:

- gluten-free snickerdoodle cookies
- apple dump cake
- Sweet potato fries with a cilantro dipping sauce
- Quinoa salad with butternut squash and cranberries
- Parmesan roasted cauliflower



Thanksgiving Food Drive- Food Recovery Network Club

Contributed by: Nicole Boylan

"I recently joined the Food Recovery Network Club here on campus. It is a relatively new program on campus, but we have done a lot this semester. We held a Thanksgiving food drive where we surpassed our goal of 100 lbs by collecting over 200 lbs of canned goods. We're also going to hold another food drive next semester. Besides food drives, we collect extra food from Russell Dining Hall every Tuesday and Thursday morning at 9 a.m. and donate it to local pantries. We have big plans for next semester as well, and hope to spread the word and get more students involved!"



Recipes

Banana Walnut Muffins

Contributed by: Lauren Burkett (original photo)

Source: <https://www.100daysofrealfood.com/recipe-whole-wheat-banana-nut-muffins/>

Total time: 35 min Makes 12 muffins



Ingredients:

- 1 ½ cups whole-wheat flour
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon baking powder
- 2 eggs
- ½ cup butter - melted (1 stick)
- 1/3 cup pure maple syrup
- 2 bananas - very ripe, and peeled (the riper they are the sweeter they'll be)
- ½ cup walnuts - chopped (optional)

Directions:

- Preheat the oven to 350 degrees F. Line a muffin pan with paper or silicone liners and set aside.
- In a large bowl whisk together the flour, baking soda, salt and baking powder. Make a well (hole) in the center of the flour mixture and drop in the eggs, butter, and syrup. Mix with a fork until it just comes together and set aside.
- In a small bowl mash the two bananas together with the back of a fork. Carefully fold the bananas and walnuts (if using) into the muffin batter and distribute evenly into the 12 muffin cups (or 36 mini muffin cups). Bake until they begin to brown on top and a toothpick comes clean when inserted in the center, about 20 to 22 minutes for regular sized muffins or 12 to 14 minutes for mini muffins.

Vegan Buffalo Chickpea Lentil Tacos

Serving size 2 (4 tacos)

Contributed by: Natalie Sidun (Original recipe)

Ingredients:

- 4 soft corn tortillas
- For the taco filling:
 - 3/4 cup chickpeas
 - 1/2 cup lentils
 - 2 tablespoons hot sauce
 - 1 tablespoon BBQ sauce
 - 2 teaspoons apple cider vinegar
 - 1/2 teaspoon onion powder
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon chili powder
- For the homemade caesar dressing:
 - 1/2 block of tofu
 - 2 tablespoons water
 - 1 garlic clove
 - 1 tablespoon worcestershire sauce
 - 2 teaspoons dijon mustard
 - 1/2 teaspoon onion powder
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper

Directions:

- Put a medium-sized pan on medium/low heat. Add a splash of water along with the chickpeas, lentils, hot sauce, BBQ sauce, vinegar, and spices. Let the sauce thicken and the mixture heat through (about 10 minutes).
- During this time start on the caesar dressing. Place all ingredients in a blender and blend for about a minute until the mixture is smooth. If the dressing is too thick add 1 teaspoon of water at a time until it is to the desired consistency.
- Assemble the tacos with a corn tortilla, a layer of lettuce, the chickpea/lentil mixture, diced cucumber, and finally a drizzle of the caesar dressing.



Cheesy Cauliflower Bake

Serves 6

Total time: 1 hr 10 min

Contributed by: Alysia Vega

Photo & recipe source: <http://www.delish.com/cooking/recipe-ideas/recipes/a50583/cheesy-cauliflower-bake-recipe/>



Ingredients:

- 1 1/2 large heads cauliflower
- 6 tbsp. butter, plus more for buttering dish
- 1/2 c. heavy cream
- 3 cloves garlic, minced
- 2 c. shredded white Cheddar
- 1 c. grated Parmesan
- 1 tbsp. fresh thyme leaves
- kosher salt
- Freshly ground black pepper

Directions:

- Preheat oven to 400°. In a large pot of salted boiling water, cook cauliflower until tender, 8 minutes. Drain well.
- Butter a large baking dish. Add half the cauliflower and pour over half the heavy cream. Dot with half the butter, sprinkle with half the garlic, cheddar, Parmesan, and thyme. Repeat with remaining ingredients and season with salt and pepper.
- Bake until cheese is melty and deeply golden, 30 minutes.
- Let cool 5 minutes, then serve.

Black Bean and Veggie Stuffed Spaghetti Squash

Contributed by: Carolyn Prieto

Photo & Recipe Source: <http://www.nutritiousseats.com/black-bean-and-veggie-stuffed-spaghetti-squash/>



Ingredients:

- 1 medium spaghetti squash, cut in half lengthwise, seeds and pulp removed
- 2 teaspoons olive oil
- 1 cup chopped zucchini
- 1 small red onion, diced (~3/4 cup)
- 1½ cups or 1 can black beans, rinsed and drained
- ¾ teaspoon cumin
- ¾ teaspoon chili powder
- ¼ teaspoon garlic powder
- salt and pepper
- ½ cup shredded sharp cheddar cheese
- ⅓ cup chopped cilantro
- ½ cup fresh pico de gallo or salsa
- sour cream (or sub plain Greek yogurt)
- avocado or guacamole

Directions:

- Preheat oven to 375 degrees. Line a cookie sheet with foil sprayed with cooking spray. Place spaghetti squash halves cut side down on cookie sheet. Bake for ~30-35 minutes until tender. Let cool (this step can be done in advance).
- In a large non-stick skillet, heat 2 teaspoons of olive oil on medium heat. Add onions, then zucchini and sauté for ~6 minutes. Season with salt and pepper. Add black beans, cumin, chili powder and garlic powder. Stir to combine.
- Using a spoon scoop out the strands of spaghetti squash and add to the bean mixture. Stir well to combine. Taste for additional seasoning if needed.
- Divide mixture back into the 2 spaghetti squash shells. Top each with ~1/4 cup shredded cheddar cheese. Turn on broiler, place spaghetti squash bake on cookie sheet and broil for ~2 minutes or until cheese is melted. Top with fresh salsa, sour cream, chopped cilantro and avocado or guacamole.

Southwestern Butternut Squash Soup

Contributed by: McKenzie Weitz Serves: 4-6

Photo & recipe source: <http://www.thekitchn.com/recipe-southwestern-butternut-squash-soup-recipes-from-the-kitchn-213095>



Ingredients:

- 1 large (3 pound) butternut squash
- 1 tablespoon olive oil
- 1 large yellow onion, diced
- 1 medium red bell pepper, diced
- 2 jalapeño peppers, seeds discarded and diced
- 3 cloves garlic, minced
- 2 teaspoons cumin
- 1 1/2 teaspoons kosher salt, plus more to taste
- 1 teaspoon coriander
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika (regular paprika is also fine)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper, optional
- 4 cups vegetable or chicken stock
- Juice from 1 orange
- Juice from 1 lime

Directions:

Trim the top and bottom off the butternut squash, then cut it in half where the neck starts to bulge. Peel both halves of the squash with a vegetable peeler, or by placing it cut-side down on the cutting board and trimming off the peel with a chef knife. Cut the halves in half, scoop out the seeds from the bottom half, and then slice into bite-sized pieces. This can be done several days ahead of cooking; store the squash in an airtight container in the fridge. Warm the olive oil in a large soup pot or Dutch oven over medium-high heat. Add the onions and sauté until translucent and just starting to turn brown, 6 to 8 minutes. Add the bell peppers and jalapeños, and sauté until softened, 3 to 4 minutes. Stir in the minced garlic, spices, and salt, and cook until fragrant, 30 to 60 seconds. Add the cubed squash and the stock to the pot. Bring to a boil, then reduce heat to medium-low. Partially cover the pot and simmer until the squash is soft when pierced with a fork, 20 to 25 minutes. Remove the pot the heat. Using a stick blender, puree the soup until creamy. Alternatively, let the soup cool slightly, then blend in a blender or food processor. Return the pot to low heat and stir in the orange juice and lime juice. Taste and add more salt or other spices as desired. If you'd like a thinner soup, stir in up to a cup more broth.

Cauliflower Fried Rice

Contributed by: Emily Mathios

Cauliflower Fried Rice

TOTAL TIME: 30 min PREP: 15 min



INGREDIENTS:

1 package of steam in bag riced cauliflower
1 package of steam in bag riced carrots
3 eggs
1/2 small onion, diced
1 bag of frozen mixed vegetables
3 tbsp low sodium soy sauce
1-2T sesame oil
3 oz protein (chicken, tofu, shrimp etc)

DIRECTIONS:

1. Cook frozen cauliflower, carrots and mixed vegetables as per the package instructions
2. Heat sesame oil in a large skillet and saute the onions.
3. Combine the cauliflower, carrots, and mixed vegetables with the onions and mix thoroughly
4. With a spoon, create a well in the rice mixture.
5. Pour the three scrambled eggs into the well and cook through
6. Mix the egg mixture into the rice
7. Add cooked protein to the mixture
8. Add soy sauce and enjoy!

Vegan Protein Banana Muffins

Contributed by: Natalie Sidun (Original recipe & photo)



Ingredients:

- 2 Bananas
- 1/4 cup sugar (granulated sugar, coconut sugar, brown sugar)
- 2 tablespoons maple syrup
- 1 flax egg (1 tablespoon ground flaxseed + 2 tablespoons water)
- 1/4 cup almond milk (+ 1 tablespoon at a time)
- 1/2 teaspoon vanilla extract
- 1 1/2 cup flour
- 1/2 cup plant-based protein powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 cup dairy free chocolate chips (optional)

Directions:

1. Preheat oven to 350° and line muffin tins with paper
2. First make the flax egg by combining 1 tablespoon of ground flaxseed with 2 tablespoons of water in a small bowl. Let that sit and thicken up while you continue with the recipe.
3. In a large bowl mash the bananas. Then add the sugar, maple syrup, flax egg, almond milk and vanilla. Combine until evenly incorporated.
4. Next add the dry ingredients which include the flour, protein powder, baking soda, and cinnamon. Use a spatula to fold the ingredients together. Continue to add 1 tablespoon of almond milk at a time until a very thick batter/dough forms. You want it to hold its shape and not be runny.
5. Fold in the chocolate chips if desired.
6. Add the batter to the muffin papers filling them almost all the way to the top.
7. Bake for 20-25 minutes.

Nutrition Related Articles

"Tips for College Students On-The-Go"

Link: <http://www.eatright.org/resource/homefoodsafety/safety-tips/food-poisoning/busy-and-on-the-go>

Submitted by: Nicole Randazzo



“Plant proteins, healthy fats and more 2017 food trends”

Link: https://www.washingtonpost.com/lifestyle/wellness/checking-the-crystal-ball-for-2017-food-trends/2016/12/07/ead326ac-ac2a-11e6-8b45-f8e493f06fcd_story.html?utm_term=.dc16b5ecc169

Submitted by: Christina Mesbah



Thank you for reading!

Check out our club's website: <http://sites.udel.edu/ntdtclub/>