

SODEXO NEWS IN PISCATAWAY SCHOOLS

FALL VEGETABLES

Did you know that Piscataway has a Registered Dietitian?
Colleen can be reached at, colleen.shank@sodexo.com for any questions or concerns.

Fall Is Here -- A Great Time to Enjoy Your Vegetables

Vegetables play an important role in our daily diets and provide many needed nutrients. Vegetables are a good source of vitamins like A and C, the B vitamin folic acid, and minerals, including potassium.

One way to ensure your family eats plenty of vegetables at meals, is to use a handy online tool called [MyPlate](#). [MyPlate](#) teaches families to consider food groups when filling their plates, and to cover half with fruits and vegetables. [MyPlate](#) also encourages families to choose a variety of colors when preparing and eating vegetables.

How does Sodexo make sure your child gets a variety of vegetables at Piscataway? When preparing menus, we make sure to offer vegetables from the five subgroups: dark green, red/orange, beans/peas, starchy vegetables, and other vegetables. By offering vegetables from each subgroup at lunch, we encourage students to consume a variety of vegetables every week. For more information on vegetable subgroups and how much family members of every age should consume, visit choosemyplate.gov.



Image from: farmersalmanac.com

Tips for selecting and eating more vegetables this fall!

- Choose fresh vegetables when available
- Canned and frozen vegetables can be used too but:
 - Look for lower sodium options
 - Watch out for frozen vegetables with added sauces (these can add sodium and fat to the product)
- Try vegetables that are in season: Sweet potatoes, broccoli, pumpkin, brussels sprouts, butternut squash, and many more!

Recipe: Homemade Sweet Potato Fries

Adapted from Wholeliving.com

Ingredients:

- Vegetable oil for parchment
- 2 large sweet potatoes (about 2 pounds), skins on, scrubbed and cut into 4-inch sticks, each 1/2 inch thick
- 3 large egg whites (a scant 1/2 cup)

Directions:

Preheat oven to 450 degrees with racks in the upper and middle positions. Line two baking sheets with parchment paper and rub with oil.

- Put sweet potatoes in a microwave-safe container, cover, and microwave 2 minutes. Stir gently, cover, and microwave 1 to 2 minutes more until pieces are pliable. Let rest 5 minutes covered; pour onto a platter.
- In a large bowl, whisk egg whites until frothy, add spice mix, and whisk to blend. Working in batches, toss the sweet-potato pieces in the seasoned egg whites, letting the excess liquid drip back into the bowl. Place in a single layer on prepared baking sheets. Bake 10 minutes, then flip pieces over with a spatula. Rotate baking sheets from front to back and from one rack to the other. Bake until dark golden brown, about 15 minutes. Serve immediately

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