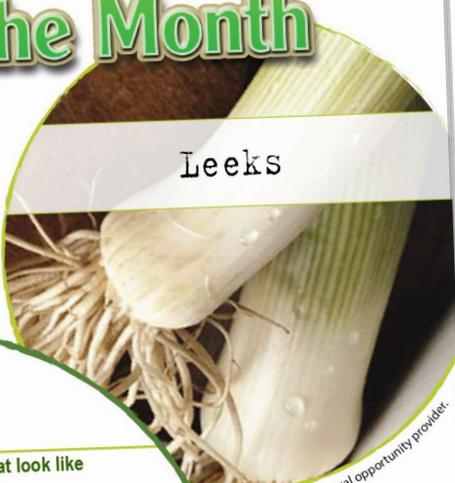




HEALTHY to a "T"

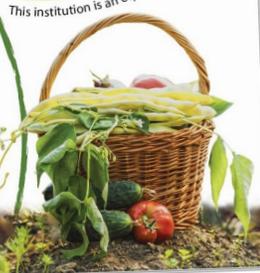
February 2017

Harvest of the Month



FUN FACTS:

- Leeks are root vegetables that look like giant green onions.
- Many people who object to onions LOVE leeks because their flavor is mellow and not overpowering. They also are easier to digest.
- The part of the leek that is under ground remains tender and white, while the part exposed to sunlight becomes tough and fibrous.
- Leeks are a very important vegetable in European and Asian cuisines.



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Prebiotics and Probiotics: What You Should Know

Discussion on prebiotics and probiotics has been a nutrition topic in recent years, but do you know what they are? With continued growth in research, studies have found these "nutrition boosters" in foods may improve your overall health.

You probably have noticed many different types of supplements; from pills and cleanses to powders, but they are unnecessary. Pre and probiotics are natural ingredients found in everyday foods.

What are Prebiotics and How Do They Work?

Prebiotics are "good" bacteria promoters – natural, non-digestible fiber compounds linked to promoting the growth of helpful bacteria in your gut. Prebiotics improve gastrointestinal (GI) health as well as improve absorption of certain nutrients. **Foods that contain prebiotics include leeks, onions, garlic, bananas, asparagus, artichokes, soybeans, and whole-wheat foods.**

What are Probiotics and How Do they Work?

Probiotics are the "good" bacteria, or live cultures, just like those naturally found in your gut. These active cultures help transform and repopulate intestinal bacteria to balance gut flora. This functional component has been found to boost immunity and overall health, even used to manage certain intolerances and allergies. Yogurt is not the only source of probiotics, but also kefir, aged cheeses, kimchi, sauerkraut, miso, tempeh, and other cultured non-dairy yogurts.

The bottom line: Pre and probiotics work together to promote GI health and researchers are finding that healthy gut flora is responsible for more than just healthy digestion, but healthy bodies.

(Reference: Academy of Nutrition and Dietetics)

Melanie Wirth, RDN, LD, MBA, Corporate Dietitian, Taher, Inc.

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Braised Leeks

Yield: 4 servings

- 4-6 Leeks
- 1 Garlic Clove, minced
- 1 tsp Kosher Salt
- 2 tsp Fresh Thyme or 1 tsp dried
- 1 tsp Sugar
- 1 Bay Leaf
- 1 cup Vegetable Stock
- 1/4 cup Chopped Parsley
- 4 tsp Unsalted Butter

NUTRITION SNAPSHOT:

Per serving: 125 calories, 4g fat, 2g saturated fat, 10mg cholesterol, 2.5g protein, 21g carbohydrate, 490mg sodium, 3.4g fiber

HARVEST OF THE MONTH RECIPE—FEBRUARY

- Cut off the ends of the leeks until you get to the shank; a little of the light green part is fine but not too much.
- Slice through the shank of the leek lengthwise until you get to the root end. Do not cut through the root just yet.
- Clean the leeks under cold water. Once leeks are free of any dirt, cut through the root to make two long pieces of leek.
- Use a sauté pan that is large enough to hold the leeks in one layer and heat butter in it over medium heat. When butter has melted and begins to foam, turn down heat to medium and add minced garlic and then leeks, cut side down.
- Cook of 1-2 minutes, just enough until lightly brown.
- Turn over and sprinkle with salt, cook other side for 1-2 minutes.
- Turn the leeks back over so the cut side is down; sprinkle the leeks with the sugar, thyme and touch of salt.
- Add vegetable stock with bay leaf and bring to a gentle simmer. Cover and cook for 35 minutes over medium low heat.