

Eat.Learn.Live
DELICIOUSLY-Savor the
flavor of herbs and spices



Did you know... Nature created herbs and spices with a two-fold purpose- to make our favorite foods taste great and promote health and wellness. New research is showing that a spicier life may be a healthier one! One good reason to season foods with herbs and spices is because they can kick up the flavor in foods without adding salt, sugar, and extra fats. In addition, many popular spices and herbs are also a surprising source of antioxidants- dietary substances that can prevent or repair damage to your body cells, boost immunity, and reduce inflammation thereby reducing risk of heart disease, cancer, diabetes, and other chronic diseases. For example, just ½ teaspoon of dried cinnamon, cloves, oregano, turmeric, or cumin contains more beneficial antioxidants than ½ cup of fresh chopped green or red peppers, red grapes, tomatoes, broccoli, or spinach!

To celebrate National Nutrition Month® this March, Chartwells is pleased to offer the EAT. LEARN. LIVE DELICIOUSLY-Savor the Flavor of Herbs and Spices promotion in our school cafeteria. To celebrate this event, attractive food tasting and nutrition education tables will be set up in the cafeteria where students can sample new foods seasoned with healthy herbs and spices, play a Guess the Spice game, and pickup educational materials and puzzles to take home. On the days of our promotion, the lunch menus will feature, flavor-charged foods with the super spices.

In addition to these special cafeteria events, Chartwells is making herb seeds available to children to plant in recycled milk cartons as a fun and educational classroom activity. This activity will reinforce the message that herbs and spices are healthy ways to season foods, as well as provide participating students the opportunity to learn about what plants need to grow, and learn how growing plants and recycling is good for the environment.

For more information about spices for health, and to get some great recipes, go to <http://www.mccormick.com/SpicesForHealth.aspx>

Warm Baked Cinnamon Apples



Serves: 6 (1/2 cup servings)

Ingredients:

- ❖ 4 McIntosh apples, peeled and sliced (about 2 1/2 pounds)
- ❖ 1/2 cup firmly packed light brown sugar
- ❖ 1 teaspoon ground cinnamon
- ❖ 1/4 teaspoon ground nutmeg
- ❖ 2 tablespoons water
- ❖ 1 tablespoon butter

Instructions:

1. Toss together apples, sugar, cinnamon and nutmeg in a large zip-top plastic bag, tossing to coat apples.
2. Cook apple mixture, 2 Tbsp. water, and 1 Tbsp. butter in a medium saucepan over medium heat, stirring occasionally, 8 to 10 minutes or until apples are tender.

<http://find.myrecipes.com>

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March is...

- National Nutrition Month
- National Read Across America Month
- National Bagel Month
- National Peanut Month
- National School Breakfast Week → 8th – 12th
- St. Patrick's Day → 17th

Brain Buzz?



What is the difference between an herb and a spice?

Answer: HERBS are the fragrant leaves of plants that do not have woody stems, such as thyme, oregano, peppermint, dill, parsley, etc.

SPICES are the barks, berries, fruits, roots and stems of all kinds of plants, such as cinnamon, cloves, nutmeg and pepper.

Garlic is a pungently flavored vegetable, closely related to the onion. It's leaves are often treated as herbs, and it's roots, as spices.

Apple Cinnamon
Oatmeal!



Ready in 10 minutes

Ingredients:

- 1 cup water
- 1/4 cup apple juice
- 1 apple, cored and chopped
- 2/3 cup rolled oats
- 1 teaspoon ground cinnamon
- 1 cup milk

Directions:

1. Combine the water, apple juice, and apples in a saucepan.
2. Bring to a boil over high heat, and stir in the rolled oats and cinnamon.
3. Return to a boil, and reduce heat to low, and simmer until thick, about 3 minutes.
4. Spoon into serving bowls, and pour milk over the servings.

Serves: 2

Serving size: 1 bowl (half the recipe)

<http://allrecipes.com>



