

March 2022

FOOD FOR THOUGHT—

It's March and time to Spring into action with Principle 3 from our simple "FARM Table" practices to improve your overall health! There is a whole craze about eating "low or no carb" that has been going on for years, but did you know all plants are considered carbohydrates? They are whole plant carbohydrates and they are burned slowly in our bodies for energy. We need the carbohydrates found in whole non-starchy vegetables because they are wrapped up in phytonutrients, anti-oxidants, polyphenols and fiber that feeds our healthy gut bacteria and reduce chronic disease states. So Principle 3 is "Plate 75 & Thrive", fill 75% of your plate with non-starchy vegetables like, broccoli, any salad greens, asparagus, radishes, zucchini, cucumbers, tomatoes, mushrooms & peppers (just to name a few). "Plate 75 & Thrive" with these types of vegetables because they won't cause your blood sugar to spike, they will reduce inflammation & they keep you satiated on less calories causing weight loss—sounds like a Win-Win! (Oh yeah, the other 25% of your plate should be quality fats, proteins or small amount of starchy grains or vegetables).

Principle 3:

Plate 75 & Thrive—make 75% of your plate (by volume) non-starchy plants—every meal is made more nutritious by adding more vegetables!

Principle 2:

Make the "Rainbowl Connection"—Eat a Rainbow at Every Meal

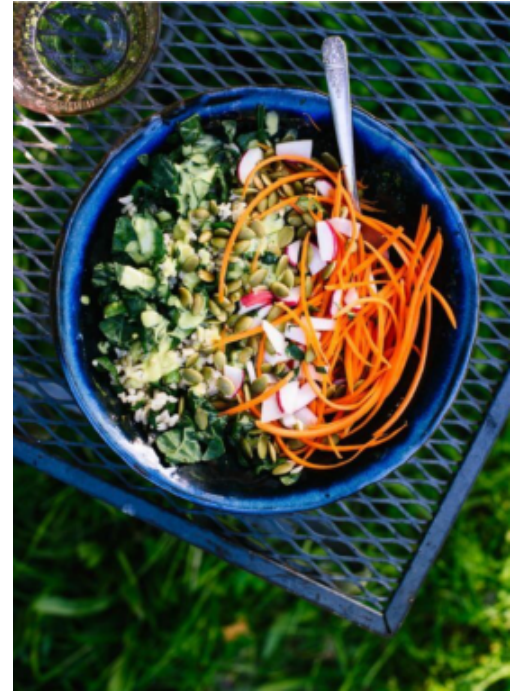
Principle 1:

Make your Table a FARM Table—Food As Real Medicine

This Month's Recipes:
"Plate 75 & Thrive"
(Serves 4)

Ingredients

- About 8 oz. of your favorite salad greens—mixed greens, spinach, kale or Romaine
- 1 cup leftover cooked grains ([brown rice](#), [wild rice](#), [quinoa](#) or other favorite...)
- About 4 oz. shredded carrots (premade from bag is fine)
- 2 radishes, sliced
- ¼ cup pumpkin seeds
- Add in's: halved cherry tomatoes, sliced avocado, chopped bell pepper, cucumbers or whatever else strikes your fancy...
- Optional protein: cooked shrimp, salmon or roasted chicken



Green Tahini Dressing (yields about 3/4 cup)

- ½ cup extra virgin olive oil
- ¼ cup lime juice (about 2-3 medium limes)
- Handful of fresh cilantro
- 1 small jalapeño, seeds and membranes removed, roughly chopped (optional but delicious)
- 2 tablespoons tahini
- 2 teaspoons honey or maple syrup
- ½ teaspoon ground cumin
- 1 clove garlic
- ¼ teaspoon fine-grain sea salt, to taste

Instructions:

In a large bowl, combine greens, leftover grains, carrot, radishes, pumpkin seeds, and/or your toppings of choice.

To make the dressing: Combine all of the ingredients in a blender or food processor and blend until smooth, pausing to scrape down the sides as

necessary. Taste, and blend in additional salt if the dressing needs a little more. Drizzle the green tahini dressing generously over the salad, mix & enjoy! Top with protein of choice if desired.

Enjoy!

Adapted from Cookie & Kate

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