



The

Dish

With the
GWAAR
Nutrition Team



February 2023

Tasting Party in Montello

On Friday, January 20, Montello Dome site participants were invited to taste four new foods: Homemade Turkey Burgers; Colcannon (Irish Mashed Potatoes with Greens); Turmeric Roasted Cauliflower; and Grain Salad with Fruit, Spinach and a Balsamic Vinaigrette. The participants and staff filled out comment cards indicating if they liked the dish, what they

would change, and if they would like to see this item on the menu. The Montello Cooks Claudine and April, as well Nutrition Coordinator Amelia, are looking forward to getting the “new” foods on the Menu. Thanks to everyone involved! Recipes will be shared at the next Recipe and Menu Meeting February 21 at 1 p.m.



Celebrate February with Great Food

In an effort to celebrate and increase our understanding of various cultures, we will be highlighting cultural theme months throughout the year. Do you know that *The Nutrition Care Manual (NCM)*, that you all have access to, has a Cultural Food Practices section that contains history, food practices, meal planning, and food dictionaries for many different cultures? For instructions to login to NCM visit <https://gwaar.org/api/cms/viewfile/id/2007698>.

February is African American Heritage/Black History Month. *Food Hero* has a handout with recipes along with other materials at <https://foodhero.org/african-heritage>.

February is also Heart Month and Barley Month. The February Eat Well, Age Well handout focuses on Barley and Heart Health (<https://gwaar.org/api/cms/viewFile/id/2007683>) and has a *Barley Soup for Two* recipe featured. For more heart healthy recipes check out <https://recipes.heart.org/>.

Coming Soon in GWAAR ED

New training coming soon to GWAAR ED: Portion Control, Nutrient Standards, Second helping/Leftovers Training.

GWAAR ED is our new online system for education and training. For more information visit www.gwaar.org/gwaar-ed.

Featured Recipe: Mediterranean Quinoa Salad

Marquette County shared this participant favorite, which is great because it can be served hot or cold with some adjustments. Use dried herbs or fresh, just decrease by a third the amount from fresh to dried herbs.

Ingredients

- 3 cups cooked quinoa
- 2 large cooked chicken breasts, cut into bite-sized pieces
- 1 large red onion, diced
- 2 bell peppers, one red, one green
- 1/2 cup kalamata olives, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh chives, chopped
- 1/2 teaspoon salt
- 2/3 cup lemon juice
- 1 Tablespoon balsamic vinegar
- 1/4 cup olive oil

Wash hands and produce. To serve warm, gently stir the chicken, onion, bell peppers, olives, feta cheese, parsley, and chives into cooked quinoa. Drizzle with lemon juice, balsamic vinegar and olive oil. Stir until evenly mixed and heated through to 165 degrees.

To serve cold, omit chicken and feta. Use a 1/2 cup serving for cold, serving at 41 degrees or lower.