

More on eating well efficiently and flexibly

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As part of my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information. Last month's issue shared three basic recipes that can be used many different ways to make it look like you are serving a different meal each time. This month I share pictures and the approach to creating 10 plates or bowls from the three basic recipes.

Make three basic recipes (featured last month):

1. Roasted vegetables
2. Cooked seasoned greens
3. Baked chicken

Incorporate them into varied meals:

1. Sliced chicken, roasted vegetables and greens
2. Roasted vegetable soup with chicken and greens
3. Roasted breakfast hash with poached eggs
4. Salad with pesto and roasted vegetables
5. Roasted vegetable marinara over polenta
6. Poached eggs on a bed of greens
7. Mini-quiche or egg muffins with bacon, peppers and greens
8. Sesame greens with chicken – served hot or cold
9. Mushroom-cashew chicken gravy over rice with vegetable
10. Curried chicken salad over lettuce



Roasted Vegetable Soup with Greens

- 2 cups leftover roasted vegetables with garlic and herbs
- 1 quart vegetable or chicken broth
- ½-1 cup greens, leftover or raw uncooked, chopped small
- To taste – salt and pepper

Combine roasted vegetables and greens with broth. Heat. Adjust seasonings (and liquid if necessary).

Option: Add ½ cup quinoa and cook approximately 15 minutes until it swells and is tender to bite.

Siletz Tribal Head Start offers my time to support family nutrition over the telephone (503-588-5446).

Please contact me if you have nutrition concerns about your Head Start child.



Roasted Vegetable Marinara over Polenta

- 2 cups leftover roasted vegetables, such as peppers, fennel, zucchini, garlic
- 1 tube polenta, sliced and pan fried in olive oil
- 2 cups marinara
- To taste – salt and pepper

Arrange the pan-fried polenta on a plate, top with roasted vegetables and marinara sauce. Warm if ingredients are not already hot. Serve with a drizzle of balsamic vinegar, cracked pepper and optional grated hard cheese.

Sesame Stir-Fried Greens

- Bunch of fresh greens, chopped
- 1 small onion, diced
- ½ medium red bell pepper, diced
- 1 tablespoon sesame seeds, toasted
- 1 tablespoon sesame oil
- 1-2 tablespoons tamari (wheat-free)
- 1-2 tablespoons apple cider vinegar

Clean and chop fresh greens.* In a frying pan or wok, sauté onion and bell pepper in oil until tender. Sauté greens until wilted or add leftover greens. Season greens with sesame seeds, tamari and apple cider vinegar. Serve with chicken or tofu. Eat hot or cold.



Cashew Sauce/Gravy

- ½ cup cashews, raw or roasted, salted
- 1 cup water – adjust as needed
- To taste – salt or pepper, depending on whether cashews were salted

Use blender to purée cashews and water. Pour the slurry into a warm pan to thicken. Adjust water if a thinner sauce is desired. Add chicken chunks and serve over rice or GF biscuits.

Options: Add sautéed mushrooms for a savory variation (umami character). This sauce makes an excellent base for a savory vegan soup when mushrooms and onions are sautéed in olive oil. This soup can be made with other vegetables, such as broccoli.

Note: Cashews contain roughly 10 percent starch and not only do they provide fatty richness, they also serve to thicken.



Roasted Pesto Vegetables on Lettuce Salad

- 2 cups leftover roasted vegetables, such as peppers, fennel, zucchini, garlic
- ¼ cup pesto, pre-made* (or thawed from the freezer)
- 4 cups lettuce, cleaned and torn
- To taste – walnuts or pinenuts

Warm the leftover roasted vegetables. Combine with premade pesto.* Toss premade salad (cleaned and torn lettuce) with Italian dressing. Top with the warm pesto vegetables and optional grated hard cheese. Makes two salads.

*Basic Pesto with Variations

Basic pesto ingredients

- 2 cloves garlic, fresh peeled (amount needed varies with your taste)
- ¼-½ cup nuts – pine, walnut, hazelnut
- 2 cups cleaned fresh herbs, such as basil, parsley or arugula (packed tightly)
- ¼-½ cup olive oil, extra virgin

Variations

- ¼ cup cheese, such as Parmesan, Romano, feta or vegan alternative
- 2 tablespoons dried tomatoes soaked in olive oil and chopped
- 2 tablespoons roasted red peppers
- ½-2 tablespoons other herbs, such as rosemary, lavender, thyme, oregano

Use blender or food processor. Start with garlic; blend until finely minced. Add nuts; grind with garlic. Add the fresh herbs to the nuts and garlic, chop. As the herbs are chopping and combining with the garlic and nuts, pour in the olive oil. Stop when the consistency is appropriate. Remove from blender and enjoy.

Freeze any leftovers if you don't plan to use them within a few days (small containers or ice cube trays moved to freezer storage bags work well).

General Council Meeting

May 2, 2015 • 1 p.m.
Siletz Tribal Community Center
Siletz, Oregon

- Call to Order
- Invocation
- Flag Salute
- Roll Call
- Approval of Agenda
- Approval of Minutes
- Internal Audit Department
- Tribal Members' Concerns
- Chairman's Report
- Announcements
- Adjourn

Chicken Curry Salad

- 2 cups chicken, cooked, cubed
- ½ cup mayonnaise
- 1 tablespoon curry powder
- ½ cup celery, chopped
- 2 green onions, sliced
- 2 tablespoons dried cherries or cranberries

Combine ingredients and serve on a sandwich, bed of lettuce or romaine boat. Optional: Add dash of lemon juice, apple chunks, grapes, raisins and/or cashews.

Breakfast ideas

Roasted Veggie Hash

- 1 cup leftover roasted vegetables
- ¼ cup onions, sautéed

Sauté leftover roasted vegetables with onions (or heat the leftovers in a microwave). Serve as a bed for poached eggs. Serve with bacon or sausage if desired.

Eggs on Bed of Greens

- 1 cup leftover greens

Serve as a bed for poached or fried eggs. Serve with bacon or sausage if desired.



Mini Egg Muffin Frittata

- ½-1 cup leftover greens
- 2 green onions
- 2 slices bacon, cooked and leftover
- 2 tablespoons black olives, chopped
- ¼ cup cheese, shredded (optional)
- 4 eggs (or 1 cup liquid eggs)
- ¼ cup milk or non-dairy milk substitute

Place divided ingredients into six muffin papers or silicon cups. Fill each cup halfway with vegetables and optional cheese. Crack the eggs into a large measuring cup. Add the milk and stir with fork until blended. Pour egg-milk mixture over the ingredients into the muffin papers, filling the cups three-fourths full.

Bake the muffin cups at 350 F for 10 minutes until no liquid is visible in the center. Let cool for 2 minutes and then carefully turn the frittatas out of the cups to serve.

If you have not sent in an application for your child to attend **Siletz Tribal Head Start**, it's not too late. Call 541-444-2532 or 800-922-1399 to request that an application be sent to you.

Applications also are available on the Tribal website (ctsi.nsn.us) and at the Siletz, Salem and Portland area offices.