

August Nutrition Education



- August 9th - Food Sampling 1pm- 3pm
- August 14th - Food Sampling 1pm-3pm
- August 16th - Food Sampling 1pm-3pm
- August 21st - Food Sampling 1pm-3pm
- August 23rd - Food Sampling 1pm-3pm
- August 28th - Food Sampling 1pm-3pm
- August 30th – Food Sampling 1pm-3pm

Roasted Brussels Sprouts



Ingredients:

- 1 ½ pounds Brussels sprouts
- 3 tablespoons good olive oil
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

Directions:

1. Preheat oven to 400 degrees
2. Cut off the brown ends of the brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 Minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt and serve immediately.

Prep: 10 minutes

Cook: 40 Minutes

Total time: 50 minutes

6 servings

Lemon Garlic Salmon



Ingredients

- 2 tablespoons unsalted butter
- 2 teaspoons minced garlic
- 1 teaspoon lemon pepper
- 2 (4 ounce) fillets salmon
- 1 lemon

Directions

1. Season salmon fillets on both sides with lemon pepper.
2. In a large skillet, melt butter over medium high heat. Stir in garlic. Place salmon in pan. Cook for 10 minutes per inch of thickness, or until fish flakes when tested with a fork. Flip fillets halfway through cooking to brown on both sides. Sprinkle with lemon juice before serving.

Prep: 5 minutes

Cook: 25 minutes

Total Time: 30 minutes

For more information, contact:

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TIP: Do you eat too fast? Consider the “fork trick” to prevent overeating. Use your non-dominant hand when you eat. It naturally slows you down because you have to try and steady your food to get it to your mouth. And eat until you’re comfortably full. In other words, stop eating at the start of feeling full.