

Arbor Management, Inc.

Back To School Newsletter

August– September 2019

Energy Boosting Eating Habits

There are ways to help increase our energy levels through the food we eat, here are a few tips.

- Eat Regularly: Eating every 3 to 4 hours may help fuel a healthy metabolism.
- Pay Attention to your to your Belly: Eating just enough, but not too much helps to curb cravings.
- Balance Meals: Make sure you get all the food groups in your meals for sustained energy.
- Remove Energy Eaters: Keep away the foods and beverages with high sugar and low fiber, such as soda, sugary coffee, and energy drinks. These items will cause a massive energy crash.

Interesting Facts about Zucchini

- Zucchini is a variety of summer squash, and is technically a fruit, although it is treated and widely referred to as a vegetables
- The flowers from the plant are edible and are a delicacy when stuffed and fried.
- Some health benefits are improved digestion, slows down aging, lowers blood sugar levels, supports circulation, boosts energy, benefits for weight loss, protects against oxidation and inflammation.
- Zucchini can be served steamed, boiled, grilled (my favorite), stuffed and baked, fried, or incorporated with other recipes such as souffles.

<http://justfunfacts.com/interesting-facts-about-zucchini/>

Zucchini Parmesan Crisps

Ingredients:

- Cooking Spray
- 2 medium zucchini (about 1 pound)
- 1 Tbsp. Olive Oil
- 1/4 Cup grated Parmesan (3/4 oz)
- 1/4 Cup plain dry bread crumbs
- 1/8 tsp. Salt
- Freshly ground black pepper



Instructions:

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray.
2. Slice zucchini into 1/4" thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.
3. Bake the zucchini until brown and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

<https://www.foodnetwork.com/recipes/ellie-krieger/zucchini-parmesan-crisps-recipe-1939866>

What's in Season

Apricots, Bananas, Beets, Bell Peppers, Blackberries, Blueberries, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Garlic, Grapefruits, Grapes, Green Beans, Honeydew Melon, Kiwifruit, Lima Beans, Mushrooms, Nectarine, Peaches, Peas, Plums, Radishes, Raspberries, Strawberries, Summer Squash and Zucchini, Tomatillos, Tomatoes, Watermelon, Apples, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cranberries, Ginger, Pears, Pineapple, Pumpkins, Sweet Potatoes and Yams, Winter Squash



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