

NUTRIGRAM

February 2008 published by the
Niagara County Office for the Aging 438-4020

111 Main Street Lockport NY 14094



Valentine's Special

Eat Well...Stay Well Dining will be offering a special meal for Valentine's Day at the sites and for Home Delivered Meal participants on Valentine's Day, Thursday, February 14th. The following menu will be prepared;

Paprika Chicken
Baked Potato/Sour Cream
Carrots a l'Orange
Multi-Grain Bread
Strawberry Shortcake with Topping
Skim or 2% Milk

The suggested contribution for the lunch is \$2.50. For a list of sites where the lunch will be served call Glenda at 438-4030. Transportation is provided to some locations. Call Jennifer Schumacher at 438-4038 about transportation.



Congratulations to Clara Biringer! 100 Years Old!

Clara Biringer, one of our home delivery participants, is turning **100 years old** on February 24th, 2008. She is a very pleasant lady who believes she has been very lucky with her health. She was "too busy" to talk long when I called – she had a list of things to do! This is how to live a long and healthy life- stay busy! Happy Birthday Clara!

QUINOA – pronounced keen-wa

This "new grain" is not so new. Although it is new to the American market, it was a staple of the ancient Incas, who called it "mother grain." To this day it is an important food in South American cuisine. Hailed as the "super grain of the future,"

quinoa contains more protein because it contains all eight essential amino acids. Quinoa is also higher in magnesium and lower in carbohydrates than most grains, and it provides a rich and balanced source of other essential nutrients. Tiny and bead-shaped, the ivory-colored quinoa cooks like rice (taking half the time of regular rice) and expands up to four times its original volume. Its flavor is delicate, almost bland, and has been compared to that of couscous. Quinoa is lighter than rice, and can be used as a side dish, main dish, in soups, in salads and even in puddings. It's available at supermarkets and in health food stores or specialty food stores. For more quinoa recipes, go to allrecipes.com and put quinoa in the search. Or, there are recipes on the box. Here is a heart-healthy recipe:

Quinoa Pilaf Serves 4 374 calories

6 gm fiber

1 T. canola oil ½ cup serving
½ cup chopped onion
2 carrots, chopped
1 cup quinoa, rinsed
2 cups vegetable broth
¾ cup walnuts
¼ cup chopped fresh or 2 tsp. dried parsley

Heat oil in sauce pan. Cook onion in oil for 5 min. Add carrot and cook 3 minutes. Stir in quinoa and vegetable broth and bring to a boil. Simmer, cover and cook for 15 minutes. In a bowl, toss with walnuts and parsley. Serve hot or cold. Other vegetables may be added such as chopped cucumbers or red sweet peppers.

Glenda Reardon, RD, CDN 438-4030



President's Day Holiday is Monday,
February 18th

Please mark on your calendar that there will be no meals delivered that day.