Fruit of the Month
January 2017:
Berries

There are many varieties of berries, some of the most popular being blueberries, strawberries, blackberries and raspberries. Berries are known for their antioxidant properties and cardiovascular benefits. One cup of blueberries contains just 84 calories and 3.5 grams of fiber, is high in Vitamin K, manganese and Vitamin C. Berries can be eaten frozen and still contain the same nutritional benefits.

How to eat Berries:

- Berries are a great quick and healthy snack and just need to be washed before eating.
- Top your oatmeal with berries and nuts for a supercharged breakfast.
- Defrost some frozen berries. Mash with a fork and heat in the microwave for 30 seconds until warm to make a quick and healthy topping for pancakes or waffles.

Chia Seed Parfait
Provided by:
UCR’s Chef Rueben Herrington

Ingredients:
1 cup pomegranate juice
2 tbsp. chia seeds
2 cups non-fat Greek yogurt
6 oz. Fresh berries (Locally sourced from *Pudwill farms)
4 mint leaf

Directions:
Mix the pomegranate juice and chia seeds in a small bowl and leave the bowl in the refrigerator wrapped tightly overnight.
Wash berries and dry with a damp towel.
In a small glass, add a layer of the chia mixture, then a layer of yogurt and top everything with some of the fresh berries.
Garnish with fresh mint.

*Pudwill Farms is located in Nipomo, Ca.

Look out for this yummy fruit currently being served in the UCR Citrus Grove Catering Menu in the Chia Seed Parfait.

For questions, please contact Nicole Collins, MPH, RD Wellness Program Specialist, at Nicole.collins@ucr.edu or 951-827-5082
Veggie of the Month
January 2017: Spaghetti Squash

Spaghetti squash is known for its spaghetti-like cooked flesh that is mild in flavor. It makes the perfect vegetable substitute for spaghetti noodles providing about 3 grams of fiber per 6 ounce (3/4 cup) serving. Packed with nutrients such as folic acid, potassium, vitamin A and beta carotene. When raw the flesh is solid and similar to other raw squash, but once cooked the flesh can be forked out in ribbons or strands like spaghetti.

Look out for this yummy vegetable coming soon to The Barn here at UCR! Visit the Farmer’s Market on Thursdays from 4pm to 8pm in Lot 14 to purchase some great organic spaghetti squash.

Sautéed Spaghetti Squash

Provided by: UCR’s Executive Chef Lanette Dickerson

Ingredients:
1 each (about 36 oz.) Sage Mountain Farms Spaghetti Squash*
1 oz. Roma Tomatoes
1 ¼ oz. Shiitaki Mushrooms
½ oz. Baby Spinach
1 tsp. Olive oil
Kosher Salt to taste
Black Pepper to taste

Directions:
Preheat the oven to 400ºF. Slice the squash in half. Scoop out the seeds. Place squash in a roasting pan cut side down. Bake spaghetti squash for 30 to 45 minutes. Squash is done when tender. Use a fork to gently pull the flesh from the peel.

Heat a sauté pan over medium high heat and add olive oil. Add mushrooms, tomatoes and let cook for 2 minutes tossing intermittently. Add baby spinach and spaghetti squash and toss together. Season with salt and pepper. Toss so it does not stick to the pan and all vegetables are hot.

*Sage Mountain Farms is located in Anza, Ca

How to eat:

- Cooked spaghetti squash is great substitute for spaghetti noodles topped with your favorite sauce.
- Top cooked spaghetti squash with fish or shrimp for a quick and easy meal.
- Serve spaghetti squash as a simple side dish, tossed with olive oil, salt and pepper and pine nuts.

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