

HEB - Weekly Ingredient Highlights

January Week 1

- **Tomatoes**
 - Tomatoes contain lycopene, a powerful antioxidant that can protect against cancer and other chronic diseases. Tomatoes are also high in Vitamin A, Vitamin C, Calcium, and Potassium! Try something new and roast them in a 400°F with olive oil and salt and pepper for a simple side dish.
- **Greek Yogurt**
 - Greek yogurt is strained yogurt that provides a high amount of calcium, contains no cholesterol or saturated fat, and is 30% protein, helping you stay full longer! Use it in place of sour cream, as a base for dips, in marinades, or in dressings – the possibilities are endless!

January Week 2

- **Spinach**
 - Spinach is nutrient rich containing iron, folate, Vitamin A, C, E, K, B₆, magnesium, potassium, phosphorous, zinc, and niacin. Make a spinach pesto by blending 2 cups of spinach, ¼ cup pine nuts, 2 TBSP lemon juice, 2 teaspoons lemon peel, and then gradually adding 1/3 cup olive oil.
- **Brown Rice**
 - Brown rice is a whole grain in fiber, manganese, magnesium, and selenium. To spice up your brown rice, add chicken, sausage, beans, shrimp, or any type of vegetable. For a unique flavor, mix your brown rice with a pesto, or enchilada sauce!

January Week 3

- **Broccoli**
 - Broccoli is high in Vitamin C, Vitamin K, fiber, and contains cancer fighting properties. As a tasty side dish, sauté broccoli with olive oil in a large saucepan until tender crisp. Top broccoli with parmesan cheese, lemon zest, and pepper.
- **Quinoa**
 - Quinoa is a gluten-free, high protein, ancient grain. Instead of oatmeal, use quinoa: Boil 4 cups of water, and add 2 cups of quinoa plus a pinch of salt - bring back to boil, reduce heat, cover, and cook 15 minutes. Stir in ¼ cup brown sugar, 1 TBSP cinnamon, and top with raisins and walnuts. Creamy twist: add milk, yogurt or cream.

January Week 4

- **Carrots**
 - Carrots offer Vitamin A, fiber, antioxidants, and minerals. As a fun, healthy side, make carrot fries! Slice 6 large carrots into sticks and toss with 2 TBSP olive oil and ½ tsp. salt. Bake for 18-22 minutes on a lined baking sheet in a 425°F oven.
- **Acorn Squash**
 - Acorn squash is great source of fiber and potassium, and easy to cook! Slice the squash in half and scoop out the seeds. Brush with olive oil, salt and pepper, and place face down on a baking pan for 30 minutes in a 400°F oven. Flip squash and cook for another 10 minutes.

January Week 5

- **Pears**
 - Pears are a great source of insoluble fiber and Vitamin C. Slice pears into wedges and spread goat cheese on each one. Place an arugula leaf on top of cheese, and then wrap a piece of prosciutto around each pear slice.
- **Couscous**
 - Couscous has a much higher amount of riboflavin, niacin, folate, thiamine, and vitamin B₆ in comparison to pasta. Prepare couscous as directed, and get creative with different ingredients! Chicken, beans, steak, vegetables, almonds, spices and herbs – anything that strikes your fancy!