

Harvest of the Month

Kiwi

Calories **42**
 Total Fat **0g**
 Sodium **2mg**
 Sugars **6g**

FUN FACTS:

Originating in China, kiwi was called yang tao. Seeds were brought to New Zealand around 1904 and the fruit was nicknamed Chinese gooseberries. For marketing purposes, in 1959, New Zealand changed the name to kiwi fruit after their national bird (both are brown & fuzzy).

Kiwi fruit is normally eaten raw, made into juices, used in baked goods and prepared with meat.

Top producers are China, New Zealand and Italy.

Kiwi is high in Vitamin C and antioxidants.



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Be Adventurous, Try Alternative Proteins

Traditionally, when many people hear the word “protein,” they think of meat. But, if you’ve been in any grocery store in the past few years, you’ve probably noticed a lot of alternative proteins hitting the shelves. Alternative proteins are plant-based and food-technology alternatives to animal protein. They are becoming more and more popular. They include food products made from:

- plants such as grains, legumes and nuts
- fungus, like mushrooms
- algae
- insects
- cultured (lab-grown) meat

Alternative proteins aren’t only for vegan and vegetarians anymore. Many people are interested in alternative proteins for health or environmental reasons. We expect this number to grow as younger populations age.

Be adventurous and try new alternative proteins today.

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HARVEST OF THE MONTH RECIPE—MARCH

~ featuring Kiwi ~

Kiwi Sorbet

Yield: 2 servings

- 1 lb kiwi, peeled, chopped and frozen
- 1/4 cup honey

1. Blend all ingredients in a food processor or high-speed blender until thoroughly combined.
2. Pour into a rectangular loaf pan and smooth into an even layer.
3. Freeze for 2 hours, or until frozen but still a little soft for scooping. (If freezing overnight, cover with a lid or plastic wrap, but let it sit out at room temperature for about 5-10 minutes before scooping.)
4. Scoop into a bowl.

Enjoy!



NUTRITION SNAPSHOT ~ 1 serving (8 oz):
 267 calories, 1g total fat, 0g saturated fat
 0mg cholesterol, 3g protein, 68g carbohydrates
 8mg sodium, 7g dietary fiber