

2020 Nutrition Card



Spice Up Your Food and Your Life!

Studies show that spices have many health benefits, including aiding in weight loss.

Add spices to healthy foods like oatmeal, scrambled eggs, low-sodium soups, and low-sugar smoothies for an extra added health-fighting boost.

- Cinnamon is loaded with polyphenols (powerful antioxidants) that have been proven to improve insulin sensitivity.
- Cayenne pepper, if consumed daily, improves abdominal fat loss, according to the American Journal of Clinical Nutrition.
- Yellow mustard seeds speed up metabolism and contain high levels of anti-cancer compounds called glucosinolates.





GREEN LENTILS

Ingredients

1 cup dried green lentils

2 cups water

1 bay leaf

1 garlic clove 1/4-3/4 teaspoon salt

Cayenne Pepper, Fresh Crack Black Pepper, and/or Turmeric (add to the pan prior to cooking, sprinkle on cooked, strained lentils, or sprinkle on individual serving before eating)

Instructions

- Rinse dried lentils in a colander until water runs clear and transfer to a saucepan.
- Cover with water, bay leaf, and garlic clove.
- Bring water to a rapid simmer over medium high heat, then reduce the heat to maintain a very gentle simmer.
- Cook uncovered for 20-30 minutes. Add water as needed to make sure the lentils are just barely covered.
- Lentils are cooked as soon as they are tender and no longer crunch. Strain the lentils and remove the bay leaf and garlic clove.
- Return the lentils to the pan and stir in salt.
- Add desired other seasoning to the pan or individual serving and stir.

