

NUTRITION MANAGEMENT TODAY

Saskatchewan Society of Nutrition Management

Special points of interest:

- International Year of the Lentil
- SSNM 45th Anniversary & AGM Date
- Thanks to the Industry
- Winter Driving Tips
- 2016 SHR Bravo Award Winners

President's Message

This spring I faced my fears, spread my wings and allowed my name to be put forward for SSNM President. I had served on a couple of different boards in the past in different roles. As we all sometimes find, change can be hard. I had been the conference chairperson for SSNM for the past 4 years and enjoyed that role very much.

The president's role is a role that I am not really too familiar with. I am going to treat this new role as a challenge and I hope I can use the knowledge of my past president as well as my fellow board members to have an great year. I know I will learn a lot about SSNM as well as CSNM.



Challenges are what keep us all growing, leaning and becoming well rounded people.

Over my term as president I look forward to helping this group of diverse professionals better their knowledge of themselves and their chosen fields.

Please feel free to contact myself or any of the other SSNM board members if you have any questions or comments regarding SSNM.

Stacey Ginter
S.S.N.M. President
<http://ssnm.ca/>



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2016—International Year of the Pulses

THE YEAR 2016 HAS BEEN DECLARED THE INTERNATIONAL YEAR OF PULSES BY THE UNITED NATIONS TO CELEBRATE ONE OF THE WORLD'S MOST IMPORTANT FOODS: THE EDIBLE SEEDS OF THE LEGUME FAMILY.

Beans, peas, chickpeas, and lentils are packed with fibre, protein, nutrients, and flavour. Their nutritional density, inexpensive accessibility, and ease of cooking have made them indispensable staples to cooks all over the globe.

Wherever we live, we all do our best to make healthy choices at home but it's a lot easier when those choices are delicious. These meatless tacos are stuffed with so much sunny southwestern flavour that no one will notice anything missing. What a great way for your family to join families around the world in a global celebration of flavour and nutrition!

PULSE TACOS

BY CHEF MICHAEL SMITH

Canadian International Year of Pulses Ambassador

Makes 12 tacos. Serves 4 to 6.

Pulse filling

2 Tbsp (30 mL) canola oil
2 onions, thinly sliced
6 garlic cloves, thinly sliced
1 heaping Tbsp (18 mL) chili powder
1 tsp (5 mL) ground cumin
1 cup (250 mL) green lentils
1 19oz (540 mL) can of your favourite beans or chickpeas, rinsed and drained
2 cups (500 mL) water
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) of your favourite hot sauce

Taco toppings

A head of Bibb or iceberg lettuce
12 hard taco shells
A few handfuls of grated cheddar or taco blend cheese
Your favourite salsa
A large bunch of fresh cilantro
2 limes, cut into wedges

Make the lentil bean filling: Splash the canola oil into a large skillet or sauté pan over medium-high heat. Toss in the onions, garlic, chili powder, and cumin. Sauté until the vegetables soften and the spice flavours brighten, 3 or 4 minutes. Stir in the lentils, beans, water, and salt. Bring the works to a slow, steady simmer. Cover tightly and continue slowly cooking until the lentils are tender, 35 minutes or so. Stir in the hot sauce.

Assemble the tacos: Fit a full leaf of lettuce into a hard taco shell. This will hold the fillings in when the hard shell inevitably breaks. Fill each taco with a heaping spoonful of the lentil bean filling. Pack with cheese, salsa, and cilantro. Serve with the lime wedges and share!

© Chef Michael Smith – lentils.ca



Good food is one of life's greatest pleasures and for most; food tends to be what brings family and friends together. Are you looking to add more fibre and protein and less fats into you and your family's diets? Look no further!! **Legumes** do just that! Legumes consist of beans, peas and lentils. After meat, fish and poultry, legumes provide more protein than other types of food. Beans, peas and lentils have about 15 grams of protein in a 1-cup serving. Women should get 46 grams of protein daily, while men need 56 grams daily. Legumes are great for the health of your heart and digestive system. The insoluble and soluble fibres in legumes help with constipation, lowering cholesterol and regulating your blood sugar levels. The fibre content in legumes vary but there is approximately 16g in a 1-cup serving. If you are trying to lose or maintain your weight, filling up on nutritious foods that are high in fibre and protein instead of high-caloric snacks will help you feel and stay full longer. 1-cup of legumes has 1 gram or less of total fat and 190 to 299 calories.

Here is a great recipe to help get you started and on the right path.

Linguine with Chickpeas and Arugula

Serves 4

Note: This recipe provides insoluble fiber (from whole-grain pasta) and soluble fiber (from garbanzo beans).

Ingredients:

6 ounces whole-grain linguine or spaghetti
1/2 tablespoon olive or canola oil
1 cup fresh or frozen stir-fry vegetables (onions and green, red and yellow peppers), chopped
3 cloves garlic, minced
1 can (15 ounces) unsalted garbanzo beans, drained
1/4 teaspoon crushed red pepper
1 lemon, juiced and zested
1 cup shredded Parmesan cheese
4 ounces (about 4 cups) arugula or baby spinach, coarsely chopped



Directions:

Cook linguine for 5 minutes in boiling water. Drain, reserving 2 cups cooking water.

In a large skillet, heat oil over medium-low heat. Add stir-fry vegetables and garlic. Cook for 3 minutes.

Add the pasta, reserved cooking water, chickpeas, crushed red pepper, lemon zest and lemon juice to skillet. Cook for about 5 minutes or until the pasta is al dente.

Remove pan from the heat and stir in the cheese and arugula or baby spinach. Toss to combine until arugula or baby spinach is wilted. Serve

References:

<http://www.livestrong.com/article/135846-legumes-list/>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/health-tip/art-20048645>

<http://www.mayoclinic.org/healthy-lifestyle/recipes/linguine-with-garbanzo-beans-and-arugula/rcp-20135326>



YOU'RE INVITED

MAY 11, 2017

SSNM 45TH ANNIVERSARY
CELEBRATION

TRAVELODGE, SASKATOON

MAY 12, 2017

SSNM CONFERENCE/AGM

TRAVELODGE, SASKATOON



Remember to complete your CSNM online quizzes by December 31, 2016 to earn 8 of your 2016 Continuing Education points.

www.csnm.ca

Thanks to the Industry

Thursday November 3rd, the annual "Thanks to the Industry" dinner was hosted by the 2nd year Food & Nutrition Management students. This year's theme was "Flavors of the World" a fitting choice for a culturally diverse class.

The evening started with a buffet of appetizers that included samosas, spring rolls, cheese platter, vegetable crudité's platter and jerk chicken wings. There were also a couple of special beverages choices offered for those that wanted something other than wine or beer.

The buffet dinner started at 6:00 pm and choices had to be made wisely to ensure that could sample a little of all that was being offered. The service line started with an array of in house produced assorted fresh breads followed by mixed greens, lentil salad, watermelon, feta and bacon salad and sushi platter. The choices continued with vegetable stir fry, Korean sweet potato noodles, mashed potato, basmati rice pilaf, butter chicken, and finally carved Italian herb/prosciutto crusted beef tenderloin with sundried tomato demi glaze.

If you still had room the evening ended with dessert choices, of baklava, tiramisu, chocolate mousse cake and a fresh fruit platter.

After dinner the students introduced themselves including a little insight into where they hope their career in food service takes them. Guests stayed for a short time to visit before the close of the evening.

I look forward to this event every year and am never disappointed, the meal and dining atmosphere always out does any fine dining restaurant we have in our city.

Submitted by
Gwen Koob-Roach
Sask Polytech Liaison



Safe Winter Driving Tips

That time of year is upon us again. Travelling on Saskatchewan roads can sometimes be a challenge. There are things that you can do to be safe during this time.

- Always allow yourself extra time to get to your destination. A clear ice free road may all of a sudden be a sheet of ice or snow covered.
- It is better to drive under the posted speed limit and have some control over your vehicle.
- Be alert to icy patches near/at intersections. Remember to speed up and slow down gradually.
- If you do get caught in a slide, remain calm and take your foot off of the gas. Look and steer in the direction that you want your vehicle to go. Brake steadily instead of locking the brakes.
- Cruise control is not recommended during the winter months. Hitting an icy patch can cause you to lose control of your vehicle and increase your risk of getting into an accident.
- Always leave a 3 second space between yourself and the vehicle in front of you. This will give you time to slow down in the event that the car in front of you suddenly brakes or loses control.

Source: <https://www.sqi.sk.ca/individuals/safety/training/driveright/winterprep.html>



2016-2018 Board of Directors: L to R; Karen Kwan, Laurette St. Jacques, Leanne Kolbe, Natasha Brandt, Shanna Hansen, Lynne Fitzsimmons, Gwen Koob-Roach, Stacey Ginter. Front; Jayci Merkosky.



Congratulations to Food and Nutrition in the Saskatoon Health Region!



Congratulations to the following on Receiving this Award

Shantel Zwingli - Food and Nutrition RUH (Leadership)
Retail Food Service Area - Food and Nutrition RUH (Collaboration)
5S Team - Food and Nutrition RUH (Collaboration)
5S and Kanban Team - Food and Nutrition SCH (Our Values)
Cross Site Safety Team - Food and Nutrition (Healthy Workplace)
Cooks - Food and Nutrition PRC (Excellence)

In recognition of being a champion
 within the
 Saskatoon Health Region



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Recipe Corner

No Bake Coconut Snowballs

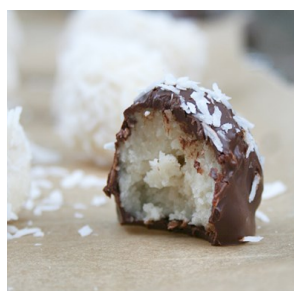
Ingredients:

- 1 3/4 cups unsweetened shredded coconut
- 3 tsp coconut oil
- 3 tbs maple syrup
- 2 tbs unsweetened coconut milk
- 1/2 tsp vanilla extract
- 1/8 tsp salt
- organic dark chocolate

Directions:

1. Place 1 cup shredded coconut and 3 tsp coconut oil into the bowl of a food processor. Process on high speed, scraping down the sides every once in a while, until it reaches a butter consistency.
2. Add the maple syrup, coconut milk, vanilla extract, and salt and process on high speed until all of the ingredients have combined.
3. Add 3/4 cup of additional shredded coconut and process on high speed until all of the ingredients have combined and formed a batter.
4. Shape the coconut mixture into 1" balls and coat with the additional shredded coconut. Refrigerate for at least an hour or up to a week.
5. Bring to room temperature before serving.

Source: <http://forthefamily.org/no-bake-coconut-snowballs/>



The Saskatchewan Foodservice Supervisor's Association was formed in November of 1972 at a meeting held in conjunction with the Saskatchewan Hospital Association in Regina. The primary objective of the new association was to aid in the professional development of its members.

The Association became incorporated in 1973 and in September of 1996, changed its name to the Saskatchewan Society of Nutrition Management to better reflect the changing roles of the foodservice supervisor as well as to align the name with the Canadian Society of Nutrition Management.

Since our beginning, we have won the "Chapter of the Year Award" five times, given by the CSNM. We are building strong relationships with our educational partners, including SaskPolytechnic and continue to promote food service awareness through our workshops and Spring Conference.