HAPPY NATIONAL NUTRITION MONTH!

This year’s theme is “Celebrate a World of Flavors”!

We know that eating a varied diet helps our body get the nutrients it needs. Eating a variety of FLAVORS helps us to eat a variety of foods. In addition to providing good nutrition, expanding our palate helps us experience and appreciate other cultures.

WAYS TO “CELEBRATE A WORLD OF FLAVORS”:

• EAT OUT: Check out some of your local restaurants, particularly ones you have never tried before.

• EAT IN: Pick a new area of the world to explore each week by finding recipes online!

• EAT WITH OTHERS: Host a weekly or monthly world-themed dinner party. Pick a country to explore. Invite your family and friends—and ask them to bring a dish from that country. Immerse yourselves with location specific music and movies. Learn more about the culture!

• EAT WITH EXTENDED FAMILY: Reach out to your extended family members for their favorite “family recipe” celebrating your own culture. This might become one of your family favorites!

• EAT NEW FOODS: Visit your local farm stand and ask the staff for suggestions. Or grab a new item from the produce department the next time you go shopping. Search the internet for recipes.

Exploring the world through our taste buds is a great way to appreciate other cultures...as well as fuel the body!
THAI PUMPKIN SOUP
PREP TIME: 10 TO 15 MINUTES | COOK TIME: 26 TO 35 MINUTES | YIELD: 6 SERVINGS

Ingredients
1/2 cup jasmine rice, raw
1 cup water
2 Tablespoons canola oil
1/2 cup finely chopped onion
1 Tablespoon minced garlic cloves
1 Tablespoon peeled and grated fresh ginger
1 stalk lemongrass, bruised
3 Tablespoons Thai red curry paste
1 can (15 ounces) pumpkin puree
3 cups chicken bone broth
1 1/2 Tablespoons maple syrup
1/4 teaspoon kosher salt
1 cup unsweetened coconut milk
2 Tablespoons lime juice
Chopped fresh cilantro, optional
Sliced fresh Thai peppers, optional

Nutrition facts: Calories: 160, Carbs: 23g, Protein: 4g, Fat: 6g, Sat. Fat: 1g, Cholesterol: 0mg, Sodium: 700mg, Fiber 2g

To Make Jasmine Rice:
1. Place water and rice in a pot. Bring to a boil.
2. Cover. Reduce heat to low, simmer 15 minutes or until all water is absorbed and rice is tender.
3. Remove from heat. Allow to stand for 5 minutes. Fluff with fork before serving.

To Make Thai Pumpkin Soup:
1. Heat oil in a stock pot over medium heat. Add onion. Saute for 3 to 5 minutes or until tender.
2. Add garlic, ginger, lemongrass and curry paste. Cook for 3 to 5 minutes.
3. Add pumpkin puree, bone broth and maple syrup. Stir to combine. Bring to a boil. Reduce heat to low, and simmer for 20 to 25 minutes. Remove from heat.
4. Stir in salt, coconut milk and lime juice until well-blended. Allow to cool slightly.
5. Using an immersion blender, puree soup until smooth.
6. Place 1/4 cup warm jasmine rice in center of soup bowl. Pour 1 cup soup over rice.
7. Garnish with chopped cilantro and sliced Thai peppers, if desired. Enjoy!

Source: www.mindful.sodexo.com/recipes/thai-pumpkin-soup/