



Senior Living

From Your Urban Farm to Your Urban Table



Senior Living: From Your Urban Farm to Your Urban Table (4:00 – 6:30)

During this 2-part series learn all about Food Miles and where to get healthy affordable food in your community. Learn how to make the most of your EBT, Health Bucks and Senior WIC and create delicious healthy meals that will help combat those nasty heart conditions and more.

Learn about the urban farms, CSAs, food pantries & farmers markets and how they can help save you money and get healthy meals on your table.

This class includes: a hands-on demonstration, learn basic cooking techniques, take home recipes and a healthy family style meal to enjoy at the end.

Day 1: Sugar & Salt: Amping up the Flavor without salt and sugar!

Day 2: Bad Fats & Good Fats: Learn to cook with GOOD fats that will pack in the flavor & sustain good health!

Agenda

- Ice Breaker
- Discussion:
 - Let's Talk about Food Miles! Where does our food come from? Why local IS affordable and accessible.
 - So where do we get healthy AFFORDABLE food: How to make the most of your EBT, Health Bucks & Senior WIC
- Let's Cook



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Sugar & Salt: Amping up the flavor WITHOUT salt and sugar!

The #1 tip for decreasing sodium and sugar intake is to avoid processed foods, we will focus on tips for seasoning fresh foods prepared at home using things other than salt/sugar.

Amp up the Flavor Without Adding Salt

Fresh herbs, spices, onions, garlic, ginger and cooking with wine or acidic flavors like citrus or vinegar can all add an intense kick of flavor without relying on the less healthy standby of adding salt.

- **Make your own vinaigrette** to control salt levels and customize flavor.
- Treat **garlic** as the new salt to bring a burst of flavor to dishes
- **Make soups with a low sodium broth** and add in herbs and spices for flavor instead.
- **Herbs** (dried and fresh!) are also awesome in salad – I love adding parsley, basil, and dill to my salads to amp up the flavor.

Add Naturally Sweet Foods Instead of Sugar

Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food such as fruit, dates, peppers, or yams.

- Sprinkle **cinnamon or pumpkin pie spice** instead of sugar on fruit, or add red pepper to bring a surprise heat and unique flavor.
- Add **cinnamon or coconut oil** to your coffee instead of sugar.
- Sweeten drinks with honey or use whole fruit or fruit juice to sweeten dishes.

Shopping Tips

Low fat can mean more salt. The trick in some low-and no-fat foods is: swapping salt (or sugar) for missing fat. Reduced-fat and fat-free sour cream have twice the sodium of regular, but with half the calories and fat. Be a label reader!

Eat seasonally. Rely on the season's freshest produce for more flavor satisfaction. Go for leafy greens and root vegetables, which are naturally low in sodium and high in potassium. Because they're fresh, the flavor will be at its best.

Watch for salty soups. Canned soup is often very salty, so start making your own (freeze extra). But know that store-bought broths can be high in sodium. Use reduced-sodium versions—it's an easy switch.

Look for hidden sugar. Added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food, and ketchup. Check food labels for other terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose, or maltose. Opt for fresh or frozen vegetables instead of canned goods,

and choose low-carb or sugar-free versions of products such as tortillas, bread, pasta, and ice cream. Try to avoid artificial sweeteners as well.

TRY THESE

FRESH!!!! Lemon Juice

Speaking of lemon juice, it's a great way to flavor your meals. Use a squeeze over veggies, quinoa, salads, or even fruit salad. Lemon juice adds a nice flavor that tricks your taste buds into thinking it's had salt or sugar.



Apple Cider Vinegar

Try drizzling apple cider vinegar onto your grilled or steamed veggies and salads before serving them. Just a tablespoon is all you need. Much like lemon juice, the acidic taste of the vinegar adds a ton of flavor with no calories, salt, or sugar.

Balsamic Vinegar

Just like apple cider vinegar, balsamic vinegar can improve the taste of veggies without adding calories, salt, or sugar if you buy from a high-quality brand. Balsamic vinegar is slightly sweeter, though it contains no added sugar at all. Some brands do add extra salt and sugar for flavor, so always read the labels when looking for the plain varieties. Balsamic is great over grilled veggies, salads, quinoa dishes, fruit salads, and even in pasta sauce for a bit of flavor-packed flair!

Garlic and Onion

Try this out: saute a little olive oil with garlic and onion before adding them to soups, salad dressings, quinoa, whatever. It adds so much flavor without needing any salt whatsoever.



Pureed Veggies

There are certain veggies like butternut squash, sweet potatoes, carrots, zucchini, and pumpkin that can add a richer texture to your foods, along with a bit of sweetness. This not only improves the nutrition, but also takes away for the need for excess salt. It works especially well in quick breads, muffins, smoothies, pasta sauces, and salad dressings.

What's your favorite way to add flavor to foods without salt?

RECIPES

Making your own salad dressing is one of the best budget-saving and health-conscious things you can do because the bottled stuff is loaded with a ton of junk none of us can pronounce. The foundation of a good vinaigrette is the ratio of oil to vinegar:

*A classic vinaigrette has a ratio of
1 part vinegar or other acid (like lemon juice) to 3 parts oil*

It might sound like a lot of oil but this ratio will give you a well-balanced taste. If you prefer a little more acidity, cut down on the amount of oil or add a big squeeze of lemon juice at the end. The most important thing to remember is that a little bit of dressing goes a long way so add just enough to barely coat your ingredients and enjoy a delicious, healthful, and homemade salad.

Kale Salad with Lemon & Garlic Vinaigrette

- 2 cups sliced almonds
- 1/3 cup freshly squeezed lemon juice (from 2 to 4 lemons)
- 1 1/2 cups extra-virgin olive oil
- 4 cloves garlic, crushed with the flat side of a knife, peeled and left whole
- 10 to 12 ounces washed and dried kale leaves, thick stems removed
- 1 1/2 cups freshly grated Parmesan (optional)



1. In a skillet, toast almonds until golden brown and fragrant. Set aside to cool.
2. In a jar add fresh squeezed lemon juice, olive oil, garlic cloves and set aside.
3. Working in batches, cut the kale into thin ribbons: gather a large handful of leaves, bunch together tightly, and use the other hand to slice into 1/4-inch-thick pieces. This need not be done very precisely or neatly; the idea is to end up with a kind of slaw. (Recipe can be made up to this point 1 day ahead. Keep kale and dressing refrigerated separately.)
4. Place chopped kale in a very large bowl. Sprinkle surface with almonds and then with cheese, if using. Remove and discard garlic cloves from dressing. Pour half the dressing over the salad and toss. Taste for dressing and salt and add more as needed, tossing to coat thoroughly.

Creamy Butternut Squash Sauce Whole Wheat Pasta & Arugula

- 1 medium butternut squash, peeled and diced
- 3 tablespoons olive oil
- 8 sage leaves
- 12 ounces whole wheat linguine (or other pasta)
- 1 1/2 cups water or vegetable broth
- 1 tablespoon olive oil
- 1/4 cup diced yellow onion
- 2 cloves garlic, minced
- 1/8 teaspoon ground nutmeg
- 1/4 cup freshly grated parmesan cheese
- freshly ground black pepper, to taste



1. Bring a large pot of water to a boil. Salt the water and add the butternut squash. Cook until soft, about 12-15 minutes.
2. While the squash is cooking, fry the sage leaves. Heat 3 tablespoons olive oil in a small skillet over medium-high heat until surface is shimmering slightly. Add a few leaves at a time and cook until crisp, but still bright green, about 30 seconds. Transfer to a paper towel to drain. Season with salt. Set aside.
3. Using a large slotted spoon, carefully remove the squash from the water and place in a large bowl. Add the pasta to the boiling water and cook according to package instructions.
4. Place the cooked butternut squash in a large food processor or blender. Puree the squash until smooth. Add water or broth and puree until the sauce reaches your desired consistency. You may need a little more or a little less water depending on the size of your squash.
5. In a large deep skillet, heat 1 tablespoon of olive oil over medium-high heat. Add onion and garlic and sauté until soft, 3-5 minutes. Add pureed butternut squash. Stir in the Parmesan cheese. Season with nutmeg and pepper. Add the pasta and stir until pasta is well coated. Add half of the arugula and chopped sage leaves and stir them into the pasta. Serve.