



Nourish
Your Life

ADVENTURES in Food

Tried any new foods or new dishes lately? Eating a wide variety of foods helps get you all the essential nutrients you need. Explore new things and have more options for meals and snacks. Be adventurous – it can be a great experience!



Pick one new fruit or vegetable to try each week or month.

Use familiar foods to create something different, like adding mango to your smoothie.

Try roasting vegetables like Brussels sprouts, squash or cauliflower instead of boiling or steaming.

Choose restaurants that feature dishes from cultural backgrounds that are different from yours.

Instead of pasta, try quinoa, brown rice, barley or millet.



ROASTED BRUSSELS SPROUTS

16 ounces (one pound) Brussels sprouts

1 tablespoon canola oil

1/4 teaspoon salt

1/2 teaspoon ground black pepper

Cut off brown ends and pull off any yellow outer leaves. Rinse and drain. Slice large ones in half lengthwise. Mix them in a large bowl with remaining ingredients. Place on a sheet pan and roast for about 40 minutes, or until they are crisp on the outside and tender on the inside. Shake the pan occasionally while roasting for even cooking.

Source: American Institute for Preventive Medicine