Our Favorite Recipes: From Our Kitchen to Yours

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Ingredients and Directions

- 1lb ground lean turkey
- 1 can kidney beans
- 1 can black beans
- 1 can of corn or 2 cups of frozen corn
- 1 packet of ranch dressing (the dry kind)
- 1 packet of taco seasoning
- 2 cans diced tomatoes (low sodium)

Put all ingredients into your crock pot and cook on high for 3 hours or low for 6 hours!

~~I love this recipe because it takes 3 minutes to prepare, is nutritious and easy. I use this in my crock pot and you can dress it up how you would like. Add shredded cheese, rice, guacamole, chips, sour cream....etc. You can use whatever beans you like as well. —Amy Morace
Sweet and Tangy Chicken

Ingredients
- 1lb chicken breast (boneless)
- 8oz Russian salad dressing
- 8oz Apricot preserves
- 1 can of Frenchy’s dried onion toppings

Directions
Mix Russian dressing and apricot preserves together till almost smooth. Pour over chicken, cover and bake at 350º for 30 minutes. Uncover and add Frenchy’s onions to top for extra crunch and finish baking for a 3-5 minutes.

~~I love this recipe again because it is easy and everyone I have ever made it for loves it! You can serve this with any side. It pairs well with potatoes, broccoli, brown rice. — Amy Morace
Greek Tuna Lettuce Wraps

Ingredients

- 1 -5oz can chunk light tuna,
- 2 tbsp Greek salad dressing
- 3 tbsp Pitted Kalamata olives, diced
- 3 tbsp Pepperoncini peppers, diced
- 2 tbsp Feta
- Salt, pepper, oregano to taste
- 1 Head of iceberg lettuce leaves
- 10 Grape tomatoes, halved
- 1 Cucumber, sliced into rounds

Preparation

1. In a small bowl combine drained tuna, Greek dressing, olive, peppers, and feta. Season with salt, pepper, and oregano to taste.
2. Fill a leaf of iceberg with the tuna salad, cucumber slices, and tomatoes

Roll up and enjoy

~~I love this recipe because it is quick, easy, and cheap! It’s a great way to get more seafood into your diet without breaking the bank plus I have always loved Greek style food. If you don’t want to fuss with the lettuce wrap it would be great in a pita or you can use thick cucumber and red pepper slices to scoop up the tuna salad!—Michelle Mackie~~
Rosemary Baked Salmon

Ingredients

- 1 5 oz salmon fillet
- 1 tbsp olive oil
- 2 cloves of garlic, minced
- 3 sprigs of fresh rosemary
- ½ of a lemon, sliced
- Salt, pepper, oregano, and red pepper to taste
- Tin foil

Preparation

1. Preheat the oven to 350°F
2. Place a large sheet of tin foil on a cookie sheet
3. Place fillet scale side down
4. Drizzle with olive oil, add garlic, seasonings, and lay the rosemary sprigs and lemon slices on top
5. Seal the tin foil around the salmon to make it into a little pouch
6. Bake for 15-20 minutes*, open tin foil packet and bake for another five minutes to let some of the water evaporate.
7. Serve with some of your favorite veggies!

*bake times will vary based on thickness of the fillet, cook until it flakes with a fork

~~I really like this recipe because the tin foil packet it makes the perfect salmon fillet every time, plus cleanup is a breeze! You can serve it with almost anything. My favorite is wild rice and roasted asparagus. I like to save a little extra lemon juice to squeeze over top and always lots of fresh grated parmesan cheese!—Michelle Mackie.~~
Kale Surprise

Ingredients
- 2 chicken breasts
- Garlic salt and pepper
- 2 servings of dry whole wheat pasta
- ½ bag of kale
- ¼ cup olive oil
- Pesto sauce
- 1 package dry pesto mix
- ¼ cup olive oil
- ¾ cup water
- Parmesan cheese (fresh grated or shaker kind)

Directions

Kale:
- Preheat oven to 350°F
- Mix together the kale and ¼ cup olive oil until all leaves are thinly coated with oil
- Place in oven once it is preheated
- Bake for about 10-15 minutes, or until kale is crispy

Chicken:
- Coat both sides of the chicken breasts with garlic salt and pepper to taste
- Begin cooking the chicken breasts in a greased pan on the stovetop
- Cook thoroughly

Pasta:
- Boil water in a pot for noodles
- Place noodles in the boiling water
- Cook for 7-9 minutes for al dente

Pesto:
- Combine dry mix, water, and olive oil
- Follow instructions on packet

By Natalie Wrightson
**Tuna Casserole**

**Ingredients**
- 3 cans of tuna
- 4 egg yolks
- 1 small pack of frozen steam-able veggies (peas, carrots, corn)
- ¾ cup shredded Italian cheese
- 2 packages of Whole wheat Ritz crackers

**Directions**
1. Preheat oven to 325°F
2. Crush the 2 packages of crackers into a fine powder
3. Open and drain the cans of tuna
4. Combine the tuna and the egg yolks together in a large mixing bowl
5. Stir in package of frozen veggies (still frozen), ½ cup of cheese, and the majority of the crumbled crackers (saving some to top the casserole with)
6. Top the casserole with the remaining cheese and crumbled crackers
7. Put the casserole mix into a greased casserole dish and bake in the oven for 20 to 30 minutes, or until cheese has melted and the dish looks bubbly.

By Natalie Wrightson
Congratulations Brooks College of Health Nutrition and Dietetics Scholarship Winners

Comfort Keepers Nutrition and Dietetics Scholarship
Donor: Kathryn Murphy
Recipients: Erin Kelly and Katie Vogel

Debra Doughty-Jason Panides Endowed Memorial Scholarship
Donor: Dr. Carl and Mrs. Cheryl Doughty
Recipients: Margaret Cruz, Kristen Drake, Tonya Fraser, Jesse LeMoon, Andrea Schuck, Jill Van Bergen, Johanna Vogt.

The DuBow Family Fellowship
Donor: Mr. Laurie DuBow
Recipients: Marie Donaghy and Tara Kessinger

North Florida Frozen and Refrigerated Foods (Custodial)
Donors: Dough Milne and NFFRFA
Recipients: Katharine Baughman, Katherine Coufal, Heather Esteep, Elizabeth Ferrer, Tonya Fraser, Jesse LeMoon, Yvette Plaza, Sandra Schmelzer

Nutrition and Dietetics Advisory Board Scholarship
Donors: Carlie Abersold-Chair and Board members
Recipient: Briana Ballard

Howard and Muriel Rose Nutrition and Dietetics Scholarship
Donors: Dr. Howard and Mrs. Muriel Rose
Recipients: David Blakely, Tatianna Gomes, Yvette Plaza, Yvonne Scott, Camelia Thompson

Dr. Simin Vaghefi Nutrition and Dietetic Scholarship
Donors: Drs. Simin and Reza Vaghefi
Recipient: Mallory Schott
Introducing the Newly Elected SNDA Officers for 2016-2017

President: Dwayne Swinton
Vice President: Sara Boyd
Secretary: Dawn Dragone
Treasurer: Caitlyn Phelps
Publicity Chair: Christian Rafan
Volunteer Chair: Natalie Lowe

Congratulations new officers!

Next meeting: April 15th
1pm
Building 2
Classroom 2212.
Banana Chocolate Chip Muffins

Ingredients:
- 2 very ripe (brown) bananas
- 2 eggs
- 1 cup packed brown sugar
- ½ cup margarine, melted
- 1 tsp vanilla
- 2 ¼ cups flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1 cup chocolate chips

Directions:
Preheat oven to 350 degrees. In a large bowl, combine the flour, baking powder, cinnamon and chocolate chips. In a smaller bowl, mix the eggs, brown sugar, melted margarine and vanilla until the mixture is well blended. Using either a blender or a fork, mash the extra ripe bananas until few lumps remain. Add the mashed banana to the egg and brown sugar mixture and stir to combine. Pour the banana mixture into the larger bowl of dry ingredients and stir until just blended. Spoon into muffin cups and bake for 26 minutes at 350 degrees.

~There are few things in life I enjoy more than warm muffins. My mom has been making this recipe for years; we’d have these muffins for road trips, family brunches, and before-school breakfasts more often than I care to recount. It’s something about the fantastic flavor combination of banana and chocolate that make these such a personal favorite of mine. Next time you end up with brown bananas, don’t even think about throwing them away! Make these fabulous muffins instead. —Jessica Glosson
Ratatouille

Ingredients:
- 1 medium eggplant, sliced and cubed
- 2 zucchini, sliced
- 1 green pepper, chopped
- 1 onion, finely chopped
- 1 cup baby bella mushrooms
- 1 large can of crushed tomatoes
- 2 tsp sundried tomato pesto
- ¼ cup vegetable oil
- 1 clove of garlic, finely diced
- 2 tsp salt

Directions:
In a large skillet, add all ingredients and cook until heated through. Cover and cook over medium heat for 10-15 minutes until vegetables are cooked through, stirring occasionally. Garnish with parmesan cheese if desired.

(Pro tip: Double this recipe for meal prepping purposes - it’ll last a whole week or more and can easily be frozen and reheated if needed).

~ ~ Besides being the title of one of my favorite Disney/Pixar movies, ratatouille is a traditional French stewed vegetable dish that is warm, delicious, and nutritious in nature. My aunt, who is fiercely proud of her French heritage, was the one to introduce me to this vegetable dish through her recreation of a traditional recipe found in a cookbook she bought abroad. I was hooked, but being the overscheduled college kid that I am, I sought to find a way to modify the recipe in order to make it easier to prepare without compromising on all of the awesome veggie components. It has truly become a weekly staple of mine and tastes amazing alone or on top of your favorite pasta! — Jessica Glosson
Chicken Basil Pesto
By Kristen Drake

Directions:

1. Prepare pesto by adding the walnuts, olive oil, garlic, and basil to a food processor. Pulse until well ground.

2. In a skillet over medium high heat, add 1 Tbsp. olive oil and chicken cubes. Cook about 7 minutes or until chicken is cooked through. Remove chicken from skillet and drain. Set aside.

3. In the same skillet, add 1 Tbsp. olive oil and the green beans. Cook about 5 minutes or until almost soft. Add chopped tomatoes, olives, pesto, and chicken to the skillet with the green beans. Cook for another 2-3 minutes or until everything is heated through. Season with salt and pepper to taste.

4. Enjoy!
Chinese Chicken

Ingredients:
- 1 lb. chicken, cut into ½” cubes
- 1 red pepper, diced
- ½ onion, diced
- 3 cups broccoli spears
- 2 Tbsp. low sodium soy sauce, liquid aminos, or coconut aminos
- 1 tsp dried or fresh ginger
- ½ tsp red pepper flakes
- 2 Tbsp. olive oil, divided
- Salt and pepper, to taste

Directions:
1. In a large skillet over medium-high heat, add 1 Tbsp. olive oil and cubed chicken. Cook about 7 minutes or until chicken is cooked through. Remove chicken from skillet, drain, and set aside.
2. To the same skillet, add 1 Tbsp. olive oil along with the red pepper and onion. Cook about 5 minutes or until almost soft.
3. While the red pepper and onion are cooking, pre-steam the broccoli for about 3 minutes in the microwave.
4. Add pre-steamed broccoli, chicken, soy sauce, ginger, and red pepper flakes to the skillet. Cook another 2 minutes. Season with salt and pepper to taste.

~~Being so busy, these are two of my healthy go-to recipes I make several times a month. They are my favorites because they are quick and easy to cook, taking under 20 minutes. —Kristen Drake~~
Diabetes – What’s In the News?

By Tara Kessinger

Prevention Saves Money

The Secretary of Health and Human Services (HHS), Sylvia Burwell, announced March 23 something that Academy members have known for a long time: Prevention saves money.

The Secretary announced that "the independent Office of the Actuary in the Centers for Medicare & Medicaid Services (CMS) certified that expansion of the Diabetes Prevention Program, a model funded by the Affordable Care Act, would reduce net Medicare spending. The expansion was also determined to improve the quality of patient care without limiting coverage or benefits. This is the first time that a preventive service model from the CMS Innovation Center has become eligible for expansion into the Medicare program."

CMS will be looking at "the best strategies for incorporating the Diabetes Prevention Program into Medicare," and the Academy is prepared to offer some best practices for RDN-led nutrition interventions.

This new development builds on the Academy's efforts that will increase opportunities for persons with prediabetes to see an RDN. Last fall, the United States Preventive Services Task Force issued its final recommendation statement (with an impressive Grade B recommendation) for diabetes screening and treatment that aligns with the Academy's guidelines to expand screening and referral to intensive behavioral counseling interventions to asymptomatic patients at risk for diabetes. The Academy continues to work with HHS and CMS to ensure that implementation of these new diabetes screening guidelines include opportunities for our members to help treat and manage diabetes and prediabetes.

Visit www.eatright.org for more info

Diabetes Nutrition Therapy for Adults

The revised guidelines from the American Diabetes Association's Fall 2013 release for diabetes self-management include an emphasis on an "individualized eating plan" and one that includes a variety of personally and culturally-specific nutrient-dense food choices in the appropriate amounts. It is recommended that the approach to meal planning match the individual's literacy, eating pattern and medication regimen.

The amount of quality carbohydrates, protein, and fats should also be individualized to accommodate the person's energy needs, food preferences, and diabetes treatment. Recommendations for dietary fiber, omega-3 fatty acids, and sodium are the same as the general public, and subtraction of dietary fiber and sugar alcohols, regardless of the amount, is not necessary (for most people) when counting carbohydrates according to the revised guidelines.

Vitamin and mineral supplementation, herbal products, or cinnamon to manage diabetes are not recommended due to lack of evidence.

Although weight loss is recommended, when appropriate, there is also an emphasis on preventing further weight gain and the use of methods that focus on promoting behavior change and physical activity.

Nutrition therapy is recommended for all people with type 1 and type 2 diabetes as an effective component of the overall treatment plan. Individuals who have diabetes should receive individualized medical nutrition therapy (MNT) as needed to achieve treatment goals, preferably provided by a registered dietitian nutritionist (RDN) familiar with the components of diabetes MNT. The ultimate role of nutrition therapy is to achieve the glycemic and cardiovascular goals established by the individual's health care team.
Earn your Master of Science in Nutrition and Dietetics online.

The MS in Nutrition thesis and non-thesis option is a distance learning degree for those students who wish to emphasize the application of advanced nutrition knowledge in clinical or community-based health programs. Applicants for the MS Thesis or Non-Thesis option in Nutrition are persons with a baccalaureate degree from a U.S. regionally accredited institution and ACEND/CADE accredited program with a major course of study in Food and Nutrition, Human Nutrition, or Food Management or Registered Dietitians.

UNF is ranked in the Top 75 in the country for “Best Online Graduate Education Programs,” which includes data of nearly 1,000 distance education programs nationwide.

UNF UNIVERSITY OF NORTH FLORIDA
Ingredients
1/2 cup extra-virgin olive oil
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/4 teaspoon salt
Freshly ground black pepper, to taste
2 cups quartered cherry tomatoes
3 large cucumbers, diced

1/4 cup red onion, finely chopped
1/2 cup black olives, chopped
1/4 cup feta cheese, crumbled

Directions
In a large bowl, combine all ingredients, and toss thoroughly.
Serves 6.
Texas Caviar

**Ingredients**
- 3 tablespoons extra-virgin olive oil
- 1/3 cup freshly squeezed lime juice
- 1 1/2 tablespoons red wine vinegar
- 2 cloves garlic, finely minced
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 2 (15 oz.) cans black beans, drained & rinsed
- 2 cups frozen corn, thawed
- 2 cups ounces cherry tomatoes, quartered
- 1 fresh jalapeño, seeded & finely diced
- 1/2 cup fresh cilantro leaves, chopped
- 2 avocados, diced

**Directions**
1. In a large bowl, combine all ingredients, and toss thoroughly.
2. Refrigerate for several hours before serving to allow the flavors to blend.

~~These are a couple of my favorite easy recipes. Recently, I've really been enjoying different types of salads. The Mediterranean Cucumber Salad is very light, fresh tasting, great for snacking, healthy, and easy to make. The Texas Caviar has more of a southwestern taste with a bit more protein and serves as a delicious appetizer when hanging out with friends. This another light, inexpensive, and easy dish to make. —Casey Kiernan~~
Boiled Sesame Chicken

By Porshae’ Royal

Ingredients list
1. 6-8 chicken tenders of chicken
2. ½ cup of sesame seeds
3. 2 tablespoons of honey
4. 4 packets of equal sweetener or 4 tablespoons brown sugar
5. 2-4 cups of water (to cover chicken tenders)
6. garlic powder
7. 4 tablespoons soy sauce low sodium
8. 1 tablespoon of seasoning salt
9. 1 Green bell pepper chopped
10. 1 small onion chopped
11. 1 tablespoon of olive oil
12. medium-large saucepan

Directions
1. Season chicken with garlic powder to taste, seasoning salt, and low sodium soy sauce
2. Add olive oil to the medium-large saucepan
3. Put the chicken in the saucepan and put 2-4 cups of water-to cover chicken tenders
4. Add more garlic powder, seasoning salt and low sodium soy sauce
5. Chop up the onions and bell peppers and put it in the pot with the chicken
6. Add the honey and equal sweetener or brown sugar, and sesame seeds
7. Start off cooking on medium heat for 15 minutes on stove top
8. After cooking it for 15 min on medium heat increase to high heat
9. Cook on high heat for another 15-20 minutes until completely simmered

Takes about 30-45 minutes to cook
The Nutrition Journal Club had another eventful month in March with two back-to-back meetings and the recruitment of its new officers for the 2016-2017 season! We held our monthly club meeting on Wednesday, March 23rd, to discuss a cohort study just recently published in the American Journal of Clinical Nutrition: Association between intakes of magnesium, potassium, and calcium and risk of stroke: 2 cohorts of US women and updated meta-analyses (Adebamowo et al). This meeting introduced a unique opportunity for student members to become more actively involved with the club by participating in the presentation and delivery of the background information and discussion questions. We extend our gratitude to juniors Megan Cheek and Marla Morgan for their time and efforts. The Nutrition Journal Club aims to continue evolving and create more resume-building opportunities for our members in the coming months.

On Thursday, March 24th, we were privileged to meet with Emily DeSorbo, MS, RDN, CSG. Ms. DeSorbo graduated from the MS/DI program at UNF and is currently the Lead Clinical Dietitian at St. Catherine Laboure Manor, one of Jacksonville’s largest long-term care facilities. She spoke on the topic of dysphagia and modified diets, as well as her collaboration with the speech language pathologist in her particular setting. Students learned about family counseling, assessments, and various nutrition interventions. Time passed quickly with an engaged crowd, as many students had questions about long term care.

Our final meetings of the semester are quickly upon us, as seniors begin to tie up loose ends and finalize projects before graduation! Our last club meeting will take place on Wednesday, April 13th, at 11:00am in the Student Union Auditorium. The following day, we will hold the last meeting of our NJC Guest Lecture Series at 4:00pm with a physical therapist from St. Vincent’s Clay County: Mr. Kevin Shiel, DPT, FMS. Any and all students with an interest in rehabilitation are encouraged to attend! The meeting will be held at 4:00pm in Bldg 58, Meeting Room 3804.

On a final note, we want to recognize and congratulate the following students for earning their positions as the Nutrition Journal Club officers for the 2016-2017 school year:

Jessica Lindamood – President
Eiman Eltinay – Vice President
Marla Morgan – Treasurer
Addie Steele – Secretary
Sara Boyd – Public Relations Chair
Trevor Kennedy – Volunteer Chair

Thank you for keeping our club going strong!
Foodborne illness (commonly known as food poisoning) is an illness caused by bacteria or other pathogens in food and it is more prevalent than you might think. It causes an estimated of 48 million illnesses (1 out of 6 Americans) according to a 2011 study by the Centers for Disease Control and Prevention. There are eight known pathogens that account for the vast majority of food poisoning outbreaks: Salmonella, Listeria, Clostridium perfringens, Campylobacter, Staphylococcus aureus, E. coli, and many more. Don’t you worry. By following these four easy steps you will not only keep yourself safe from food poisoning but your family and friends as well.

**Step 1 Wash**

It is important to clean the right way to prevent illness-causing bacteria from spreading around your kitchen, but what is the right way? Washing your hands for at least 20 seconds with soap and warm water. Wash kitchen countertops, cutting boards, dishes and cooking utensils you used with hot water. Sanitize sponges and replace them frequently.

**Step 2 Separate**

Separation is key to prevent cross-contamination, which occurs when juices from raw meats or germs from unclean objects touch cooked or ready-to-eat food. This can happen when storing, handling, shopping or even cooking your foods. When shopping, set uncooked meat and eggs apart from produce and ready-to-eat food. When storing your food, store it in this order from top to bottom: ready-to-eat food, whole raw fish, whole raw meat, raw ground meat, and raw poultry.

**Step 3 Cook**

Relying upon color or texture of your food alone is not safe. Cooking to the correct minimum internal temperature is important to kill pathogens. Different types of foods have different internal cooking temperature: poultry is 165 degrees Fahrenheit, ground meat is 155 degrees Fahrenheit, and seafood is 145 degrees Fahrenheit. The best way to check the temperature of your food is to use a food thermometer. A food thermometer is the only way to ensure your food is cooked to the proper temperature and harmful bacteria are eliminated.

**Step 4 Refrigerate**

Using thermometers is important for refrigeration too. To prevent pathogens growing inside your refrigerator, it is important to check your refrigerator and freezer temperatures regularly. The safe zone to store your refrigerated foods is at or below 40 degrees Fahrenheit and for frozen foods is below 0 degrees Fahrenheit. When storing your foods make sure they are all covered, wrapped, and marked with an eat-by-date. If you are ever in doubt if the food is safe to eat just remember, when in doubt just toss it out.

For more information about food safety check out HomeFoodSafety.org.
Follow these two easy steps to win the Food Safety Challenge Twitter Contest:
Create a 30 second video about one of the food safety principles: Wash, Separate, Cook and Refrigerate from the homefoodsafety.org.
Upload the video on Twitter using @UNFFoodSafety from April 11th till April 20th.

For more information check out bit.ly/unffoodsafty or contact Yvette Plaza at yvette.plaza@yahoo.com
Dr. Shelia Dean, DSc, RDN, LDN, CCN, CDE

Tristan Soyka RD, LD; Clinical Nutrition Manager, Homes Regional Hospital
Spring Event at UNF

Jon Vredenburg MBA, RD, CSSD, CDE, LD/N, HFS

Mistake #3
Lack of Confidence due to the overwhelm from transitioning from old to new!

Adam Lax RDN/ LDN; RD4U, Inc.
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