

Nutritional Nibbles



August 2022

FOOD OF THE MONTH – Tomato Low Fat Tomato, Olive and Chickpea Greek Salad

Our Monthly Featured Recipe



Recipe Ingredients

8 cups romaine lettuce, cut into bite size
 ½ English cucumber, cut half lengthwise, & sliced
 ½ red onion julienned
 ¼ cup black Kalamata olive, sliced
 3 plum tomatoes, cut into slices
 ¾ cup garbanzos beans, drained & rinsed
 1 green bell pepper, julienned

1 ½ teaspoons fresh oregano, minced
 ¼ cup red wine vinegar
 ½ teaspoon ground black pepper
 2 ½ tablespoons olive oil
 Pinch salt

Instructions

- Step 1.** In a small bowl combine the ingredients for the vinaigrette, mix well. Set aside.
Step 2. Chop romaine into bite size. Slice the red onion, plum tomatoes, green pepper and cucumber.
Step 3. In a salad bowl combine vegetables with the garbanzos and olives.
Step 4. Fold in the dressing and serve.

Prep Instructions

Yield: 6 servings Cooking Time: 0 minutes
 Prep Time: 20 minutes Total Time: 20 minutes

For the Vinaigrette:
 2 teaspoons fresh garlic, minced
 1 tablespoon honey
 ¼ cup lemon juice

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5 Fun Facts About Tomatoes

The first tomatoes may originally have been yellow, and they were called 'pomo d'oro', meaning 'golden apple'.

Tomatoes are rich in vitamins A and C, calcium, potassium and lycopene.

Tomatoes originated in the South American Andes of Peru.

Three tablespoons of tomato paste have 486mg of potassium.

There are around 10,000 varieties of tomatoes worldwide.

Community and Campus News

The Scoop on Nutrition | Grocery Shopping/Food Safety. Join AH RD's and the EHWB team for a discussion about choosing quality food and how to handle food safety. [Click here](#) to register. August 17th, 2pm – 3pm

Orlando's Magical Dining Starts August 26th at participating restaurants. [Click here](#) for more details.

Edible Education Experience! Join the EHWB team and the Kitchen House for a 5-session series of "seed to table" virtual cooking demos. [Click here](#) to learn more and register!

Vegan BBQ Festival Free event with tons of vegan food, drinks and live music. August 13th, 11am-4pm [Click here](#) for more details.

Try the Grab n' Go items of the month in participating cafeterias!

Tomato Mozzarella with Vinaigrette Snack
 Cup: \$4.69



Tomato Feta Salad
 \$7.29

Simple Swaps

Instead of Mayonnaise, try Hummus as a condiment

2 TBSP of Mayonnaise is about 180 calories vs.
 2 TBSP of Hummus in about 60 calories



Looking for more healthy recipes? Click [HERE](#) to visit the AdventHealth Press Recipe SharePoint site



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