

MARCH 2021

COOKING AS SELF CARE

A Monthly Series by the Massachusetts Councils on Aging

Fads & Myths

"That's bad for you!"



Self care includes learning what's true about nutrition while not looking at foods as 'good' or 'bad'. Once we change our perspective, we appreciate that food sustains us, brings us together and is enjoyable! Those 'bad' foods can be eaten in smaller amounts, tweaked to contain different ingredients or had less often. Instead of avoiding certain items, choose which nutrient rich ('healthy') foods you can enjoy more. This is called crowding out!

We must learn and re-learn the facts, doubt the myths and spot the fads. Always question the source of a claim and know where to look for reliable information. (Hint: It's only a Registered Dietitian away!)

Observances

National Nutrition Month - Frozen Food Month - Brain Awareness Week - Spinach Day

In Season

Shitake mushrooms - Apples - Baking potatoes - Mung beans - Cheese

Food Safety

Keep your refrigerator at 40°F or lower. Don't place hot foods in the refrigerator to cool. This raises the air temperature affecting all the foods inside.

Spinach & Artichoke Pizza



Ingredients

- | | |
|-------------------------|--|
| 1 package pizza dough | 2 cups spinach or other greens |
| 1 T corn meal | 14 oz can artichoke hearts in brine, drained |
| ¼ cup olive oil | 8 oz fresh mozzarella, torn |
| 3 gloves garlic, minced | ¼ cup parmesan cheese, grated |
| zest of ½ lemon | 2 T pine nuts |
| 1 t dried basil | crushed red pepper flakes |
| salt and pepper | |

Directions

1. Preheat oven to 500°F.
2. Grease a baking sheet and lightly sprinkle with corn meal.
3. On a lightly floured surface, stretch or roll out the dough.
4. Place dough on the baking sheet and evenly top with olive oil, garlic, lemon zest, basil, salt, pepper and red pepper flakes.
5. Add spinach, artichokes, cheese and pine nuts.
6. Bake for 10-15 minutes or until crust is golden brown and cheese melted.
7. Enjoy!

Resources

- Academy of Nutrition and Dietetics www.eatright.org
- MA Academy of Nutrition and Dietetics www.eatrightma.org
- USDA www.nutrition.gov
- MCOA www.mcoaonline.com/advocacy/malnutrition/



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Recipe adapted from and photo credit to halfbakedharvest.
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