

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



December, 2018

5 Holiday Foods with Surprising Health Benefits

Load up on the good-for you stuff without sacrificing tradition or taste.

1. Cranberries

Modern research confirms that cranberries may reduce the incidence of certain infections, help maintain a healthy urinary tract, improve heart health and temper inflammation. Plus, cranberries are naturally low in calories and rich in fiber and vitamin C.

Cranberry sauce is a holiday favorite. Since cranberries are naturally very low in sugar (read: tart), it's OK to sweeten them to your preference. In fact, the Dietary Guidelines for Americans emphasize that a healthy eating pattern can include sugar-sweetened nutrient-dense foods, such as cranberries and rhubarb, as long as you don't get more than 10 percent of your day's total calories from added sugars.

2. Pumpkin

Native to North America, pumpkins are nutritional all-stars that are available fresh every fall or canned year-round. One cup of cooked, pureed or mashed pumpkin provides about 50 calories, 2 grams of protein and 3 grams of fiber. An orange winter squash also contains vitamin C, iron, zinc, potassium and beta-carotene. Since most of us fail to get enough deep orange cancer-fighting veggies in our diets, pumpkin can help fight that deficit.

To get the most health benefits from pumpkin, think beyond its use as pie filling. Try roasting it with sage or other spices, such as nutmeg, ginger, cinnamon and cloves, and enjoying it as a side dish paired with cranberries.

3. Brussels Sprouts

Whether you love or hate them, many families serve these disease-fighting cruciferous veggies at Thanksgiving. This cousin of cabbage is low in calories, yet is a

good source of vitamin C, fiber, protein and potassium. Research shows that Brussels sprouts' phytonutrients help bolster the immune system and act as potent antioxidants.

Brussels sprouts are best when they're not overcooked, so try roasting or sauteing them rather than boiling or steaming them. If you roast them, try doing so with olive oil and salt, and topping them with freshly grated Parmesan cheese. You could also opt for a classic holiday side dish: roasted Brussels sprouts with pancetta and balsamic vinegar.

4. Pomegranates

For a sweet and juicy burst of flavor and brilliant ruby red color, add fresh pomegranate arils to your favorite holiday dishes. A half-cup serving of these sweet, tart seeds has 4 grams of filling fiber. They're also known for their unique antioxidant compounds that may help reduce the risk of some chronic conditions.

Pomegranate arils are a great snack on their own, in salads or as part of this delicious pomegranate Brussels sprouts side dish. If you don't want to open and seed a whole pomegranate, you can buy ready-to-eat pomegranate arils at the store.

5. Mushrooms

We think of them as veggies, but mushrooms are nutritionally unique because they are actually fungi. Mushrooms are low in calories and a good source of B vitamins and trace minerals. Studies show that mushrooms can bolster immunity and are one of the few foods that naturally contain vitamin D - the sunshine nutrient that many of us don't get enough of in the winter.

Mushrooms are great roasted or in stuffing or rice pilaf. You can also make stuffed mushrooms as an appetizer that will be sure to impress your guests.



Recipe of the Month:

Fresh Strawberries with Orange Custard

Substitute your favorite berry in this superquick dessert. And for more variety, use either lemon or lime rind and juice instead of orange.

- ½ (8-ounce) carton fat-free sour cream
 - ¼ cup fat-free sweetened condensed milk
 - ½ teaspoon grated orange rind
 - 1 tablespoon fresh orange juice
 - 1 ½ cups sliced strawberries
- Orange zest (optional)
Edible flowers (optional)
Mint sprigs (optional)

Combine first 4 ingredients in a small bowl. Spoon ⅓ cup sour cream mixture into each of 2 (6-ounce) custard cups or desert dishes.

Top each serving with ¾ cup strawberries and 2 tablespoons sour cream mixture. Garnish with orange zest, edible flowers, and mint, if desired. *Yield: 2 servings*

Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day.** Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any suggestions to improve our service, please **call us at 267-4378.**

Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises **AFTER** you have placed your order and you know you will not be home to receive your order, please call Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day. Thank you for your assistance.

- Opal Smith

Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during December. May we suggest you consider these items when placing your grocery order?

Apples	Green Beans	Potatoes	Sweet Potatoes
Avocados	Green Onions	Radishes	Tanegelos
Beans	Kale	Salad (pre-bagged)	Tangerines
Broccoli	Kiwi	Squash	Tomatoes
Brussel Sprouts	Lemons	Strawberries	Turnips
Cabbage	Lettuce		
Carrots	Limes		
Cauliflower	Mushrooms		
Celery	Nectarines		
Cranberries	Onions		
Cucumbers	Oranges		
Dry Onions	Parsley		
Eggplant	Parsnips		
Garlic	Pears		
Grapefruit	Peppers		
Grapes	Plums		

