

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



April, 2019

4 Nutrient-Dense Foods To Add To Your Meals

- **Kale** is loaded with vitamins, minerals, fiber, antioxidants and various bioactive compounds. From vitamins A, C, B6 & K1, potassium, calcium, magnesium, manganese, Kale is a super food for nutrients. Kale may be even healthier than spinach. Both are very nutritious, but kale is lower in oxalates, which are substances that can bind minerals like calcium in your intestine, preventing them from being absorbed. Kale and other greens are also high in various bioactive compounds, including isothiocyanates and indole-3-carbinol, which have been shown to fight cancer in test-tube and animal studies.

- **Garlic** really is an amazing ingredient. Not only can it turn all sorts of bland dishes delicious, it is also very nutritious. It is high in vitamins C, B1 and B6, calcium, potassium, copper, manganese and selenium. It is also high in beneficial sulfur compounds such as allicin. Many studies show that allicin and garlic may lower blood pressure as well as total and “bad” LDL cholesterol. It also raises “good” HDL cholesterol, potentially reducing risk of heart disease down the line. It also has various cancer-fighting properties. Studies show that people who eat a lot of garlic have a much lower risk of several common cancers, especially cancers of the colon and stomach. Raw garlic also has significant antibacterial and antifungal properties. It is highly nutritious, and the bioactive compounds in it have confirmed disease-fighting properties.

- **Potatoes** are high in potassium, magnesium, iron, copper and manganese. They also contain vitamin C and most B vitamins. They contain a little bit of almost every nutrient you need. They are also one of the most filling foods. When researchers compared the satiety value of different foods, boiled potatoes scored higher than any other food measured. If you allow potatoes to cool after cooking, they also form resistant starch, a fiber-like substance with many powerful health benefits.

- **Eggs** are so nutritious that they’re sometimes referred to as “nature’s multivitamin.” Egg yolks are loaded with vitamins, minerals and various powerful nutrients, including choline. They’re high in lutein and zeaxanthin, antioxidants that can protect your eyes and reduce your risk of eye diseases like cataracts and macular degeneration. Eggs also contain high-quality protein and healthy fats. Several studies suggest that they can help you lose weight. They are also cheap, flavorful and easy to prepare. If you can, buy pastured and/or omega-3 enriched eggs. They’re healthier and more nutritious than most conventional supermarket eggs. The yolk is where almost all of the nutrients are found. (*healthline*)



Recipe of the Month:

Glazed Salmon

- 3 Tbsp low-sodium soy sauce
- 2 Tbsp brown sugar
- 1 Tbsp honey
- 1 tsp minced garlic
- 4 (4-ounce) skinless salmon fillets

Preheat broiler

Combine first 4 ingredients (soy sauce, brown sugar, honey, garlic) in a small bowl. Microwave at HIGH 1 minute, stirring after 30 seconds.

Place fish on a broiler pan; brush fish with sugar mixture. Broil 8 minutes or until fish flakes easily when tested with a fork, basting occasionally with remaining sugar mixture.

Yield: 4 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 March. May we suggest you consider these items when placing your grocery order?

Apples	Eggplant	Pears	Squash
Artichokes	Garlic	Peppers	Strawberries
Asparagus	Grapefruit	Potatoes	Sweet Potatoes
Avocados	Green Beans	Radishes	Tangerines
Beans	Green Onions	Rhubarb	Tomatoes
Blueberries	Kale	Salad (pre-bagged)	Turnips
Broccoli	Kiwi	Spinach	
Brussel Sprouts	Lemons		
Cabbage	Lettuce		
Cantaloupes	Limes		
Carrots	Mushrooms		
Cauliflower	Okra		
Celery	Onions		
Corn on the Cob	Oranges		
Cucumbers	Parsley		
Dry Onions	Parsnips		

