

# DECEMBER 2018 WELLNESS MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3-Dec Herb Roasted Chicken Thigh / Salsa Verde Spanish Rice & Beans Green Beans	4-Dec Baked Tilapia / Curry Sauce Bulgur Mixed Vegetables	5-Dec Turkey Bolognese Penne Peas & Carrots	6-Dec Vegetable Curry w/Tofu Brown Rice Normandy Vegetables	7-Dec Roasted Pork Loin / Mushroom Sage Gravy Bulgur Broccoli & Cauliflower
10-Dec Roasted Chicken Thigh / Mushroom Sage Gravy Penne Peas & Carrots	11-Dec Baked Tilapia / Basque Sauce Bulgur Glazed Carrots	12-Dec Mongolian Beef Brown Rice Green Beans	13-Dec Chicken Tetrazzini Stew Penne Broccoli & Cauliflower	14-Dec Roasted Pork Loin / Sweet & Sour Sauce Brown Rice Broccoli
17-Dec Roasted Chicken Thigh / Marinara Sauce Brown Rice Pilaf Carrots	18-Dec Turkey Bolognese Penne Green Beans	19-Dec Herb Roasted Chicken Thigh / Lemon Mustard Sauce Brown Rice Peas & Carrots	20-Dec Baked Herb Tilapia / Puttanesca Sauce Penne Glazed Carrots	21-Dec Chicken & Eggplant Provencal Brown Rice Pilaf Normandy Vegetables
24-Dec Roasted Chicken Thigh / Paprikash Sauce Brown Rice Broccoli	25-Dec Roasted Pork Loin / Marsala Sauce Brown Rice Carrots	26-Dec Baked Tilapia / Sweet & Sour Sauce Bulgur Normandy Vegetables	27-Dec Alma's Chicken Tinga Stew Brown Rice Green Beans	28-Dec Turkey Meatloaf / Mushroom Sage Gravy Penne Peas & Carrots

31-Dec  
Roasted Chicken Thigh / French Country Sauce  
Brown Rice  
Peas & Carrots



**Contact Us**  
Call 800-551-6325  
or 415-447-2326  
Email ClientServices@OpenHand.org



**Project Open Hand**  
meals with love

**FOOD DEMO in the Grocery Center!**

WEDNESDAY · DEC 5 · 11 AM · MUNG BEANS  
FRIDAY · DEC 7 · 11 AM · GARBANZO BEANS  
TUESDAY · DEC 11 · 11 AM · PRODUCE  
THURSDAY · DEC 13 · 11 AM · WHITE BEANS  
WEDNESDAY · DEC 19 · 11 AM · SPLIT PEAS  
SATURDAY · DEC 21 · 11 AM · PRODUCE  
THURSDAY · DEC 27 · 11 AM · BLACKEYED PEAS  
SATURDAY · DEC 29 · 11 AM · PRODUCE

**Join us!**

**Healthy Cooking Class**  
Thursday, 12.06.18  
2:00 PM - 4:00 PM



## Pomegranates

Kristi Friesen, Registered Dietitian at Project Open Hand

A fun seasonal fruit, pomegranates are packed with powerful nutrients. They contain vitamin C and folate (important for immune system), and fiber (important for good digestion).

Follow these tips for including them in your diet!

How do I open it?

- Starting at the top, cut through the skin making a circle all the way around the pomegranate without piercing the seeds
- Try to cut the circle on the ridges of the pomegranate for less mess
- Break the pomegranate open along the circle you made
- Continue to break into pieces and remove the seeds

Another method:

- Fill a large bowl with water
- Cut the pomegranate into quarters, and place one of the quarters under the water
- Pull apart the skin, and gently nudge the seeds out
- Repeat with each quarter. Pieces of skin will float to the top, so pour these off with some water into the sink

How do I eat it?

- Add to cereal, oatmeal, or yogurt for breakfast
- Sprinkle in green salads, grain dishes, roasted vegetables or pasta
- Crush a few seeds in a mug, pour hot water over and add lemon or honey for a soothing tea
- Make a fruit salad with chopped apple, pear and pomegranate seeds

Select pomegranates that are plump, round, and heavy for their size

They can be stored in a cool dry place for about a month, up to 2 months when stored in the refrigerator

