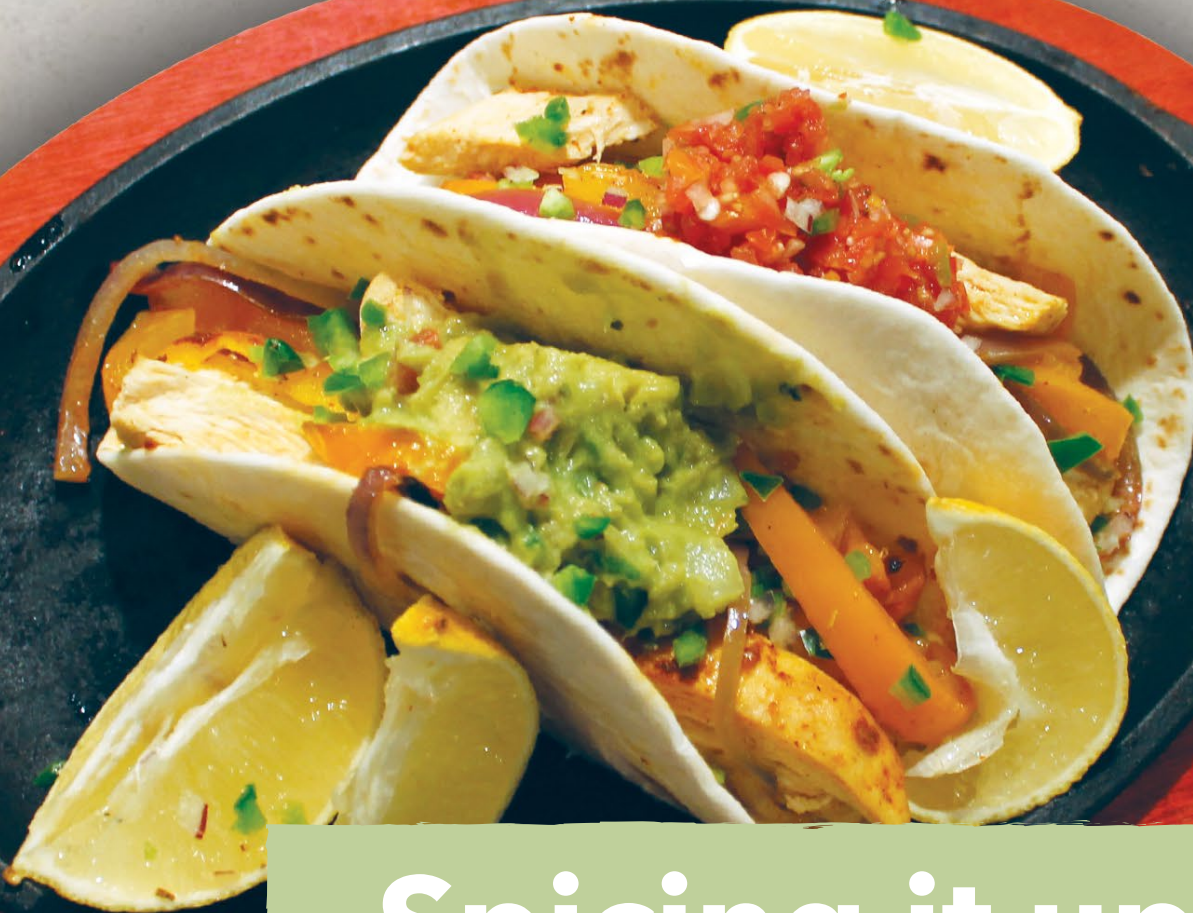




AT HOME WITH SAGE

Spring 2015



Spicing it up!

Cauliflower

*The New Head
at the Table*

SAGE Advice

"You Are What You Eat."

Celebrating Parents

Stuff for Moms and Dads

in this issue

Written and produced by the SAGE Marketing Department with contributions from the SAGE Nutrition Department.

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a note

from SAGE House

Dear Parents & Friends,

The New Year has come and gone and many folks are already looking ahead to summer. From spring break to graduations to Fourth of July barbecues, SAGE Dining Services® is gearing up for a memorable 2015. We will kick off our 25th Anniversary celebration and are happy you will be a part of it.

Parents are important people in a student's life. In this issue of *At Home With SAGE*, we're honoring and celebrating mom and dad

and the 45th Anniversary of Earth Day.

On page 9 we share recipes for some foods your children enjoy in the dining hall as we celebrate Cinco De Mayo. Our chefs have created an amazing guacamole recipe and a gluten-free taco seasoning. We promise that you won't want to buy a packaged mix ever again.

It looks like there may be some truth to the old adage, "you are what you eat." Our dietitians have some interesting information about some of your favorite vegetables in our SAGE Advice.

Food is always evolving and SAGE is doing its part to keep up with trends. We'll take a look at the new "it" food for 2015 and explain why this superfood should be part of your diet.

As always, we hope your children continue to enjoy their experience in the dining hall!

Sincerely,

Lina & Paul Rodriguez



employee in the spotlight



Stephen Boese
Food Service Director
Mounds Park Academy
Minneapolis, MN

If you could own any type of farm, what would it be?

I would have an apple orchard. There are so many varieties and things you can do with them. I have a small five-tree "orchard" at home and enjoy pruning and caring for them and of course the fall harvest is rewarding.

What do you grow at home?

This past growing season I grew potatoes, Brussels sprouts, tri-color carrots, zucchini and giant sunflowers that I dried out and will feed to the birds.

How has your location (Minnesota) influenced who you are as a chef?

With our short growing season and cold winters, I find hearty foods are well received by students and staff. That usually means meat and potato dishes are the most popular.

What unlikely foods do you think go together?

We do Bacon-Wrapped Roasted Apples for catering events that have received good feedback lately.

What is your favorite dish/meal to prepare?

I really do not have a favorite dish. Part of my drive in being a successful chef is the desire to try new flavors and ingredients as well as methods of preparation.

Here at Mounds Park, we do cooking demonstrations and that is a nice way to express myself with said ingredients. Just the other day we offered Baby Romanesco Heads sauteed with Butter and Red Bell Peppers.

loving local

You've probably heard it dozens of times – local sourcing, farm-to-fork, farm-to-table – but what does it actually mean? At the root, it means knowing where the food on your table comes from and, more specifically, from which farm. Restaurants are popping up everywhere emphasizing and touting farm-to-table.

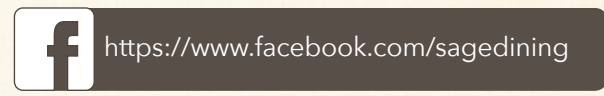
Local sourcing plays an important role in SAGE kitchens. As part of our "From Here. From Near." program, we're focused on educating students about foods grown onsite (From Here) or within 150 miles of campus (From Near). The farm-to-table philosophy can easily be adopted at home. Something as simple as buying produce from a farmers' market or buying local at the grocery store can spark the economy and reduce a person's carbon footprint.

According to the United States Department of Agriculture (USDA), "local and regional food systems are generating jobs, reinvigorating rural economies and fostering a sense

of community." The number of farmers' markets in the United States is growing. In 2009, the USDA counted just over 5,200 across the country. In 2014, that number had increased to more than 8,200. The rapid growth is believed to be the result of several factors: community-building, the local food movement, and the desire to support local businesses and farmers.

The next time you see something listed as farm-to-table ask where the food came from. Anyone using the phrase should be able to name the specific farm(s) from which they are sourcing.

How important is eating local to you? Do you have your own garden? SAGE wants to know; email your answers and pictures of your locally farmed foods to communications@sagedining.com. Include your name and town and we'll post your replies on our Facebook page.



EARTH DAY FUN FACTS

April 22nd became internationally recognized as Earth Day in 1990. In 2009, the United Nations renamed Earth Day as International Mother Earth Day.



APRIL 22, 1970
FIRST EARTH DAY
FOUNDED BY FORMER U.S. SENATOR GAYLORD NELSON.

DECEMBER 2, 1970
ENVIRONMENTAL PROTECTION AGENCY (EPA)
UNITED STATES FOUNDED THE EPA. AS A DIRECT RESULT OF THE FIRST EARTH DAY.

28 MILLION
TREES PLANTED IN AFGHANISTAN
EARTH DAY NETWORK PLANTED THESE TREES IN 2011.

12,000 GALLONS
OF WATER
THE AMOUNT OF WATER THE AVERAGE PERSON USES EACH YEAR.

4 POUNDS
THE AMOUNT OF GARBAGE THE AVERAGE PERSON THROWS OUT EVERY DAY.

1 BILLION PEOPLE
THE NUMBER OF PEOPLE WORLDWIDE THAT RECOGNIZE THE HOLIDAY.

cauliflower

the new head at the table

Forget kale, it's so 2014! Cauliflower is the new healthy must eat "it" item of 2015. Cauliflower is surprisingly versatile. It can go from appetizer, to side dish to the main entree.

Cauliflower can be used for anything from a gluten-free pizza crust to steak and mashed potato substitutes to battered and fried buffalo bites. In addition, the healthy benefits make it a super choice for your next meal.

A cousin of broccoli, this cruciferous superfood contains fiber, vitamins B & K, and vitamin C which is important for wound healing. Cauliflower also comes in a variety of colors and each provides unique health benefits. Purple is higher in antioxidants, orange contains 25% more vitamin A than its white counterpart and green has higher protein levels.

With the popularity of Paleo and gluten-free diets, cauliflower now has the head seat at the table.

WHAT THE COLORS MEAN:



Higher in Antioxidants



Contains Anti-Inflammatory Compounds



25% more Vitamin A



Higher in Protein

For more on this growing trend, including a make-your-own-cauliflower pizza crust, check out SAGE's Pinterest page and visit our Cauliflower Cooking board.



SAGE advice

1 RAISING AN ADVENTUROUS EATER



In your dream world, your child embraces fresh fruits and vegetables, seeks adventure through new foods, and tastes bursts of flavor in minimally processed foods. In reality, you're a magician hiding pureed spinach in spaghetti sauce.

Children go through phases of picky eating as they grow and develop. Your child might hate avocados, but could love them a year from now! The key is to keep introducing new and old foods. Presenting foods in different ways and keeping it fun and pressure free is the secret to raising an adventurous eater.

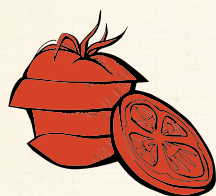
Our Educational Seasonings program does just that! Each month we offer a themed event where students learn about a new topic and the foods related to that topic. A few highlights from this year are: The First Thanksgiving, Latin Root Vegetables, Spices & Dried Herbs, and Eastern European Cuisine. Students can

try small bites of foods they never dreamed of trying before. By making it fun and offering small portions, children feel encouraged to try new tastes and, more often than not, enjoy them!

The Educational Seasonings concept can work at home, too. Once a month, or even once a week, create a themed meal where your child can try a few different bites of some new foods. Involving them in the process will help them get excited. Let them help choose a theme and go grocery shopping with you. Make sure to offer some "safe" foods you know they will eat and enjoy. This can help them feel more adventurous as they'll know there are foods they can eat, even if they don't like the new tastes. Have fun and who knows, you may discover you have a child whose new favorite food is asparagus!

2 YOU ARE WHAT YOU EAT!

Is nature trying to tell us something? We all know the old adage, "You are what you eat," but can the shape of food tell us how it benefits the body? The theory that fruits and vegetables share the aesthetic properties of the organs they benefit has been around since the 1400s. The "Doctrine of Signatures" (an aspect of folk medicine from the Middle Ages) is not scientifically researched or proven, but given the examples, it may not be that far off base.



When you cut a tomato in half, it has four chambers just like a human heart! Tomatoes contain powerful antioxidants, such as lycopene, which can improve the function of blood vessels and decrease the risk of heart disease.



Walnuts are unique-looking nuts that resemble a human brain. Walnuts contain a number of nutrients that support brain health, such as vitamin E, folate, melatonin, omega-3 fats, and antioxidants.



The cross section of a carrot resembles the human eye. Carrots are full of beta-carotene, an important nutrient for eye health that also slows age-related macular degeneration.

Perhaps nature is just having fun with us, but we at least know for sure that fruits and vegetables have a lot of healthful nutrients. No matter what your food looks like, eat a variety of fruits and vegetables every day to keep your whole body healthy. You are what you eat, *so eat well!*



3 GETTING SWEETER BY THE MINUTE

Have you ever reached into the fridge for a refreshing 10 packets of sugar or 3 teaspoons of sugar? No? Then let's rephrase the question. When is the last time you cracked open a can of soda or poured yourself a cup of milk?

Soda and milk contain varying amounts of sugar. However, there is a difference. The sugar in soda is added sugar. It is added to foods during processing and doesn't supply any vitamins or minerals. The sugar in milk (lactose), is naturally occurring; it's never added.

Foods with naturally occurring sugars often contain other healthful nutrients.

How do you know whether a food contains added sugar? Start with the ingredient list. Look for added sugar names like granulated sugar, brown sugar, corn syrup, high-fructose corn syrup, honey, malt syrup or molasses. Ingredients ending in "-ose" are naturally occurring sugars that can also be added to products, including sucrose, fructose or maltose.

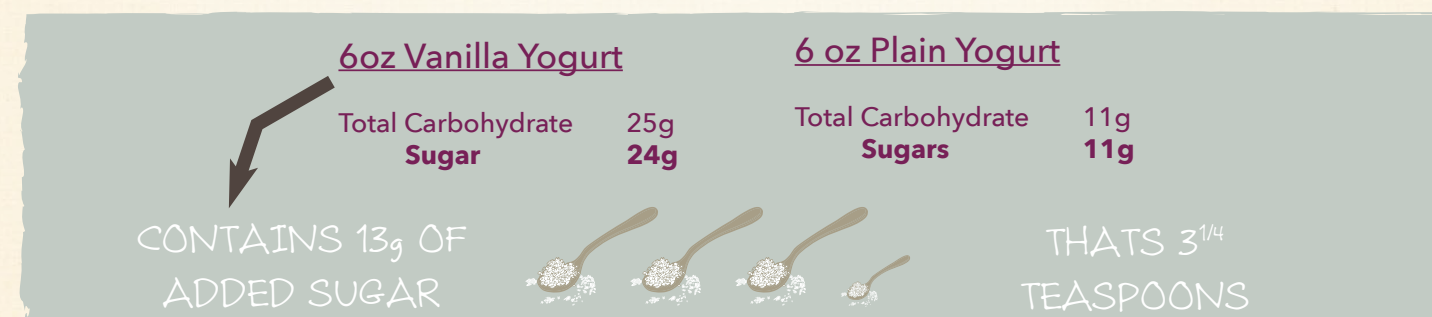
It gets a bit trickier if you want to know exactly how much sugar has been added. While the Nutrition Facts label lists how many grams of sugar a food contains, it doesn't list naturally occurring and added sugar separately.

Estimate the amount of added sugar by comparing the label of the food in question to the label of an unsweetened version.

The plain and vanilla yogurt both contain 11 g of naturally occurring sugar (lactose) from milk. To calculate added sugar in vanilla yogurt, subtract 11 g of naturally occurring sugar from 24 g of total sugar. The vanilla yogurt contains 13 g of added sugar or 3 1/4 teaspoons.

The American Heart Association recommends no more than 5-8 tsp (20-28 grams) of added sugars per day for kids ages 8-18, 6 tsp for women, and 9 tsp for men. While all foods can fit into a healthy diet, keep added sugars to a minimum to leave room for whole, unprocessed foods including fresh fruit and vegetables, whole grains and plain low-fat or nonfat dairy products.

Let's compare vanilla yogurt to plain yogurt:



To read more helpful tips visit our blog at <http://www.sagedining.com/blog>



IN THE KITCHEN WITH SAGE

INGREDIENTS

4 boneless skinless chicken breasts

2 teaspoons taco seasoning (make your own gluten-free version - recipe on page 10)

2-3 bell peppers, sliced thin (we used a red, orange and yellow pepper)

1 red onion, peeled and sliced thin

1½ tablespoons olive oil

Optional:

½ cup shredded cheddar cheese, guacamole, sour cream, salsa



fajita-style baked chicken



Step 1:
Preheat oven to 375°F.

Step 2:
Trim the chicken breasts, then lay them in a single layer in a 9" x 13" baking dish.

Step 3:
Sprinkle the taco seasoning over the top of the chicken breast to taste.

Step 4:
Lay the onions and peppers evenly on top of the chicken.

Step 5:
Drizzle the olive oil over the peppers and onions.

Step 6:
Optional, sprinkle cheese evenly over the top of the dish.

Step 7:
Place in oven and bake for 35-45 minutes or until chicken is cooked to an internal temperature of 165°F.

Step 8:
Serve alone or atop shredded lettuce or rice. Optional, garnish with your choice of guacamole, sour cream, salsa or a squeeze of lemon.



VARIATIONS

Replace chicken with shrimp or fish for a seafood fajita bake. Reduce cooking time to 10-13 minutes. When done baking, slice the chicken and serve with tortillas for traditional fajitas or serve in taco shells. At breakfast, create a chicken enchilada omelet with leftovers and salsa.

in the kitchen with SAGE



SAGE GUACAMOLE

Ingredients:

- 3 avocados
- 1 teaspoon salt
- 1/8 teaspoon white ground pepper
- 1/2 cup diced tomatoes
- 1/3 cup diced red onions
- 1 jalapeño pepper, minced (omit if you don't like it spicy)
- 1 tablespoon lime juice
- 1 tablespoon chopped fresh cilantro

Directions:

In a large bowl, mash avocados until smooth. Season with half the salt and white pepper. In a separate bowl, combine remaining ingredients, including remaining salt and pepper. Gently fold tomato mixture into avocados. Mix well and serve cold.

GLUTEN-FREE TACO SEASONING

Ingredients:

- 2 tablespoons onion powder
- 2 teaspoons garlic powder
- 1 tablespoon salt
- 1 tablespoon chili powder
- 1 1/2 teaspoons crushed dried red pepper
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano leaves
- 1 1/2 teaspoons cornstarch
- 1 teaspoon sugar

Directions:

Place all ingredients in an 8 ounce jar and shake until seasonings are well distributed. Makes about 6 tablespoons of mix, or enough to season 3 pounds of ground beef. Store in a cool, dry location.

Reminder:

Always make sure your work surfaces, utensils, pans and tools are free of gluten. Always read product labels. Manufacturers can change product formulations without notice.

FRESH-MADE SALSA

Ingredients:

- 3-4 pounds tomatoes (we recommend grape and yellow)
- 1/2 small red onion, peeled and chopped
- 2 small jalapeño peppers, chopped
- 1 clove garlic, minced
- 1/2 teaspoon of red wine vinegar
- juice of a 1/2 lemon or lime
- handful of cilantro
- salt and pepper to taste

Directions:

Add all ingredients to the food processor. Pulse until desired consistency. Serve in a bowl.

diy guide

BOTTLE LAMP

Everything old is new again. Today, home owners and interior designers are using their imaginations to breathe new life into things that would have once ended up in the trash. One of the biggest trends in decorating right now is bottle lamps. Whether it's made from an antique soda bottle or a brand-new hand-blown glass bottle, a store-bought lamp could cost you nearly \$200.

CREATE YOUR OWN!

For a fraction of the price, we'll show you how to make a custom bottle lamp. It's sure to brighten your day and become a topic of conversation at your next gathering.

WHAT YOU'LL NEED

- Clean, empty glass bottle/jug
- Bottle lamp lighting kit (found at most hardware stores)
- Lamp shade
- Light bulb (In honor of Earth Day, April 22nd, we recommend using LED light bulbs. They use 25% - 30% of the energy of a halogen incandescent and last 8 to 25 times longer.)

INSTRUCTIONS

- Follow the manufacturer's instructions to configure the bottle lamp lighting kit.
- Insert the "cork" part of the finished light into the mouth of the bottle.
- Attach the shade and screw in a light bulb.
- Enjoy your custom piece.

BARGAIN



BONUS DECOR!

Use a clear glass bottle to display small collections and items like seashells in sand, corks or small toys.

celebrating parents

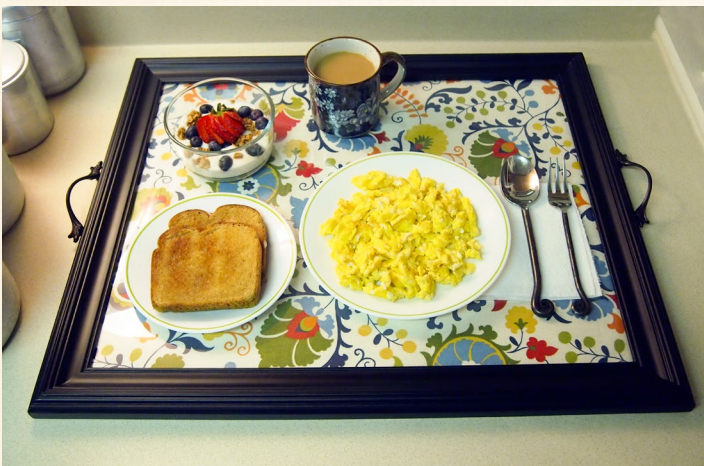
She's the one that dried your tears when you got hurt and spent hours planning the perfect birthday party. He taught you about sports and was your biggest cheerleader. Mom and dad have been there to support you in all your ups and downs. So how do you say thank you?

FOR MOM:

This Mother's Day why not get your children involved in creating a one of kind serving tray. Here's how to bring the idea to life.

Take a big picture frame, place scrapbooking paper or fabric under the glass and add drawer pulls to each end. To add a personal touch, you can use family pictures as the background.

After Mother's Day, use the tray to serve beverages or hang it on the wall as a piece of custom art.



For a finishing touch, check out SAGE's Pinterest page and *Ideas To Inspire* board and download a custom tag.



<http://www.pinterest.com/sagedining>

FOR DAD:

June plays host to Father's Day. One way to say thank you is to create a fun and memorable barbecue sauce. The best part is you can play around with the flavors and give dad something that is truly one of a kind. If he likes spicy foods, add 1/2 teaspoon of crushed red peppers; if he likes sweet foods, add a little more brown sugar (3/4 cup).

Father's Day BBQ Sauce:

- 1 cup ketchup
- 1/3 cup vinegar (we like the tartness of apple cider vinegar)
- 1/3 cup Worcestershire sauce
- 1/2 cup brown sugar
- 1 teaspoon salt
- 2 teaspoons prepared mustard (we prefer Dijon mustard to make it slightly tangy)

Combine all the ingredients in an airtight sealed container and refrigerate.

