From the Waterfront Cafe
March Specials
Featuring:
Mediterranean Veggie Wrap
Veggie & Cheese Frittata
Black Bean Lettuce Wraps
Steak House Burger
Chicken Satay Street Tacos
Chipotle Chicken Tinga Tacos
Protein Buddha Bowl
Mediterranean Salad
Strawberry Fields Forever
Cranberry Pistachio Power Bites
Cranberry Peanut Butter Bites
St. Patricks Day - 3/17 Corned Beef & Cabbage
Fish and Vegetarian options on Fridays for Lent (2/26 - 4/9)

From the Dietitian
Spring Your Way Back into Better Health

After a long winter, it’s finally Spring! March marks the first month of the season. As the days get longer and warmer, it is time to start to enjoying the outdoors again. Spring is the perfect time to start exercising outdoors. Start with something small, like going for a walk. There are many benefits of walking, such as, reducing risk of heart disease, diabetes, obesity, hypertension, and depression. It is easy to start walking in small increments and build your time up. Bring a family member or friend along with you! It will be beneficial for the both of you.

Along with exercising, its time to build up better eating habits. Oftentimes during the colder months, carbs are consumed more heavily. Spring is a great time to start developing the routine of consuming more fruits and vegetables. Fruits and vegetables contain a lot of nutrients, such as, vitamin A, vitamin C, potassium, folic acid, and are full of fiber.

March Happenings

National Nutrition Month (NNM)
March 8 Daylight Savings Time
March 8 International Women’s Day
March 11 Registered Dietitian Nutritionist Day
March 17 St. Patrick’s Day
March 19 First Day of Spring
Spring Your Way Back into Better Health

Spring Vegetable Grain Bowl

**Ingredients:**
- 1 1/2 cups uncooked farro
- 3 cups water
- 1 1/4 tsp kosher salt, divided
- 2 tbsp olive oil
- 1 tbsp white wine vinegar
- 1/2 cup beet greens or arugula
- 1/4 cup blanched English peas
- 2 baby carrots, thinly sliced
- 1 green onion, thinly sliced
- 1 celery stalk, thinly sliced
- 1 small red beet, peeled and thinly sliced
- 2 ounces goat cheese, crumbled
- 1/4 cup chopped parsley

Combine farro, 3 cups water, and 3/4 teaspoon salt in a small saucepan over medium-low; cook, covered, 25 minutes or until farro becomes tender. Place farro in a strainer; drain well.

Chop or slice all of the vegetables while farro is cooking.

Place hot farro in a large bowl. Add remaining 1/2 teaspoon salt, oil, vinegar, greens, peas, carrots, onion, celery, and beet; stir gently to combine.

Top evenly with cheese and parsley.

**Nutritional Information:** Serves 5, serving size 1 cup, 344 Calories, 9.9 g Fat, 2.5 g Sat Fat, 4.9 g Mono Fat, 0.6 g Poly Fat, 11 g Protein, 49 g Carbohydrate, 10 g Fiber, 5 mg Cholesterol, 3 mg Iron, 572 mg Sodium, 64 mg Calcium, 2 g Sugars, 0 g Added Sugars

**Vitamin A** is important in eye health and immune function. It is found in orange and yellow fruits and vegetables as well as broccoli and dark leafy greens like spinach. **Vitamin C** is an antioxidant that is important in immune function, growth and repair of skin tissues, and iron absorption. Some sources of vitamin C include citrus fruits, tomatoes, strawberries, potatoes, red and green bell peppers and broccoli. **Potassium** helps lower blood pressure, decrease risk of stroke, regulates fluid balance, and is important for heart function. It can be found in bananas, avocados, sweet potatoes, tomatoes, and melons. **Folic acid/folate** is important in the formation of new cells. Folic acid consumption is especially important in women of childbearing age to prevent neural tube defects in children. Some sources of folic acid include oranges, papayas, avocados, bell peppers, leafy greens, okra, broccoli, and brussel sprouts. Below is a recipe to help incorporate more vegetables into your diet. **Fiber** is also found in fruits and vegetables. It aids in reducing cholesterol and risk of heart disease, aids in proper bowel function, and provides a feeling of satiety. These are just some of the benefits of consuming fruits and vegetables. Below is a recipe with some seasonal produce but you can substitute vegetables and add a protein to fit your lifestyle!