

March 1st National Fruit Compote Day

Compote can be a mixture of berries, citrus fruits or stone fruits such as peaches, apricots, cherries and plums. This French word compote means "mixture" or "stewed fruit". There is a recipe for a pear compote that dates back to the 15th century. Compote originated in Europe during medieval times, where they were commonly served as afternoon snacks, topping biscuits, breads, and sour cream. Fresh or frozen fruits are cooked down with aromatics such as cinnamon or cloves and a small amount of sugar. The natural juices combine with the sugar from the fruit to create a sweet syrup. Fruit compote can be enjoyed hot, warm or chilled and paired with yogurt, oatmeal and breads.



March Holidays

- National Nutrition Month**
- March 1** National Nutrition Day
 - March 2** Dr. Seuss Birthday, Read Across America
 - March 2-6** National School Breakfast Week
 - March 3** National Cold Cuts Day
 - March 7** National Cereal Day
 - March 8** Daylight Savings Time
 - March 9** National Meatball Day
 - March 11** National Registered Dietitian Nutritionist Day
 - March 14** National Pi Day
 - March 17** Saint Patrick's Day
 - March 18** National Sloppy Joe Day
 - March 19** National Poultry Day
 - March 20** Spring Begins
 - March 20** National Ravioli Day
 - March 24** National Cheesesteak Day
 - March 26** National Spinach Day
 - March 29** Palm Sunday



Dietitian's Pick

This salad features romaine lettuce, peas, mozzarella, and cucumber providing a dish that is rich in many nutrients such as vitamin A, potassium and fiber. The mozzarella also adds protein to the salad which helps us stay full for longer. Romaine lettuce is a good source for folate which helps the body form red blood cells and is important in cell growth, while peas are a good source of fiber, vitamin K, zinc, copper, and manganese. Overall, this green salad provides a diverse array of nutrients that support overall health and well-being.

March 7th National Cereal Day

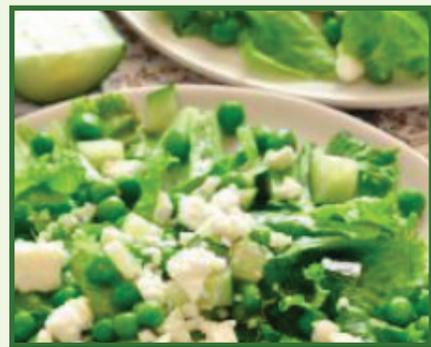
CEREAL GRAIN CROPS include wheat, barley, oats, corn and rice to name a few. Cereal grain crops are grains that come from cultivated grass. These crops are the largest in the world. The Roman goddess of grains and crops is named Ceres. It's said that the word cereal is derived from her name. Most cereal grains can be ground into flour and used for baking as well.

Green Salad with Peas, Mozzarella and Cucumber



INGREDIENTS:

- 1 cup Peas, Fresh, Frozen or Canned
- 6 cups Salad Greens, torn in bite size pieces
- 1/2 cup Chopped Cucumber
- 1/2 cup low-fat Salad Dressing
- 1/2 cup Mozzarella Cheese



INSTRUCTIONS:

1. Thaw and drain Frozen Peas or rinse and drain Canned Peas.
2. In a large serving bowl, combine Peas, Salad Greens and Cucumber.
3. Add dressing just before serving. Toss to mix well. Sprinkle with Mozzarella Cheese.
4. Refrigerate leftovers within 2 hours.

BREAKFAST CEREAL

Cereal grains are processed and made into breakfast cereals. One of the first breakfast cereals was created in part by James Caleb Jackson around 1863. His bran nuggets needed to be soaked overnight to be tender enough to eat and were eventually thought of as inconvenient. In 1895 the Kellogg brothers established Kellogg's Corn Flakes. Do you remember the large pillow-shaped portion of shredded wheat that had to be soaked in hot water for 30 seconds, then drained before adding milk? Also in 1895 shredded wheat became popular as it was being made by Henry Perky in Denver Colorado. This shredded wheat is still around today. By 2012 there were an estimated 4,945 varieties of cereal! What is your favourite cereal? Try adding fresh berries or sliced bananas to your favorite cereal to start the day.