

Nutrition News

December 2018

Arbor Management, Inc.

Healthy Holiday Meal Planning

Holidays are spent around family, friends, and food. Many of the foods are only served during the holiday season, so we may end up over indulging. Here are some ways to enjoy the food festivities without going overboard.

Holiday Hacks

- **Invited to a party?** Offer to bring a healthy dish along.
- Don't skip meals to save up for a feast, this makes it more likely for you to overeat.
- **Eat slowly.** Your brain takes at least 20 minutes to realize you're full.
- **Vegetables FIRST!** This will ensure that you can enjoy other foods too, but in smaller portions.
- Break **Physical Activity** up into smaller chunks so it fits into your schedule; take a 10-minute walk, several times a day.
- Schedule some "**ME**" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

5 Interesting Facts about Pears

1. There are over **3000** varieties of pears worldwide.
2. The **United States** is one of the largest producers of pears in the world.
3. Pears ripen from the *inside* → *out*.
4. The Bartlett is the most popular variety of pear in the United States.
5. Most pears (about 95%) sold in the U.S. are grown on the west coast, in **Washington, Oregon, and Northern California**.

Healthy Stuffed Pear

Crisp
Serves: 8



Ingredients:

- 4 large ripe pears, halved and de-seeded
- ½ cup oat flour
- ¼ cup brown sugar
- ¼ cup coconut oil (not melted)
- ½ tsp vanilla extract
- ½ cup Old Fashioned Oats
- ¼ cup walnuts
- 1 tsp cinnamon
- ½ tsp pumpkin pie spice
- pinch of salt

Instructions:

1. Preheat oven to 350F. Form a cavity in each pear for the filling. Arrange prepared pears in a baking dish sprayed with cooking spray. Set aside.
2. Place oat flour and coconut sugar in the bowl of a food processor. Add coconut oil and vanilla and pulse until the mixture resembles small crumbs. (Alternatively, you can do this step in a bowl using a pastry cutter).
3. Add the oats, walnuts, cinnamon, pumpkin pie spice and salt. Process for about 20 seconds longer, or until well-combined.
4. Fill each pear half with a couple spoonfuls of the topping. Place evenly in baking dish. Bake for 32-35 minutes or until pears are tender.

What's in Season?

Vegetables

Kale
Onions
Turnips
Potatoes

Fruit

Pomegranates
Clementines
Quinces
Grapefruit

Jennifer Malchow, RDN, LDN
Corporate Dietitian
Arbor Management, Inc.

