

# Arbor Management, Inc.

## Nutrition News

### May 2019



### Soybean Nutrition

**Soybeans** are a type of legume/bean native to Eastern Asia. These small legumes are a great source of protein, fiber and B-complex vitamins. They are often referred to as **Edamame** which are young soybeans, usually still in their pod. The young bean is green, soft and edible. The mature bean is hard which is generally used to make **soy milk, tofu, and soy sauce**. Soybeans play a part in a **healthy, well-balanced diet** and nourish our body with their high-quality nutrients. **Add** soybeans to any salad or roast them for a tasty snack!

### May's National Food Holidays

#### National Egg Month



Eggcellent source of Protein!

4th: Orange Juice Day

5th: Enchilada Day

#### National Salad Month



An easy way to eat a Rainbow of colors!

13th: Hummus Day

14th: Buttermilk Biscuit Day

16th: Barbecue Day

#### National Salsa Month



Enjoy with baked Whole Grain tortilla chips!

20th: Pick Strawberries Day

28th: Hamburger Day

#### National Asparagus Month



Great source of bone-building Vitamin K!

### Family Activities

May is when we really get to see and even feel nature blossoming into spring.

The flowers are blooming, baby animals are taking their first steps and the birds are making their way back from their winter homes.

What a great time for us to grow and expand our outdoor activity list to keep us moving all season long!



Family Baseball Game



Bird Watching Hike



Friendly Soccer Game



Trip to the Zoo



Neighborhood Bike Parade

### Roasted Parmesan Edamame



#### Ingredients:

- 2 c. edamame raw
- 1 tbsp olive oil
- 1/4 c. parmesan cheese, grated
- 1/4 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp black pepper

#### Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper, then set aside.
2. Mix together parmesan cheese, garlic powder, salt, and pepper. Set mixture aside.
3. In another bowl, add fresh (or thawed) edamame and olive oil and stir until edamame is coated
4. Pour parmesan cheese mixture on top of edamame, then stir until edamame is evenly covered.
5. Spread edamame on prepared baking sheet in an even layer. Bake in the oven for 12-15 minutes or until cheese is melted and browned.



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