

Recipe of the Month

Cheesy Baked Veggie Dunkers

Ingredients

- 1 Cup Corn Flakes, crushed to 1/4 cup
- 3/4 Cup cheese-flavored snack crackers, crushed to 1/2 cup
- 2 Tbsp. Grated Parmesan Cheese
- 1/8 tsp Garlic Powder
- 1/8 tsp Cayenne Pepper (optional)
- 2 Egg Whites, slightly beaten
- 2 Tbsp. Water
- 1 small Zucchini, cut into 1/4" thick slices (about 1 1/2 cups)
- 1 cup Cauliflower Florets
- 1 Cup Broccoli Florets
- 1 Cup Pizza Sauce



Directions: Before you begin wash your hands.

1. In a shallow dish, stir together corn flakes cereal, cheese-flavored snack cracker, Parmesan cheese, garlic powder and cayenne pepper (if desired).
2. In another small bowl stir together egg whites and water. Dip zucchini, cauliflower and broccoli into egg mixture. Roll in crumb mixture, gently pressing crumbs onto vegetables. Place on baking sheet coated with nonstick spray. Bake at 400°F for 8-10 min or until vegetables are crisp-tender.
3. Meanwhile, in a small microwave-safe bowl, heat pizza sauce on high for 30 seconds to 1 minute or until heated through. Serve as a dipping sauce with warm vegetables.

<https://www.eatright.org/recipes/snacks-and-sides/cheesy-baked-veggie-dunkers-recipe>

Food Focus

Cauliflower

Cauliflower is rich in vitamin C, 1 cup contains about 75% of your recommended daily intake. Some health benefits are increased iron absorption, boosts eye health, maintains hormonal balance, and prevents diabetes. It can be found year-round, it peaks in the fall and spring, and it comes in 4 colors.

Cauliflower means “Cabbage flower” because it is a flower that has not fully developed yet.



Feature

Spring is Here!

Now is a great time to warm up those muscles from being cooped up inside all winter long! Hiking has plenty of perks! Nice views, fresh air, and the sounds and smells of nature!

Hiking is a powerful cardio workout that can:

- Lower your risk of heart disease
- Improve your blood sugar levels
- Strengthen your core
- Improve balance
- Help control your weight
- Boost your mood
- Builds strength

Step up!

It is best to start slow with a short hike for beginners.



Then bump it up!

When you feel comfortable try heading for some hills! A 5-10% incline equals 30-40% increased calorie burn. To get an even more calorie burn try packing extra weight to a day pack (water is a great option).

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