

Arbor Management's Nutrition News-May 2022

May is Better Sleep Month

Medical experts note that school-aged children should be getting 9 to 12 hours of sleep every night. Sleep deprivation has been linked to academic struggles, as well as a rise in chronic illnesses and obesity. One of the greatest sleep-related myths is that you can catch up on lost sleep over the weekend, but the truth is that you can't "bank" sleep. Get a few more zzzs before school starts and eat a balanced, nutritious morning meal.



Nutrition Spotlight

Choline is an essential nutrient that is grouped with the B vitamin Complex.

It is needed to make fats, support cell membranes, fast transport and metabolism, and DNA synthesis. It also is an essential nutrient for brain function. Great sources of choline are liver, eggs, fresh cod, salmon, cauliflower, broccoli and soybean oil.

School Lunch Hero Day—May 6

This annual event on the first Friday in May is inspired by and in partnership with children's author and illustrator Jarrett Krosoczka, who created the famous "Lunch Lady" graphic novel series after returning to his old school and finding his childhood lunch server remained and remembered him. When you see your lunch heroes be sure to thank them!



Asparagus & Turkey Bacon Strata

Ingredients

- 8 slices Turkey Bacon cooked and chopped
- 1 (9-ounce) package frozen cut asparagus, thawed and well-drained
- ¾ cup roasted red sweet peppers, drained and chopped
- 12 slices dry white bread, cut into 1/2-inch cubes
- 3 cups shredded Swiss cheese
- 2 cups egg substitute or 8 eggs
- 3 cups milk
- 1 ½ teaspoons dry mustard
- ¼ teaspoon cayenne pepper



Directions

Spray a 3-quart baking dish with cooking spray; set aside. In medium bowl combine bacon, asparagus and red peppers.

Place half of bread cubes in the baking dish. Top with half bacon mixture and half cheese. Repeat layers with remaining bread cubes, bacon mixture and cheese.

In bowl, beat eggs; whisk in milk, mustard and cayenne pepper. Pour egg mixture evenly over bread mixture. With back of spoon, gently press down layers to moisten the bread.

Cover dish with plastic wrap and chill at least 2 to 24 hours.

Heat oven to 325°F.

Bake, uncovered, 50 to 60 minutes or until puffed, golden and set. Always cook to well-done, 165°F as measured by a meat thermometer.

May is National Egg Month

Eggs are nutrient dense and an excellent source of high quality protein to help you feel full longer and energized throughout the day. One single egg supplies about 20-25% of your daily requirement!



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
jmalchow@arbormgmt.com

