

• Contact NHBPI Dietitian Lyndra Vande Hart with questions at vanderhart@nhbpi.org or 888.662.2808

• Please contact Health Educator Shelly Gibson at shelly.gibson@nhbpi.org to register.

• Classes will be from 6 to 8 p.m. Healthy snacks will be provided.

• Mondays beginning January 8, the Exercise Class will be from 5 to 6 p.m. and the Freedom from Smoking

Grand Haven Community Center.

• **Freedom From Smoking and Exercise Classes:** These classes will begin Monday, January 8 at the

NEWS



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Living in a Good Way | Volume 1 | January 2018

Mno-Bmadzewen



Recipe: Squash Gnocchi

Servings: 4

Ingredients

- 2 tablespoons olive oil, divided
- 4 skinless, boneless chicken thighs, cut into 1 inch pieces (6 ounces)
- 3 cups butternut squash, ½ inch cubed and peeled
- ½ cup chopped yellow onion
- 1 package whole-wheat gnocchi (12 ounces)
- ¾ cup unsalted chicken stock
- 2 tablespoons prepared refrigerated pesto
- 2 teaspoons chopped fresh sage
- ½ teaspoon chopped garlic
- 5 ounces baby spinach, chopped
- 1 ounce Parmesan cheese, grated (about ¼ cup)



Nutrition Information (per serving)

- 496 calories
- 15 grams of fat
- 44 grams of carbs
- 41 grams of protein

Directions:

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook 5 minutes or until browned. Place chicken in a bowl.
2. Heat remaining 1 tablespoon of oil in pan over medium heat. Add squash and onion, and continue to cook for 8 minutes. Add squash mixture to the chicken. Add gnocchi to pan and cook 2 minutes. Add chicken mixture, stock, pesto, sage, garlic and spinach to pan and continue to cook 1 minute. Top with cheese.

Recipe Tips:

Cut down on calories by making pesto with less oil, more water and fresh spinach leaves.

Top 10 Food Trends for 2018

The New Year brings resolutions, diets and health crazes but what about the food trends? Try something new and healthy this year!

1. Traditional Breads: This is not about Fry Bread. Bakers are using local grains, milling the day before baking and incorporating long proofing times to reinvent what good bread is by getting rid of the preservatives that allow store bought bread to sit on the counter for weeks without getting moldy. It's time to start choosing breads that get moldy in a few days after making it! It's better bread for better health.

2. Detroit Style Pizza: Ever heard of Detroit Style Pizza? Rectangular pizzas built in reverse, where chunky cheese is piled on thick pizza dough, then covered with sauce and toppings. Try to make a healthier version by using flatbread for the crust!

3. Floral Everything: Headed out to a trendy restaurant? Using edible flowers to decorate cakes is nothing new, but many are about to see and taste florals in a whole new way. Get ready for elderflower seltzers and rosé-flavored everything.

4. Middle Eastern Flavors: Hummus and falafel may be newer to Americans, but other Middle Eastern flavors are also jumping in the scene. From Persian, Israeli, Moroccan, Syrian and Lebanese flavors, these influences are about to crop up everywhere. Experiment with spices such as harissa, cardamom or za'atar and use ingredients such as tahini, tomato jam and halloumi.

5. Transparency: Knowing that food comes from the shelves of a health food store is not enough anymore - 2018 will be the year of knowing everything. What did the chicken eat? How far did it travel? How long was its life? Where did it roam? Transparency from the food manufacturers and stores are crucial in knowing everything about what an individual puts in their bodies.

6. Plant-Based Technology: Meatless Mondays are a great way to get more plants in the diet, but there is even better news that 2018 will bring all sorts of scientifically manipulated foods that taste like meat but are not. Plan on seeing more bleeding veggie burgers and sushi-grade not-tuna, which is made from tomatoes. Buyers can also expect a wider variety of nut milks and better dairy free desserts with plant-based ingredients.

7. Whole Food Plant Based No Oil (WFPBNO): Speaking of plant-based, what does WFPBNO mean? A new fad called the Whole Food Plant Based No Oil diet is sweeping the scene. This is a whole topic by itself, but the basic premise is staying away from all processed foods and oils, including olive oil.

8. Taco Tuesday: Taco Tuesday is not going anywhere. In fact, every night might become taco night with all the new ways to make and enjoy tacos. In 2018, many might be eating them for breakfast or with a lettuce wrap instead of a tortilla. Grain-free and paleo diets can also get in on the fun with tortilla alternatives made from coconut flour, almond flour and more.

9. Bubbly Beverages: Bubbly beverages are not just for New Year's Eve anymore! There are many new brands that are much healthier than sugary sodas and more flavorful than plain water. Plus, sparkling drink options are about to get a lot funkier with plant-derived options and sparkling cold brews. It seems that staying hydrated is about to get a whole lot easier.

10. No Food Left Behind: Food waste is on the decline. Nose-to-tail butchery and its vegetable equivalent is rising. Did you know that the entire apple can be eaten? Stem, seeds and all are on the rise thanks to funky new recipes. Get ready to try things such as pickled watermelon rinds and broccoli-stem slaw in 2018. Sounds strange, but less food waste is a smart cause to get behind.