

About Highlander Chefs Campus-Based Food Literacy

The Highlander Chefs, a UCR undergraduate-run organization, is dedicated to informing students on the accessibility of preparing healthy and affordable meals.

READ MORE AT:

<http://globalfood.ucr.edu/>

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A PROGRAM SUPPORTED BY



Global Food Initiative
UNIVERSITY OF CALIFORNIA



UCR
Healthy
Campus



IN COLLABORATION WITH

UC RIVERSIDE
College of Natural &
Agricultural Sciences



Crepes Two Ways



Crepe Batter Ingredients

- 1 cup flour
- 1 & 5/16 cup of milk
- 2 eggs
- pinch of salt

Strawberry & Nutella Filling

- 1 tablespoon of Nutella
- 2 whole strawberries (sliced)
- Optional:
 - Banana slices
 - Peanut Butter



Spinach & Cheese Filling

- 1 tablespoon butter
- 10 oz package of spinach
- 1 tablespoon of salt and pepper
- 1/4 cup of mozzarella cheese



All ingredients available at
the UCR Glen Mor Market

2018 Winter Workshop Series UCR Glen Mor Market February 13th, 2018



*"Changing our food choices
is a powerful way to drive
improvements in our health
and our planet."*



BETTER FOR YOU



Think Produce First

Fruits and vegetable are packed with vitamin, minerals and fiber. Research suggests eating enough fruits and vegetables is linked to a lower risk of many chronic diseases and may help protect against certain types of cancers. Fill half your plate with produce. Choose green leafy vegetables and a mix of colorful fruits and vegetables daily.

READ MORE AT:

<http://www.menuofchange.org/>
<http://dining.ucr.edu/resources/nutrition.html>

INSTRUCTIONS:



1

Make Crepe

Batter:

Mix 1 cup of flour and 5/16 cup of milk before adding two eggs. Now add eggs one at a time. Make sure the batter does not have any lumps. Add 10 sprinkles of salt and make sure you don't over mix. The batter should be relatively thin.

To cook on pan:

Moist the pan with 1 tablespoon of butter
Tilt the pan to lay out the crepe to your desired shape.
Cook it on the pan until golden brown and crispy.



2

Choose Filling

For Strawberry and Nutella Filling:

Swipe a tablespoon of Nutella on the crepe. Add 2-3 thin slices of strawberries along the middle of the crepe. Wrap the crepe with crispy golden side down. Wrap the sides and fold the bottoms

Optional: Can use sliced bananas or berries instead of strawberries

For Spinach and Mozzarella Filling:

Add 1/2 tablespoon of butter. Put your desired amount of spinach into a pan. Add salt and pepper to the spinach. Mix and cook until relatively moist. Now add the spinach to the crepe with some mozzarella on top. Wrap the crepe with crispy golden side down. Wrap the sides and fold the bottoms.

BETTER FOR THE PLANET

What can you do to contribute to a healthy planet?

The easiest thing you can do is check out the **LABEL** on the products you buy. As consumers, if we stop supporting companies that use unsustainable food production practices, we can pressure them to make changes within their business - changes that will ensure a sustainable future and the survival of the planet's ecosystems and biodiversity.

The NUTELLA case: The unusual and sometimes controversial history of the world-famous spread might surprise you [1]. Due to one controversial ingredient, palm oil, nutella was linked to the loss of critical natural habitat for orangutans. The growing demand of palm oil (50% of processed food has it) is a leading cause of deforestation; loss of habitat for endangered species; air, soil and water pollution; and climate change [2].

Result: For global businesses to thrive, "doing sustainability" is no longer an option, and Nutella, pressed by the public opinion, have made serious progress in its palm oil supply chain [3]. In 2015, Ferrero- the maker of Nutella- have reached its goal of using only palm oil that has been certified by the Roundtable on Sustainable Palm Oil [4, 5].

Message: Stop eating products that contain palm oil. If you do choose to consume palm oil, make sure that it's certified sustainable palm oil.



1 - <https://www.thelocal.it/20170420/nutella-anniversary-history-curious-facts>
2 - <http://spendmatters.com/2017/01/30/sustainable-nutella-new-report-palm-oil-supply-chain-transparency/>
3 - <https://www.nutella.com/en/uk/nutella-palm-oil>
4 - <https://www.ferrero.com/group-news/ONLY-SUSTAINABLE-TRACEABLE-CERTIFIED-PALM-OIL-FOR-FERRERO>
5 - <https://qz.com/430450/no-you-dont-have-to-boycott-nutella-for-the-environment-says-greenpeace/>