

## 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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INSTAGRAM: @highlanderchefs

## Wheat Pasta with Veggies



### INGREDIENTS

- 1 (16 ounce) package of Whole Wheat Penne Rigate
- 1 (15 ounce) can cannellini beans
- 1 cup Red Bell Pepper, chopped
- ½ Red Onion, chopped
- 1 cup Zucchini, chopped
- 1 cup Roma Tomatoes, chopped
- 1 (24 ounce) jar of Del GROSSO Tomato Basil Sauce
- 1 teaspoon garlic powder
- 1 tablespoon McCormick Italian Seasoning
- 1 teaspoon black pepper
- ¼ cup of fresh chopped parsley

All ingredients available at the UCR Glen Mor Market

2018 Winter Workshop Series  
UCR Glen Mor Market  
January 23, 2018



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



### A PROGRAM SUPPORTED BY



### IN COLLABORATION WITH



## NUTRITIONAL SCIENCE

### MAKE WHOLE, INTACT GRAINS THE NEW NORM

Whole intact grains such as 100% whole grain bread, brown rice and whole grain pasta provide and excellent source of f

iber and are naturally a good source of vitamins and minerals. because they are slow-metabolizing, they offer our bodies long lasting energy. Refined grains such as white flour, white bread and white pasta, have had their natural fiber, vitamins and minerals removed during processing. Eating whole intact grains can help keep your heart health, reduce your risk of certain cancers, help maintain blood sugar levels and keep your digestive system healthy. Experiment with whole grains such as wheat berries, quinoa, farro, and barley.



Fats are one of the 3 main nutrients in food that supplies our body with energy. Its important to choose heart healthy fats that are unsaturated. These unsaturated fats are liquid at room temperature and come from plant foods and fish, such as olive oil, canola oil, avocado, almonds, peanut butter and salmon. Unsaturated fats can help lower your total cholesterol and your LDL (bad) cholesterol. They can also help to lower your risk of heart disease and stroke.

## INSTRUCTIONS:



1

Bring a large pot of salted water to a boil. Once boiling, add the pasta and cook according to the package directions. Strain pasta and pour a little bit of Extra Virgin Olive oil on the noodles to prevent clumping.

Cut a red onion in half, chop into medium size parts. Chop Roma tomato. Cut the zucchini into quarters and slice into thin strips (Julienne style). Cut the bell pepper in half, remove the seeds and stem and slice into thin strips (Julienne style). Add chopped onions, bell pepper, and zucchini to pan with a teaspoon of Extra Virgin Olive Oil.



2



3

Add garlic salt, Italian seasoning, black pepper to the mix and stir until onions begin to turn golden brown. Add in your tomatoes and squeeze half a lemon onto vegetables. Add one jar of tomato basil sauce to mixture and stir evenly. Open a can of cannellini beans, strain them, and add beans to sauce. Add garlic powder, pepper and Italian seasoning to the sauce (to taste) and bring to a boil.

Once at a boil, turn the heat down to low and let cook for 10-15 minutes, stirring every few minutes to prevent sticking on the bottom. Combine the sauce and pasta in the large pot used earlier and mix. Garnish the pasta with fresh chopped parsley and serve!



4

## ENVIRONMENTAL SCIENCE

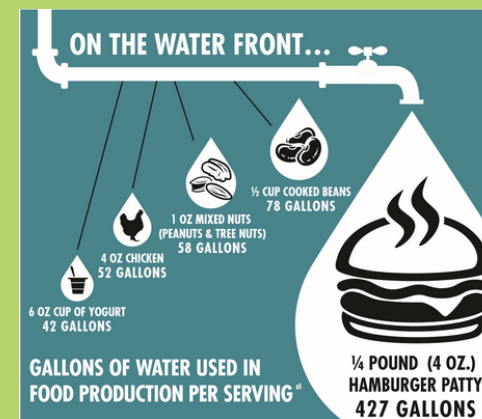
LEVERAGE GLOBALLY INSPIRED, PLANT-BASED CULINARY STRATEGIES



Scientific research suggests that the most effective way to make healthy, sustainable food choices is to shift our collective diets to mostly plant-based foods.

Growing plants generally has less of a negative impact on the environment than raising livestock, which have to eat lots of plants to produce a smaller amount of food. In fact, no single decision in the professional kitchen or foodservice companies can compare in terms of the benefits of advancing global environmental sustainability. Traditional food cultures offer a myriad of flavor strategies to support innovation around healthy, delicious, even craveable cooking that rebalances ratios between foods from animal and plant sources.

Reducing our consumption of red meat to a few ounces per week and switching to poultry, seafood, and plant-based proteins will minimize water usage. While three ounces of Beef utilizes 320.3 gallons of water to produce, Chicken only requires 38.6 gallons.



READ MORE AT:

<http://www.menusofchange.org/>

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