

Meet your Around the Plate Nutrition Experts!

Kati Mora, MS, RD

Kati is the co-founder of Around the Plate and thePlate Boutique and is passionate about helping people figure out their own unique path towards healthy eating. Each of her sessions are designed to motivate, inspire, and encourage her clients to make empowered food decisions when it comes to choosing the foods they eat. So get ready to challenge yourself and rethink your current eating habits!

Sarah Schuetz, RD

Sarah has experience in both clinical and rehabilitation nutrition. Sarah finds great excitement in the kitchen where her creativity comes to play. She believes food is the gateway into a healthy lifestyle and is excited to help you find new ways to think about food. With her bubbly, unique approach and attitude you are sure to leave her sessions refreshed and energized.

Jen Gawel, RD

Jennifer is inspired to help others learn and become excited about healthy eating. She enjoys cooking food and loves to encourage others to stay motivated as they change their meal plan. With her experience and background in psychology, Jennifer will give you the tools you need to succeed.

At Around the Plate, we provide non-diet solutions to help you achieve your healthy eating goals. To take your healthy eating to the next level, call us at 989-400-1478 to schedule a one-on-one nutrition education session.

Or visit us at thePlate Boutique in downtown Mt. Pleasant, MI or online at <http://aroundtheplate.org>!

Healthy, Happy Herb Recipes

Six Herb-Inspired Recipes You Can Make Today!

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Blueberry Lemony Thyme Water

Ingredients:

1 cup frozen blueberries
1/8 tsp fresh thyme
Juice from half a lemon
Ice cubes

Serves 4

Directions:

1. Place thyme in bottom of a pitcher. Muddle to release flavors.
2. Add frozen berries to pitcher.
3. Add lemon juice and ice.
4. Cover ice with water.
5. Refrigerate for up to 3 days. The longer water sits, the more flavorful it becomes.

Featured Herb: Thyme

Rich in vitamin C, vitamin A, iron, manganese, copper, and fiber

Pairs well with: Eggs, bean, and vegetable dishes

Pineapple Blueberry & Mint Frozen Yogurt Pops

Ingredients:

1/4 cup 100% pineapple juice
1/4 cup fresh pineapple chunks
1/4 cup fresh blueberries
1/4 cup Vanilla Greek Yogurt
Few sprigs of mint

Serves: 3-4

Directions:

1. Add all ingredients to a food processor and blend until desired smooth consistency.
2. Place mixture into popsicle mold or paper cups. Insert popsicle sticks.
3. Place in freezer for 4-5 hours.
4. Serve and enjoy!

Featured Herb: Mint

Have a sore throat? Try adding mint to your glass of tea!

There are over 15 different types of mint plants—peppermint and spearmint are 2 of them!

Citrus Rosemary Vegetable Mix

Ingredients:

Serves: 2

- 1 cup baby carrots
- 3/4 cup 100% orange juice
- 3/4 lb fresh green beans, trimmed
- 1 Tbsp honey
- 2 tsp chopped fresh rosemary (or 2/3 dried rosemary)
- 1/2 tsp lemon zest

Directions:

- In a large deep skillet, combine carrots and orange juice over high heat; bring to a boil.
- Reduce heat; simmer, covered for 5 minutes.
- Stir in green beans; simmer, covered, 7 minutes or until green beans are crisp-tender.
- Stir in honey, rosemary and lemon zest.
- Simmer, uncovered, until sauce thickens slightly.
- Serve warm.

Featured Herb: Rosemary

Cilantro is an antioxidant power house which means it may help lower your chronic disease risk!

Other names for cilantro include coriander leaves and Chinese parsley.

Crusty Crunchy Tomato Basil Open Sandwich

Ingredients:

Serves 2

- 4 hearty pieces of whole grain bread
- 1/2 cup shredded mozzarella
- 1/3 cup fresh basil leaves
- 2 tsp olive oil
- 1 tsp balsamic vinegar
- 1 Farmer's market tomato, sliced

Directions:

- Heat oven to 400 degrees F.
- Drizzle 1 tsp olive oil on stoneware.
- Place bread on stone.
- Place 2-3 slices of tomato and 2-3 basil leaves on each piece of bread.
- Sprinkle cheese over vegetables.
- Drizzle balsamic and remainder of olive oil on top of cheese.
- Bake for 15 minutes or until cheese is golden brown.
- Serve and enjoy!

Featured Herb: Basil

Adding basil to your meal may help reduce inflammation and promote a healthy heart!

Have extra basil? Throw it into your next pasta dish!

Tomato & Chive Chunky

Salsa

Ingredients:**Serves: 4**

2 large tomatoes, chopped

1/2 large onion, chopped

1 small bunch chives, finely sliced

1 lime, juiced

Salt and pepper to taste (try sticking to just a pinch)

Directions:

1. Combine above ingredients in a bowl and mix well.
2. Cover bowl with silicone lid or saran wrap and place in fridge for 15-20 minutes.
3. Once chilled, top tacos, chicken, fish, or burger with salsa.

Featured Herb: Chives

Chives have been shown to help reduce cholesterol production.

Chives also work well in egg and cheese dishes. Or consider sprinkling chives onto our favorite grilled veggies!

Cilantro Chop Tacos

Ingredients:**Serves: 5-6**

10-12 corn tortillas

1 lb flank steak (leaner the better), thinly sliced, rubbed with pinch of salt and pepper, Mexican chili powder

Pineapple, grilled in rings

1 large Spanish or Vidalia onion, chopped

1 large bunch of cilantro, chopped

1 lime, juiced

Salt to taste (try sticking to just a pinch)

Directions:

1. Grill flank steak and pineapple to desired doneness.
2. Mix onion, cilantro, lime-juice and salt together.
3. Heat corn tortillas in microwave for 10-15 seconds wrapped in paper towel.
4. Create your taco—top 1-2 corn tortillas with steak, pineapple, and a hefty pile of cilantro.

Serve tip: Pair with fresh salsa from your local Farmer's Market and no-salt added tortilla chips for a Farm-fresh meal!

Featured Herb: Cilantro

Cilantro is an antioxidant power house which means it may help lower your chronic disease risk!

Other names for cilantro include coriander leaves and Chinese parsley.