

W I N T E R 2 0 2 4

The Northern Lights

The Northern Michigan Dietetic Association

Dear fellow NMDA members,

Happy National Nutrition Month (NNM)! I hope that this month has served as a reminder of the important work that you do, not only this month but every month, and the positive impact that dietitians have around the world. We appreciate each of you and your dedication to the profession.

This year's NNM theme is "Beyond the Table" which "addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets- and even home food safety and storage practices." Additionally, the way we eat both at home and on-the-go, as well as sustainability, are also addressed with this theme (eatright.org). The weekly message breakdown for NNM is as follows: Stay nourished on any budget, see a registered dietitian nutritionist, eat a variety of foods from all the food groups, and eat with the environment in mind.

How do you or your organization recognize or celebrate National Nutrition Month? Please consider sharing with me at julie.poole1@gmail.com, so that I can share with our NMDA group!

In this newsletter, you will find:

~ Dates to remember

~ Recipe

~ Summary of a local event to celebrate our region's RDNs and DTRs

Warmly,

Julie Poole, MS, RDN/NMDA secretary & newsletter editor

YOUR NMDA BOARD

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SAVE THE DATE

- **National Nutrition Month:** Month of March
- **Registered Dietitian Nutritionist Day:** March 13
- **Michigan Academy Spring Conference** at the Sheraton Hotel in Ann Arbor: April 25 & 26
 - Up to 15 CPEUs will be offered!
 - Registration is open at the Michigan Academy website!

RECIPE CORNER: Creamy Chicken Quinoa and Broccoli Casserole

Ingredients:

- 2 cups reduced-sodium chicken broth
- 1 cup 2% milk
- 1 teaspoon poultry seasoning
- ½ cup flour
- 2 cups water, divided
- 1 cup uncooked quinoa, rinsed
- ¼ cup crumbled bacon (optional)
- 1 pound boneless skinless chicken breasts
- 2 teaspoons seasoning (any basic blend you like)
- ¼ cup shredded Gruyere cheese (any kind will work)
- 3 cups fresh broccoli florets

Instructions

- **Sauce:** Preheat the oven to 400 degrees and generously grease a 9x13 baking dish. Bring the chicken broth and ½ cup milk to a low boil in a saucepan. Whisk the other ½ cup milk with the poultry seasoning and flour; add the mixture to the boiling liquid and whisk until a smooth creamy sauce forms.
- **Assembly:** In a large bowl, mix the sauce from step one, one cup water, quinoa, and bacon and stir to combine. Pour the mixture into the prepared baking dish. Slice the chicken breasts into thin strips, and lay the chicken breasts over the top of the quinoa mixture. Sprinkle with the seasoning. Bake uncovered for 30 minutes.
- **Broccoli:** While the casserole is in the oven, place the broccoli in boiling water for 1 minute until it turns bright green and then run under cold water. Set aside.
- **Bake:** Remove the casserole from the oven, check the mixture by stirring it around in the pan, and if needed, bake for an additional 10-15 minutes to get the right consistency. When the quinoa and chicken are cooked and the sauce is thickened, add the broccoli and a little bit of water (up to one cup) until the consistency is creamy and smooth and you can stir it up easily in the pan. Top with the cheese and bake for 5 minutes, or just long enough to melt the cheese.

Source: <https://pinchofyum.com/creamy-chicken-quinoa-broccoli-casserole>

LOCAL REGISTERED DIETITIAN AND DTR DAY EVENT

On March 8, 2024 Groundwork Center for Resilient Communities hosted a gathering to celebrate our region's Registered Dietitian Nutritionists in the Esperance Community Teaching Kitchen. We spent time learning about the terrific properties of locally grown mushrooms. Mushrooms are great fresh, cooked, in teas, and as tinctures. The Yellow Oyster Mushroom is being explored for use in conjunction with standard cancer treatments due to its antitumor properties.

Discussion included how it can be difficult to get the volume of mushrooms needed to gain the health benefits in our typical usage of mushrooms and that having a variety of mushrooms is important, just like having a variety of vegetables is important. Groundwork's Community Nutrition Specialist, Paula Martin MS, RDN, LDN and Director of Culinary for Great Lakes Culinary Institute, Chef Les Eckert, looked to layer the types of mushroom opportunities in a risotto dish, using wild mushroom broth, over 1.5 pounds of baby bella mushrooms (from Paula's home state of PA- Mushroom capital of the USA) and the terrific local Yellow Oyster mushrooms from Jackson at Nexus. Participants also worked on their knife skills by making simple garnish cuts and supreming citrus for 1 CPEU.

Thank you partners at Great Lakes Culinary Institute, Nexus Alternative and our planning team members:

Madelyn Wilcox
Lynette Maxey
Eileen Mikus
Chef Les Eckert

Thank you Registered Dietitians in Northwest Lower Michigan! And, thank you to our food sponsors: Traverse City's own, Nexus Alternative Mushrooms, Edson Farms for the reception food, drinks, and desserts, and friends of Groundwork sponsors: Oryana Community Co-Op, Grocer's Daughter Chocolate, and Fustini's Oils and Vinegars.

Written by Paula Martin, MS, RDN, LDN