



Nutrition Tidbits

- **Compared to its processed counterparts, whole grains are a nutrition powerhouse! Generally speaking, whole grains will contain more dietary fiber (healthy digestion), protein (healthy muscles, nails, hair, skin) and minerals.**
- **Alliums (garlic and onions) are rich sources of fiber, and help support our immune function.**
- **Did you know that a red pepper contains more Vitamin C per serving than oranges or strawberries?**



Kitchen Hacks

- **When slicing or mincing garlic, allow it to rest for at least 10 minutes before adding to heat. This will allow you to preserve the antibacterial properties of the garlic.**
- **Rolling a lemon or other citrus fruit before juicing it breaks down the juice sacs in the fruit, making it easier to extract juice.**
- **Sofrito can be placed in ice cube trays and frozen, so that one can have small portions on-hand to add flavor to foods.**
- **If your rice is cooked and there is still extra liquid in the pan, treat your rice like pasta and strain the excess out using a colander.**



Juicy Chef Words

- **Mise en place**: French for "everything in place", this term refers to having all elements of a dish cleaned, cut, and portioned out for ease of cooking
- **Carbohydrate**: the main source of energy (i.e. calories) from grains, fruits, and vegetables. Sugars, starches and dietary fiber are all different types of carbohydrates
- **Simmer**: to cook in liquid that is heated until small bubbles form throughout the mixture and rise to the surface and break at the top.
- **Aromatics**: vegetables and herbs that add both flavor and aroma to a dish



Kitchen Pharmacy.

- **Cilantro: contains Vitamin K (healthy bones and heart), supports the body in detoxification**
- **Parsley: contains Vitamin A (antioxidant, healthy eyes), Vitamin K, and can support gastrointestinal health**
- **Alliums: vegetables in this family, particularly onions and garlic, contain antibacterial and antiviral properties**
- **Bell Peppers: contains Vitamin C (healthy skin, healthy immunity)**



In celebration and recognition of Hispanic Heritage Month, today's episode is focused on preparing Sofrito.

Sofrito is a fragrant blend of herbs and spices used to season Hispanic dishes. While there are many different varieties of sofrito throughout the Caribbean, it is closely associated with Dominican and Puerto Rican cuisine (where it is known as sazón or recaíto, respectively). The flavor notes of Sofrito appear in other cultural seasonings, namely Mediterranean and Portuguese cultures.

Sofrito can be used to flavor beans, grains and a variety of animal proteins. It is usually lightly sautéed at the start of cooking ahead of other ingredients.

We will prepare our Sofrito with brown rice. Be prepared to take a picture or a screenshot of our recipe at the end of the episode!