



NUTRITION NEWSLETTER

COMPLETE HEALTH

of Lawrenceville

RICE SALAD

Ingredients

- 2 cups cold left over rice
- 2 T high quality extra virgin olive oil
- 1 can Safe Catch Elite Pure Wild Tuna
- 1/4 C Olives in Brine - chopped
- 1 cup diced cherry tomatoes
- 1/4 Cup artichoke hearts drained and chopped
- 1 garlic clove - minced
- 1 Bunch Basil- chopped
- Zest and juice of 1/2 a lemon
- Salt and Fresh Black Pepper to taste

Instructions

- In the bottom of small bowl combine Olive oil, minced garlic, lemon juice, zest, salt and pepper
- Once well combined pour over rice and mix until the dressing is well incorporated - add more olive oil as needed to dress the rice
- Stir in all other ingredients and mix well
- Season to taste and serve cold



This recipe was invented in Italian kitchens as a way to utilize leftovers. Don't be afraid to get creative in the kitchen and find ways to revamp left over vegetables and proteins. You could easily add leftover ham, egg, peas, carrots or corn to this recipe. The possibilities are endless!

Each year 119 billion pounds of food is wasted in the united states and about 43% of that waste comes from our homes. Before tossing your leftovers consider turning them into something new!

RESISTANT STARCHES

Resistant starches are a type of carbohydrate which cannot be digested. They help feed good bacteria in your gut and contribute to a feeling of "fullness". Because this starch cannot be broken down, it has lower calories and lower glycemic index compared to regular starches. Studies have shown that increased intake of resistant starches can reduce your risk of colon cancer.

Did you know that you can make resistant starches in your own kitchen through the process of Retrogradation?

While the process sounds complicated, the technique is actually quite simple. By allowing certain high starch foods to **cool completely after cooking** the structure of the starch changes, increasing resistant starch. This occurs in foods such as rice, potatoes and pasta!

Having these foods cold is the best way to maximize resistant starches, however, research has shown that the resistant starch content remains higher even after reheating!

Taking the time to prepare these foods in advance, and allowing them to cool completely, can help reduce their impact on your blood sugar, improve your gut health and help you feel full for longer!

