

Try Me!

BROWN

**BROWN PEARS, ONIONS,
CHICKPEAS, FLAX SEED,
BARLEY, SUNFLOWER SEEDS**

BROWN PEARS

- Brown pears are also known as Bosc Pears or Kaiser Alexander Pears.
- The climate and soil in Oregon and Washington state are best for growing brown pears.
- The first plantings were on large estate orchards in eastern United States.
- Pears are among the least allergenic of all the fruits. They are often recommended as a safe alternative for people with allergies.

ONIONS

- Ancient Egyptians worshipped onions believing its spherical shape and concentric rings symbolized eternal life.
- Onions have particularly large cells that are readily observed by the human eye at low magnification. They are often used in science classes to demonstrate cell structure.
- To cut down on the amount of tears you get from cutting onions, try chilling them before cutting.
- According to an old English rhyme, the thickness of an onion can help predict the severity of winter. Thin skins mean a mild winter, thick skins indicate a rough winter.

CHICKPEAS (GARBANZO BEANS)

- Chickpeas have a nutlike taste and buttery texture.
- They provide a concentrated source of protein that can be enjoyed all year long - either dried or canned.
- Unlike most canned foods, canned chickpeas retain most of their nutritional value.
- The first chickpeas date back 7000 years. They originated in the Middle East.
- Today the main commercial providers are India, Pakistan, Turkey, Ethiopia and Mexico.
- Try sprinkling chickpeas with your favorite spices to eat as a snack.
- Add them to penne, mix with olive oil, feta cheese and oregano for a tasty pasta.
- Enhance the taste and nutritional value of your vegetable soup by adding chickpeas.

NUTRITION INFORMATION

Brown Pears

Calories: 86 (1 small) Fat: 0
Vitamin C & Potassium

Onions

Calories: 67 (1 cup chopped)
Fat: 0
Vitamins C, B6, Potassium,
Folate, Magnesium

Chickpeas

Calories: 269 (1 cup) Fat: 36
Vitamins A, C, Iron, Calcium

Flax

Calories: 37 (1 Tbl) Fat: 2g
Vitamin B, magnesium,
Omega-3 Fatty Acids

Barley

Calories: 197 (1 cup) Fat: 1g
Niacin, Iron, Selenium

Sunflower Seeds

Calories: 269 (1 cup) Fat: 24g
Vitamins E, B6, Thiamin,
Selenium, Copper,
Phosphorus, Magnesium

FLAX

- The Omega-3 fatty acids in flax seeds may help with inflammation in our bodies.
- Flax seeds are high in fiber - both soluble and insoluble. This helps stabilize blood sugar.
- Store flax seeds in a cool, dry place. Many people choose to store it in the refrigerator.
- Drink plenty of water when using flax seeds. If you want to add it to your diet, start with a small amount.
- If you purchase whole seeds, you will need to grind them up to reap the benefits.
- Try adding flax seeds to yogurt or smoothies.
- Add flax seeds to hot or cold cereal.

BARLEY

- Barley corns were first used as a unit of measure in England. Three barley corns were an inch.
- In Italy, barley is sometimes used as a coffee substitute. The drink is made from ground barley and prepared as espresso.
- Fiber-rich barley helps you feel satiated and aids digestion.

SUNFLOWER SEEDS

- Sunflower seeds were first used over 5,000 years ago by Native Americans. They were first brought back to Spain then gained popularity in neighboring European countries.
- Sunflower seeds contain vitamins that are known to help prevent cancer.
- A handful of sunflower seeds can help sustain your hunger.
- It is best to store sunflower seeds in a cool, dry place, or your refrigerator.
- Sprinkle sunflower seeds on hot or cold cereal.
- Garnish a green salad with sunflower seeds for a nice, nutty taste.
- Add them to tuna, chicken, or turkey salad.

Poster created by:
Syracuse University Food Services

References: <http://www.usapears.com>, www.whfoods.com,
www.nutrition-and-you.com, www.versagrains.com/barley

**MEATLESS
MONDAY**