

### About the Intern

Karen Wong is a recent graduate with a bachelor's in Nutrition and Dietetics and a minor in Gender Women Studies from California State University Northridge.

At the moment she is conducting her Dietetic Internship that would enhance her knowledge and give her the necessary experience to confidently advance into the field of dietetics.

Currently Karen is conducting her internship at Aaron Community and Cultural Center located on 1010 W 108th Street, LA CA 90044 and

**Sodium Reduction education, learning to read food labels and Food Pantry healthy recipes class**

**When: Friday September 30th**

**At: ACCC 1010 W. 108st LA CA 90044**

**From 10 am to 11:30 am**



As a future registered dietitian, Karen sees the need to educate the community about health prevention and provide tools that can be implemented at home and in daily life

# AARON COMMUNITY CULTURAL CENTER

## TIPS FOR HEALTHY LIVING

Presented by Dietetic Intern Karen Wong

### TOPICS



REDUCING SODIUM

HEALTHY EATING USING MY PLATE

READING FOOD LABELS

EASY MEAL PREP



Aaron Community and Cultural  
Center  
Presents

Dietetic Intern Karen Wong

Recipes to be resourceful  
with food from the pantry

Recipes:  
spring rolls  
tuna salad  
corn zucchini pancake  
blueberry and banana pancake

VIETNAMESE SPRING ROLLS

- 15 medium raw shrimp, peeled and deveined
- 10 asparagus spears
- 2 cups baby spinach
- 2 cups red cabbage, thinly sliced
- 4 carrots, julienned
- 2 cucumbers, julienned
- 1 cup mung bean sprouts
- 10 rice paper wrappers
- ALMOND BUTTER DIPPING SAUCE
- 1/2 cup almond butter
- 5 tbsp tamari, or coconut aminos
- 1 tbsp blackstrap molasses
- 2 tsp toasted sesame oil
- 2 tsp white wine vinegar
- 2 garlic cloves, minced
- 1 lime, juiced
- 4 tbsp water
- optional sriracha sauce or chili powder

INSTRUCTIONS

At the same time, bring both a small pot of water to a boil and a sauté pan (large enough to fit the asparagus) with water to a boil. Add the shrimp to the pot and add the asparagus to the sauté pan. Cook both items for 2-3 minutes, then use a skimmer to immediately transfer both items to an ice water bath, then drain.

Slice the shrimp in half and set aside.

To make the spring rolls, fill a rimmed plate or bowl with warm water. Submerge the rice paper wrapper completely in the water for about 6-8 seconds, then lay flat on your countertop.

Add several pieces of baby spinach, red cabbage, carrots, cucumber and mung bean sprouts to the rice paper wrapper. Top with one asparagus spear, then tightly roll. When you've rolled 2/3 of the way add 3 shrimp halves, then continue rolling. Repeat this process to make all of the Vietnamese spring rolls.

To make the almond butter dipping sauce add all of the ingredients to a small bowl and whisk together. Serve the dipping sauce with the spring rolls.

<https://downshiftology.com/recipes/vietnamese-spring-rolls/>



Karen Wong

## Tuna Garbanzo and Apple

- 1 15-ounce can chickpeas or 1.5 cups cooked chickpeas (rinsed and drained)
- 1 tuna canned
- 1/4 cup chopped red onion
- 2 celery stalks (chopped)
- 1/2 cup walnuts (chopped)
- 1/4 cup dried cherries or raisins (chopped)
- 1 apple (chopped)
- 1/4 cup fresh dill
- healthy pinch of salt and pepper (to taste)
- optional: Sliced avocado, onion, tomato, and or lettuce for serving

### Instructions

- In a large mixing bowl add chickpeas and lightly mash with a fork for texture. Then add chopped onion, walnuts, celery, dried cherries, apple and salt & pepper. Taste and adjust seasonings as needed.
- Open the tuna canned and added to the salad
- Combine dressing to chickpea mixture and mix well add in last your freshly chopped dill. Enjoy!
- Chickpea mixture will keep covered in the fridge for up to a few days, making it great for quick weekday lunches!

<https://livesimplynatural.com/chickpea-apple-tuna-salad/>

## 10-Minute Zucchini & Corn Fritters

### Ingredients

- 1x
- 2x
- 1 cup grated zucchini
- 1 cup corn fresh, canned or defrosted & drained if frozen
- 1/2 cup whole wheat flour
- 1 egg
- 1/2 cup grated cheddar cheese
- 2 tbs of flaxseed
- 1/4 cup milk
- 1 tsp baking powder
- 1/4 tsp salt or to taste
- 1/4 tsp onion powder
- olive oil or avocado oil for cooking

### Instructions

- Place grated zucchini in the middle of a paper towel. Squeeze out as much of the moisture as you can.
- Place drained zucchini with all other remaining ingredients except oil in a medium bowl.
- Mix to combine everything.
- In a large skillet, warm your cooking oil over medium heat. Once the oil is hot, use a heaping tablespoon to portion the fritter batter into the hot pan.
- Cook for 2-3 minutes or until the fritter starts to turn golden brown. Flip, gently press down to flatten the fritter a bit and cook for another 2 minutes or until cooked through.
- Remove from pan and enjoy warm with sliced avocado, sour cream or dipping sauce of choice.

<https://thenaturalnurturer.com/zucchini-and-corn-fritters/>



## blueberry banana pancakes

Serves: serves 2

Ingredients

1 ripe medium banana, just under ½ cup (110g) mashed

¾ cup original Almond Breeze Almond Milk

1 teaspoon vanilla

¾ cup (90g) flour\* (pancake mix)

1 teaspoon baking powder (make sure it's fresh)

½ teaspoon cinnamon

2 tbs of flaxseed

½ teaspoon salt

¼ cup (25g) blueberries, plus more for topping

a few teaspoons coconut oil, for the pan

maple syrup, for serving

blueberry topping:

¼ cup (25g) blueberries + a drizzle of maple syrup + tiny pinch of salt

Instructions

In a bowl, puree the banana with the almond milk and vanilla.

In a separate medium sized bowl, mix together the dry ingredients. Pour the banana/milk mixture into the dry ingredients and stir until just combined. Gently stir in the blueberries.

Heat a few teaspoons of coconut oil in a large skillet over medium heat. Using a ¼ cup measuring cup, scoop the pancake batter into the pan. Flip when bubbles form in the batter (about 1 minute). Let the second side cook for about 60 seconds and remove from heat.

For the blueberry topping, place blueberries in a small bowl with a little bit of maple syrup. Microwave for 20-30 seconds or until they burst a little.

Serve pancakes warm with blueberry sauce and maple syrup.

<https://www.loveandlemons.com/blueberry-banana-pancakes/>

# FRUITS & VEGETABLES CALENDAR

WINTER

DECEMBER

Brocoli Calabaza  
Coles de Bruselas Espinaca  
Repollo Papas  
Zanahoria Kiwi  
Coliflor Rabano  
Limon Meyer Nabo  
Calabaza de Invierno Cebolla

JANUARY

Coles de Bruselas Papas  
Zanahoria Repollo  
Calabaza de Invierno  
Coliflor Ajo  
Kiwi Limon Meyer  
Nabo Cebolla

FEBRUARY

Alcachofa Nabo  
Coles de Bruselas Repollo  
Apio Calabaza de Invierno  
Zanahoria Limon Meyer  
Onions Papas

SPRING

MARCH

Alcachofa Brocoli  
Coles de Bruselas  
Apio Cebolla  
Limon Meyer  
Coliflor Papas

APRIL

Alcachofa Espinaca  
Esparragos Brocoli  
Zanahoria Cereza  
Coliflor Rabano  
Guisantes

MAY

Alcachofa Rabano  
Esparragos Guisantes  
Frijoles Espinaca  
Brocoli Fresa  
Repollo Calabacin  
Ajo Calabaza de Verano  
Coliflor Zanahoria

SUMMER

JUNE

Alcachofas Fresas  
Esparragos Calabaza de Verano  
Arandano Tomates  
Pepino Nabos  
Igo Calabacin  
Melocoton Coliflor  
Ciruela Zanahoria  
Espinaca Brocoli

JULY

Alcachofa Igo  
Mora Melon  
Arandano Tomates  
Brocoli Melocoton  
Zanahoria Pepino  
Maiz Pimenton Pera  
Ciruela Berenjena  
Fresa

AUGUST

Manzana Igo  
Alcachofa Uvas  
Moras Melon  
Arandanos Melocoton  
Guisantes Zanahoria  
Maiz Pera  
Pepino Espinaca  
Berenjenas Calabacin

FALL

SEPTEMBER

Manzana Uvas  
Alcachofas Melon  
Brocoli Melocoton  
Guisantes Pera  
Coliflor Igo  
Maiz Pepino  
Berenjena Pimentones  
Papas Espinacas

OCTOBER

Manzana Pepino  
Alcachofa Igos  
Brocoli Melon  
Coles de Bruselas Pera  
Coliflor Pimentones  
Zanahoria Papas  
Apio Calabaza  
Maiz Calabacin

NOVEMBER

Manzana Limon Meyer  
Alcachofa Papas  
Brocoli Calabaza  
Coles de Bruselas Rabano  
Repollo Espinaca  
Zanahoria Tomates  
Maiz Calabaza de Invierno  
Pepino

