



Healthy Food for Kids

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Tasty, Cost-Effective, and Nutritious Recipes!

Mediterranean Pasta with Artichokes and Black Olives



Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
6 oz. whole wheat spaghetti	Simple Truth Organic 100% Whole Wheat Spaghetti Pasta	\$1.39/16 oz.	Ralphs
4 cloves garlic		\$0.50/10-12 cloves	Ralphs
6 oz. black olives	Early California Sliced Ripe Black Olives	\$3.19/6.5 oz.	Ralphs
1/4 cup lemon juice from a lemon		\$0.79/large lemon	Ralphs
1/4 cup parmesan cheese	Good and Gather Shredded Parmesan Cheese	\$3.99/5 oz.	Target
12 oz. frozen artichoke hearts		\$3.29/12 oz.	Trader Joe's

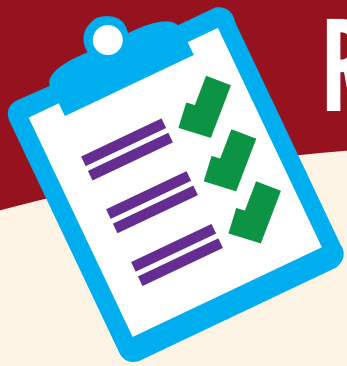
Ingredients Likely At Home

1 tablespoon and 1 teaspoon of salt	Morton Iodized Salt	\$0.87/26 oz.	Target
1/2 teaspoon ground black pepper	McCormick Pure Ground Black Pepper	\$5.69/6 oz.	Target
3 tablespoons olive oil	Kroger Extra Virgin Olive Oil	\$6.99/25.5 fl oz.	Ralphs

Cost of Ingredients Not Likely at Home:
\$13.15 (Total); \$3.29 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:
\$26.70 (Total); \$6.68 (per serving)

Recipe



Prep Time:
5 min
Cook Time:
15 min

1.

- Boil a large pot of water and add 1 tablespoon of salt
- Cook the pasta and then drain
- Keep 1/2 cup of pasta water on the side

2.

- While pasta cooks, prep your vegetables and remaining ingredients: mince the garlic, unfreeze the artichokes and cut into 4 pieces, drain and slice the olives in half

3.

- Heat 3 tablespoons of olive oil in a large skillet over medium-high heat
- Add the garlic, the remaining 1 teaspoon of salt, and 1/2 teaspoon of pepper
- Cook, stirring frequently, until the garlic is fragrant (1-2 minutes)

4.

- Add the pasta to the skillet and toss to coat
- Add the artichokes and olives
- Drizzle lemon juice over the pasta
- Continue tossing and cook for 1-2 minutes, until warmed through
 - If the pasta seems too dry, add a splash of the reserved pasta water
 - Taste and adjust the salt and pepper as desired
 - Remove from heat and sprinkle with parmesan cheese



Nutrition Facts

4 servings per recipe

Serving size

1 serving

Amount per serving

Calories

287.4

% Daily Value*

Total Fat 17.6g **27%**

Saturated Fat 3.5g **18%**

Trans Fat 0.1g

Cholesterol 5.4mg **2%**

Sodium 1425.4mg **59%**

Total Carbohydrates 29.8g **10%**

Dietary Fiber 8.1g **33%**

Total Sugars 1.6g

Includes 0g Added Sugars **0%**

Protein 7.7g **15%**

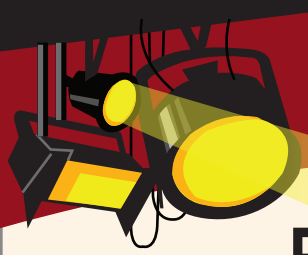
Vitamin D 0.033mcg **0.3%**

Calcium 123.36mg **12.3%**

Iron 4.17mg **23.2%**

Potassium 363.74mg **10.4%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Spotlight

Frozen versus Fresh

When we go to a local grocery store, we tend to see that the fruits and vegetables on the shelves have higher prices compared to its frozen counterparts. This is because society considers shelf-foods to be more 'natural' whereas frozen foods lose that 'naturalness' once they are flash-frozen.

While there has been much debate about this topic, frozen vegetables and fruits, in some cases, do pose as a healthy alternative to fresh produce and in fact can sometimes be even more nutrient-packed. Since fresh produce is picked right before it is ripe, by the time you buy it, it is at its peak nutrient state so it is the best option if you are going to eat it immediately. However, it is expensive and sometimes does not provide enough bang for your buck. If fresh produce is kept in the shelf for too long, it can spoil faster and lose potential vitamins as the days progress.

On the other hand, although many frozen foods are blanched (use hot water to kill bacteria) and can lose Vitamin C and B, the process of freezing still locks the vegetables in a nutrient-rich state since frozen produce is picked while it is ripe. You are paying less, yet can sometimes get more nutritious value. Thus, the freezing process can make some vegetables and fruits more affordable without sacrificing many nutrients like the frozen artichokes!

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey: <https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Well Plated's recipe, found here: <https://www.wellplated.com/mediterranean-pasta/>

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation: <https://cronometer.com/>

The information on frozen foods was retrieved from: <https://affi.org/wp-content/uploads/2018/11/AFFI-SRD-Toolkit-8-31-181.pdf>
<https://www.sciencedirect.com/science/article/abs/pii/S0889157517300418>

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*