Use these flavor profiles to transport your family to any place in the world by dinnertime!

**Italian** oregano, basil, parsley, rosemary, garlic, tomatoes

Toss cannellini beans, artichoke hearts, capers, olives, sundried tomatoes, and roasted red peppers with your favorite balsamic vinaigrette for a Italian bean salad.

**Greek** oregano, lemon, pine nuts, cinnamon, nutmeg, dill, rosemary, bay leaves

Add oregano, lemon juice, feta cheese, pine nuts and cooled orzo pasta to raw spinach leaves.

**Chinese** soy sauce, ginger, garlic, vinegar, chili sauce, hoisin sauce, toasted sesame oil

Marinate a protein (chicken, beef, tofu, shrimp) in your favorite hoisin or black bean sauce and 1 tbsp soy sauce. Meanwhile, stir-fry water chestnuts, snap peas, bamboo shoots, straw mushrooms and green onions. Add diced protein and a drizzle of toasted sesame oil. Garnish with sesame seeds.

**Mexican** cumin, cilantro, garlic, peppers, Mexican oregano, chili powder, onion, cocoa

Sauté garlic, 1/4 cup onion, and 2 jalapenos over medium heat. Add 1 tsp. cumin. Add in 1 cup black beans and mash with back of spoon or masher. If it becomes too thick, add a tbsp water. Add another cup beans, mash together, adding liquid as necessary. Top with cilantro and shredded cheese.

**Thai** lemongrass, cilantro, kaffir lime, hot pepper, peanuts, coconut, galangal, fish sauce

Place 2 cups rice, 1 cup water, 1 can coconut milk, and 1 tsp. salt in a saucepan. Bring to a boil, stir, and reduce heat to low. Cook until rice is done (20-45 minutes depending on type of rice used). Top with shredded coconut and serve with your favorite curry.

**Middle Eastern** cumin, allspice, cinnamon, tahini, lemon juice, garlic, parsley, sumac

Make a middle eastern tuna sandwich! Combine 16 oz. can of drained tuna, 1/4 chopped yellow onion, 1/2 chopped tomato, 1/4 cup tahini and parsley (optional). Serve in a pita pocket with sliced vegetables.

**Japanese** ume vinegar, umeboshi plums and paste, miso, pickled ginger, tamari, wasabi, mirin, rice vinegar, seaweed, sesame seeds

Turn your favorite cold salad into a Japanese salad:

**Ume-Sesame Dressing:** toast 1/2 cup sesame seeds in a skillet. Transfer to blender and puree with 1 tbsp Umeoboshi plum paste and 3/4 cup water. Once seeds are finely ground, add another 1/2 cup water if needed. Great on hearty greens like kale and chard!

**Miso Dressing:** Blend together 2 tbsp miso paste, 6 tbsp low-fat mayonnaise (or plain yogurt), 1-2 tsp. rice wine vinegar, dash of sesame oil, pinch of sugar.
Hydration Station

Sunshine in the (209) beckons for outdoor activity but staying properly hydrated can be tricky. Follow these goals of hydration to make sure your are refueling adequately.

- No matter where you are planning to exercise, begin well hydrated by drinking fluids regularly during exercise. Rehydrate after exercise to replace any weight lost as fluid (sweat) during exercise.
- For short duration activities (<60 minutes), choose water before, during, and after exercise.
- Sports drinks (6-8% carbohydrate) are good choices for moderate to high intensity activity lasting longer than 60 minutes. Rehydrate after exercise by drinking enough fluid to replace fluid lost during exercise. Replace fluid and sodium losses with water foods that contain salt, like soup and vegetable juice. Replace fluid and potassium losses by consuming fruits and vegetables.

Sugar Snap Peas, Radishes, and Edamame with Lemon Butter

**Ingredients**

- 2 cups sugar snap peas, trimmed
- 1 cup frozen shelled edamame, thawed
- 1 bunch radishes, trimmed and thinly sliced
- 1 tbsp olive oil
- 2 tbsp minced shallots
- 2 tsp lemon zest
- 1 tsp butter (NC likes Earth Balance butter for no trans fat or sat fat)
- 3/4 tsp vinegar
- Juice of 1 lemon

Cook snap peas, edamame, and radishes in boiling salted water for 1 minute. Drain and rinse under cold water immediately to stop the cooking process. Heat the oil in a large skillet over medium heat. Add the shallots and sauté for 2-3 minutes until soft. Add the drained snap peas, edamame, radishes, and 1/4 tsp. salt and cook for 1 minute until heated. Remove from heat, stir in zest, butter, vinegar, lemon juice and pepper to taste. Serve warm!