

## Fun Food Facts

### **Rice Paper Wraps with Creamy Coconut Dipping Sauce**

These are a delicious, crunchy appetizer that can double as a meal. The vegetables in the wrap provide a plethora of vitamins and minerals, including Vitamin A, C, and K, as well as potassium, magnesium, manganese, phosphorus, iron, and copper. Beets are a nutrient power-house, and contain betalains, which is a phytonutrient shown to work as an antioxidant. Peppers are also a nutrient-packed choice, and recent studies have shown that consumption of bell peppers reduces the risk of gastric and esophageal cancers.

The coconut dipping sauce contains a variety of flavors for the palate, and packs a nutritious punch as well. Almond butter is a great source of healthy fats, protein, and fiber. The coconut milk, made from the grated flesh of coconut, is a great source of potassium. Coconut milk is high in saturated fat, but one of the more prevalent fatty acids is lauric acid, which has been shown to increase HDL cholesterol (HDL is the denser cholesterol, or the “good” cholesterol). The fat in coconut is also high in medium-chain-triglycerides (MCTs), which are more easily digested and absorbed by the body.

### **Buckwheat Asian Noodles with Toasted Sesame Dressing and Edamame**

Although sometimes misleading due to its name, buckwheat is a gluten free grain. The Japanese name for buckwheat is “soba”, hence, soba noodles. American versions of these noodles often use a mixture of buckwheat and wheat flour, so label reading is important if trying to avoid gluten.

The Edamame in this recipe, also known as soybeans, are an excellent source of protein, fiber, and a variety of vitamins and minerals. Edamame is a nutritious snack alone, but is easy to incorporate into salads and other recipes.

### **Napa Cabbage Slaw with Toasted Almonds**

This crunchy slaw is easy and nutritious. Napa cabbage, also known as “Chinese Cabbage,” has a milder flavor than other cabbages. It is an excellent source of folate, as well as Vitamin C, B6, potassium, manganese, and copper. As with all cabbages, Napa cabbage is a rich source of phytonutrients.

Sesame oil, derived from its namesake the sesame seed, is a flavorful oil with a variety of uses. Sesame oil is popular for frying and other high-heat cooking due to its high smoke point. This oil is high in polyunsaturated fatty acids (omega-6 fatty acids), and is a good source of Vitamin E.

Sources include:

WHFoods.org

www.eatright.org