Eat THIS With That:
Super-Powered Food Pairings

Presenter: Jessica DeCostole, MS, RD, LDN, CDE
Let’s define what a Superfood is!

- No scientific definition
- According to Oxford dictionaries, a **superfood** is “a nutrient-rich food considered to be especially beneficial for health and well-being.”
  - Moderate in calories
  - High in fiber
  - Rich in omega-3 or monounsaturated fatty acids
Let’s define what a Superfood is!

– High in vitamins and minerals
– Low in saturated fat
– Low in added sugars
– Rich in phytonutrients (such as antioxidants and other healthy compounds found in fruits and veggies)
So what is a Superfood Pairing?

• Food Synergy:
  It’s what occurs when components of different foods work together to maximize benefits
Super-Powered Pairing #1

The combination of garlic and lemon juice may bring about a greater reduction in cholesterol and blood pressure compared to consuming either alone.

Superfood Pairing #2

Tomatoes: Vitamins A, C, K, potassium & lycopene (a phytonutrient)

Olive Oil: Phenolic antioxidants

When paired together the antioxidant power of the lycopene in the tomatoes may be increased.

*Free Radical Biology and Medicine, 2010*
Superfood Pairing #3

Vitamin E is known to boost immune system and protect against cancer and heart disease. Its absorption is enhanced when consumed with a nutritious source of fat. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3997530/

- **Kale**: Vitamin E,K & antioxidants
- **Almonds**: Vitamin E, fiber and healthy fat
Superfood Pairing #4

Iron in non-animal food sources is not as well absorbed as those in animal sources. Vitamin C foods can increase absorption of iron from non-animal sources by six-fold.

**Red Bell Pepper:** Vitamin C and antioxidants

**Black Beans:** Fiber and iron
Superfood Pairing #5

The combination of the protein-packed yogurt (especially if it’s Greek) and the fiber-full fruit makes this great for satiating midday hunger.

**Yogurt:** Calcium, protein, and live bacteria (probiotics)

**Berries:** Antioxidants, Vitamin A, B, C, E and fiber
Holiday Ideas

Tomatoes and olive oil

Red bell pepper and beans
Lemon Garlic White Bean Hummus
Superfood Combo: White Beans & Garlic

Time: 10 minutes
Makes 8 servings

Ingredients:
- 2 (14 ounce) cans Great Northern Beans, drained and rinsed
- Juice of 2 lemons
- ¼ cup tahini
- 4 cloves of garlic
- ½ teaspoon salt
- ¼ cup extra virgin olive oil
- Optional: ¼ teaspoon hot sauce

Directions:
- In a food processor, mix together beans, lemon juice, tahini, garlic, and salt.
- Process until beans are smooth, stopping to scrape off the sides if necessary.
- With the processor running on low speed, stream in the olive oil through the chute and process until just combined.

Nutrition (per serving): 194 calories, 11.2 g fat, 22g carbs, 6.3 g protein
Fruit Mini-Pizzas
Superfood Combo: Fruit and Yogurt

Time: 10 minutes
Makes 4 pizzas

Ingredients:
• 1/2 cup – Greek yogurt, plain
• 1 teaspoon – honey
• 1/2 teaspoon – vanilla extract
• 3/4 tablespoon – orange juice
• 1 large tortilla, whole wheat

Toppings (You can use any fruit you like.):
• 1/4 cup – blackberries
• 1/4 cup – strawberries
• 1/4 cup – kiwi
• 1/4 cup – mandarin oranges, canned in juice
Fruit Mini-Pizzas
Superfood Combo: Fruit and Yogurt

Directions:
• Cut out your crust. We used a plain tortilla (wheat or flour) and the ring of a mason jar to make small circle crusts.
• Combine first 4 ingredients in a bowl and whisk until well blended. We used honey as our sweetener, but you can add a different one of your choice to taste! Lime juice can also be used in place of orange juice.
• Spread over tortillas and top with seasonal fruit, such as blackberries, strawberries, kiwi, mandarin oranges, grapes, or raspberries.

Nutrition (per pizza): 55 calories, 1.5 g fat, 9g carb, 1.5g protein