

Garnishes: Edible Decorations for Your Plate

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You may have heard the common expression, “We eat with our eyes first.” Simply put, the more pleasing food looks, entices us to eat the dish, because we anticipate the meal tasting as good as it looks. Using garnishes can add color, texture and visual interest to help elevate even a simple meal. It can also be a way to sneak some extra nutrition onto your plate!

Ideas for Healthy Garnishes

Fruits and vegetables can be cut into wedges, “sticks” or diced, depending on the meal. Try starting out with apples, cucumbers, bell peppers, avocados, tomatoes, mushrooms, oranges or pineapple. You could also use pureed carrots, peas or strawberries to “paint” an artful design on a plate.

Herbs and spices, such as basil, mint, parsley or cinnamon, contribute color, flavor and aroma to a dish. Use herbs in fresh or dried forms, based on what you have available.

Cheese is a great source of calcium. Using it as a garnish helps to control the calories and fat while packing more flavor and creamy texture into each bite. You can also substitute calcium-enriched tofu crumbles for a similar effect.

Plain yogurt is a healthful substitute for sour cream and can either be dolloped on food or thinned with water to drizzle.

Add extra protein and crunch to your meal with different nuts and seeds – almonds, walnuts, pumpkin seeds and sunflower seeds are a great place to start experimenting.

Sources: <https://www.webstaurantstore.com/article/200/basic-guide-to-foodpresentation.html>

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Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

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