

THINKING OUTSIDE THE BOX

SPINACH AND PROSCIUTTO CREPE POCKETS



Americans on average, consume nearly 1.5 times more sodium than the limit that is recommended by the Dietary Guidelines for Americans, which for adults, is 2,300 milligrams (mg) per day. For children under 14, and those at risk or currently have high blood pressure, diabetes, kidney disease and/or heart disease, this limit is even lower. Excess sodium in the diet increases the risk of high blood pressure, which if left unchecked can increase the risk of heart disease, stroke kidney disease, and impact the health of the eyes.

Most people know they need to “watch” the salt in their diets and not be too liberal with table salt when seasoning their meals or plates. By taking care of how much salt one uses in their cooking and at the table, their can be decrease in “sodium”. In fact, 1 teaspoon of table salt is equal to the limit of 2,300 mg per day. For most, though, this step would not be enough to keep sodium in check. Table salt and sodium are not the same. Also, a little bit of table salt for seasoning is acceptable and may keep your other nutrition goals in check, (as bland tasteless food can get boring) .if other more productive steps are taken. The most effective way to keep sodium in check while at the same time adding a bit of taste to your diet is to focus on items used in cooking and paying attention to foods consumed away from home. Have this be your primary strategy along with paying attention to the salt you add at the table.

The most effective way to do this is to look at the Nutrition Facts label and assess the amount of sodium in each serving of the item that’s you are consuming. Some foods have many servings in the package, so pay attention if you eat more than one serving. Where possible choose the low sodium or no sodium options. Sodium is used to preserve food and cure meats so care should be taken in choosing such items. What does care mean, it means that balance is needed. Should you choose to consume a higher sodium item during a meal, then balance the rest of food choices throughout the day with lower sodium items. Key here is most fruits and vegetables, especially without sauces or fresh are typically low in sodium.

A key strategy to keeping your sodium intake in check is too cook more meals at home and balance ingredients or items on your plate to assure that the overall sodium level is not too excessive.

This meal, is roughly 1/3rd of the limit for daily sodium. This means there is room to do the same for your other meals or/ eat a lower sodium level meal and use some of the sodium in snacks.

MACROS / SERVING SIZE

Protein 27 g | Fat 17 g | Carbs 28 g

% CALORIES OF MACROS / SERVING SIZE

Calories 370 | Protein 29% | Fat 40% | Carbs 30%

NUTRIENTS / SERVING SIZE

Fiber 4 g | Sodium 689 mg | Sat. Fat 7 g

INGREDIENTS (SERVES 4)

- 1 cup whole wheat flour (do not pack)
- 7 eggs
- 1 ½ cup skim milk
- 1 tbsp. butter
- 1 tsp. hot sauce
- ½ tsp. onion powder
- Pinch of salt
- ½ cup frozen chopped spinach
- ½ cup shredded mozzarella cheese
- 4 oz. prosciutto

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Spoon flour into a measuring cup and gently level (do not pack). In a separate bowl, whisk four eggs with milk until well blended. Slowly add the flour and whisk until smooth. Add the onion powder and pinch of salt.
3. Heat a nonstick skillet to medium heat. Add ¼ of the butter and swirl around to melt with the of the pan being coated. Gently add 1/3 cup of the crepe batter to the center of the pan and swirl to coat pan. Cook the batter until the outward sides begin to start to lift up from the pan. Flip and cook for an additional 2 minutes or until cooked through.
4. Place the crepe on a non-stick cooking sheet.
5. Repeat step 3, but when placing the remaining crepes on sheet, have them all in a single layer.
6. Place the spinach and hot sauce in microwave safe dish and cook for 45 seconds, covered.
7. Gently spread on ¼ of the spinach on each crepe, leaving about ¼ inch edge free (like a pizza crust)

8. Top the spinach with 1 oz of prosciutto and 1/4th of the cheese.
9. Place the sheet in the oven to let the cheese melt.
10. Meanwhile lightly spray the skillet with cooking spray and cook 4 fried eggs.
11. Watch the crepes closely during step 9 and remove once the cheese is melted (5-7 minutes) to prevent burning.
12. Place one egg in the center of the crepe and fold the sides over to form a square. Consider serving alongside a dish of Greek vanilla yogurt topped with fresh strawberries.

TIPS

- The crepe batter is the starter. Experiment with other high nutrient quality ingredients to use as a filling.
- Consider caramelized onions, shredded beef and Swiss cheese.
- To reduce batter bubbles, refrigerate the crepe mix for 1 hour.

DIETITIAN TIP

Use a variety of herbs and spices to season your food when cooking and taste at the table before adding salt.



A list of recipes on [commissaries.com/healthy living](https://commissaries.com/healthy-living) also has nutrition education.