

Nutrition Connection

The latest news and events from the Kendall Reagan Nutrition Center at Colorado State

Kick The Cold Out: Add Chiles

The winter months have us all seeking ways to keep warm. We reach for our abandoned, heavier coats, drink cups of extra hot coffee or hot chocolate, and warm our souls with hearty soups. We're here to give you another option: spice up your favorite recipes by adding chiles. Not only does this family of fruits provide a nice burst of warmth, they also have a lot of healthful properties you're sure to love.



Keep in mind that buying and preparing chiles can affect your experience. The more deformed a chile is, the spicier it is, so when buying chiles go for smooth ones if you want less of a kick or rough ones if you want the extra spice. When preparing your chile, the inner white walls of the chile hold a lot of the spice and can be removed before use. Always remember to wash your hands after chopping chiles and avoid touching your eyes.

Mexican Hot Chocolate

Ingredients:

- 1/2 cup water
- 1/3 cup sugar
- 1/3 cup unsweetened cocoa
- 1/2 - 1 teaspoon cinnamon
- 1/4 teaspoon chili powder
- 3 cups 1% milk
- 1/2 teaspoon vanilla extract

Directions:

Combine all ingredients except for milk & vanilla in a saucepan and cook over medium heat until cocoa dissolves. Then, reduce heat and simmer for 4 minutes. Stir in milk and simmer for 5 more minutes, stirring frequently. Stir in vanilla extract and serve.



Nutritional Information:

Serving size: 1 cup (4 servings total)	Saturated fat	1.8 g
Calories	Total carbohydrate	30 g
Total fat	Dietary fiber	2.5 g
	Protein	7.4 g

The Many Health Benefits of Chiles

For centuries peppers have been used for their variety of therapeutic effects. To this day, researchers are continuing to find out more and more about their potential health benefits. Currently, peppers are being studied for their role in influencing weight loss, pain reduction, indigestion, and disease prevention.

Peppers contain a variety of nutrients important to overall health. These include fiber, vitamins, minerals, phytochemicals (“phyto” means relating to plants), and antioxidants. Different types of chiles supply different amounts of these beneficial nutrients, so choose a colorful assortment of peppers when incorporating them into your snacks and meals.

Some of the potential beneficial effects of chiles are explained below:

1. **Capsaicin** is the compound that gives peppers their heat.
 - Applied topically in a cream, capsaicin may help to reduce pain.
 - It also may help clear congestion and reduce sinus pain.
2. **Antioxidants** are known to fight free radicals which could play a role in heart disease, cancer and aging.
3. **Phytochemicals** have the potential to fight inflammation, cancer, and heart disease while also boosting immunity.
4. **Fiber** helps with digestion and may fight, among other things, diabetes, weight gain, and heart disease.



Chile Type: Be Aware!

Each Chile Is Rated On How Spicy It Is Compared To Others

The way the spiciness is rated is by having people taste mixes of chile with sugar water (the sugar helps decrease spiciness). Once most people cannot taste the spiciness anymore, the chile is assigned a number on what is called the Scoville scale. The higher the number, the spicier the chile.

Common Chiles & Their Scoville Rating (K = 1,000)

Bell Pepper: 0 **Jalapeno:** 1 K - 20 K **Serrano:** 10 K - 25 K **Cayenne:** 30 K - 50 K
Bird's Eye: 100 K - 225 K **Habanero:** 100 K - 350 K **Ghost Pepper:** 1.047 Mil

Rutabaga Salad with Sherry Vinaigrette

Adapted from “Vedge” by Kate Jacoby & Richard Landau

Prep Time: 20 min

Cook Time: 20 min

Serves 4

Ingredients:

- 1 large rutabaga, peeled
- ¼ cup plus 2 tablespoons olive oil
- 1 tablespoon plus 1 teaspoon sherry vinegar
- 1 teaspoon salt
- 1 ½ teaspoon fresh crack black pepper
- 1 cup minced onions
- 2 tablespoon apple cider vinegar
- 1 teaspoon fresh thyme leaves
- 2 teaspoons Dijon mustard
- 4 ounces mixed baby salad greens
- ¼ cup roasted salted pistachios, crushed
- 1 jalapeno or chile of choice, deseeded and minced



Directions:

1. Preheat oven to 450°F and slice the rutabaga into 1/8-inch-thick slices. Lay the slices on a sheet pan.
2. Whisk together 1 tablespoon of the olive oil and 1 teaspoon of the sherry vinegar in a small bowl. Lightly coat the rutabaga slices with the mixture and sprinkle with ¼ teaspoon salt and ½ teaspoon pepper. Roast the rutabaga slices until fork-tender (7 to 9 minutes). Remove & set aside to cool.
3. While the rutabaga is roasting, heat 1 tablespoon of olive oil in a large sauté pan over high heat until the oil ripples. Add the onions and sprinkle them with ¼ teaspoon salt and ½ teaspoon pepper. Allow the onions to caramelize and char with occasional stirring (about 7-8 minutes). Remove the pan from the heat and pour in the apple cider vinegar. Return the pan to the heat and cook until all of the liquid is gone but the onions still look wet. Stir in the thyme leaves and then remove from the heat and set aside to cool.
4. Whisk together the Dijon mustard and the remaining ¼ cup olive oil, 1 tablespoon sherry vinegar, ½ teaspoon of salt and pepper in a medium bowl to create the sherry vinaigrette dressing. Add the greens, pistachios, and chile and toss and coat.

Nutritional Information (1 cup)

Calories	260	Saturated Fat	2.7 g
Total Fat	19.8 g	Sodium	665 mg
Total Carbohydrate	17.8 g	Dietary Fiber	5.1 g
Sugars	7.2 g	Protein	5.1 g

Upcoming Events and Ongoing Services at the KRNC

COMING IN DECEMBER!

Now registering: **Holiday Tapas Date Night Cooking Class**

Celebrate the season with delicious and easy tapas. December 2nd from 6-8 pm

[Register here.](#)

ALWAYS AVAILABLE!

Tele-coaching

Get one-on-one nutrition coaching with our Registered Dietitians without leaving your house. Same rate as individual coaching; [click here for more information.](#)

Resting Metabolic Rate

State of the art equipment determines your basic calorie needs in a 30-minute appointment, followed by a full nutrition coaching session with recommendations based on your activity and weight goals. [Click here for more information.](#) Cost: \$150 (\$75 for CSU students and employees).

Healthy You: Self Paced

Our successful classroom program has been adapted to a written curriculum for you to explore at your own pace, in the comfort of your own home or office. Six units are packed with nutrition, weight management, mindful eating, and physical activity information in an engaging format. Each unit has activities, recipes and homework to ensure ongoing motivation. For lifelong behavior change strategies, you won't want to miss this innovative research-based program. Cost: \$75. [Click here for information.](#)

COMING IN JANUARY!

Healthy You: On Campus Program

Our popular weight management and mindful eating program returns. See description above or [click here for more information.](#) Cost: \$100 (\$60 for CSU students and employees).

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