



EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Flavors of the World

Rutgers University is a salad bowl of cultures offering a taste of the world right on campus. Students from all parts of the globe can enjoy the familiar flavors of their home cooking through our dining facilities. Ethnic foods can spice up your plate while providing a window into diverse cultures and traditions. Read below to see how you can try the global flavors that are offered at Rutgers.

Italian: Craving Italian? Rutgers Dining has you covered! You will find all the classics including, pasta with a variety of sauces, ravioli, and pizza. For a healthy twist, skip the high-fat Alfredo sauce and choose fiber-rich whole wheat pasta with a veggie-packed tomato sauce from the pasta station at the Livingston Dining Commons.



Indian: Take your tastebuds on a trip to India! Indian cuisine features a variety of dishes with seasonings such as cardamom, garam masala, and turmeric, along with many vegetarian options. Try the dining halls' popular samosas or chicken & sweet potato curry dish at Busch Dining Hall full of 'naan-stop' deliciousness.

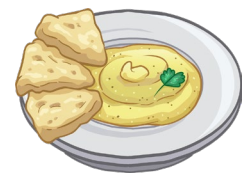
Japanese: During a hectic day of classes, sushi or poke bowls are a quick meal that can be convenient yet nutritious. Grab a pack of pre-packaged sushi from the Atrium with a side, such as a fruit cup, and drink of your choice for a satisfying lunch.



Chinese: 'Wok and roll' with Chinese stir-fry. Chinese cuisine comes from many regions, offering a vast array of delicious dishes. Common proteins featured in Chinese recipes include pork, beef, chicken, and seafood. For a balanced meal choose brown rice as your base, pile on the veggies, and top it off with protein, for a nutrient-filled meal. For a spicy kick add siracha to one of the sauce options to 'stir-fry' your senses.



Middle Eastern: Unlock flavors of the Middle East with dishes that include yogurt, hummus, pita, and olive oil. For a cold salad bar experience, try some stuffed grape leaves or a Mediterranean salad that features tomatoes, olives, peppers, and onions to freshen up your day. At the Mezze station at the Atrium, build your bowl with a protein, such as falafel or chicken shawarma, and grains, like faro, quinoa, or sorghum.



Mexican: Craving a taste of Mexico? Mexican cuisine uses a fiesta of ingredients from a blend of vegetables, rice, beans, cilantro, and peppers. An easy dining hall DIY: utilize the Cantina station at Neilson Dining Hall to make a burrito using a whole-wheat tortilla filled with black beans, salsa, shredded chicken, and a sprinkle of cheddar cheese. Try using the panini press to warm your burrito and add a nice crunch.



Eat around the world at Rutgers University

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References: *Rutgers Dining Services* Available at: <http://food.rutgers.edu> Accessed date: April 6, 2024.