

Food Trends

Nurturing Healthy Minds & Bodies
in K-12 Texas Schools

Published by ECI Management Group

Optimizing Your Energy



Nutritional Education through Smoothies and Juicing

There is a lot of hype today about juicing, and no we are not talking about the performance enhancing drugs! We are talking about the performance enhancing Vitamins and minerals found in the fresh ingredients of a smoothie or juice! ECI Management Group is providing nutritional education to the students through one hour student classes which includes a powerful Power Point discussion followed by a fun interactive session where the students assist in preparing Juices.

Culinary Lips
Chocolate

Join us this month on a sweet adventure.
This tasty class will give you a look on how this decadent food is made and the health benefits there are when choosing the right chocolate.
And once we have learned about this amazing treat, we will be creating some delicious creations ourselves!

ECI and The Daniel Plan

ECI is teaming up with Grace School in Houston and offering weekly meals from the Daniel Plan

The Daniel Plan is a groundbreaking, healthy lifestyle program that combines Faith, Food, Fitness, Focus and Friends. where people get better together. With love as the motivation, it's a story of abundance, not deprivation. Relying on God's power and the support and encouragement of friends, get ready to be transformed from the inside out.

<http://TXFoodTrends.com>



Getting the students involved

Nolan Catholic High school recipe contest is in full swing. Students submit their favorite recipe to showcase on our Chef Line. 1st place will get to see how the winning dish is prepared! And if that weren't enough, 1st place also receive this lunch free plus a lunch punch card good for 5 lunches on the house. YUM!

Juicing at St. John's

Our Juicing journey started in January at St. Johns where Chef Don talked to the Students about optimizing your energy and the Importance of making the right food choices and eating the proper diet. The students got a hands on lesson on making smoothies and juices. They learned not only what fruits and veggies to use but actually got to try out what they taste like.



<http://www.ecimanagementgroup.com>

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In This Issue:

- Optimizing Your Energy
- Culinary Clip Chocolate
- 2014 Food Trends
- Out OfTheOven: Cocoa Rubbed Pork Chops

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2014 Predicted Food Trends

With 2013 in the past and 2014 newly in, let's take a look at what the who's who in the food industry. The projected new food trends include Trash Fish and fresh, locally-grown foods. Every magazine, website, and health organization out there have their own predictions on what the latest upcoming food trends are going to be, but here are a few highlights worth sharing.

1) Snaking for better Health

It's no mystery that Americans love to snack. According to The Hartman Group, over half of people say healthy snacks are important, yet the most common snacks remain chips and soda. While this may be duplicitous, 2014 is a great opportunity to help you put a natural spin on your classis favorites with earthy veggie chips, homemade granola bars, and sweet, satisfying smoothies.

2) Veggies go Viral

Kale's 2013 spotlight made the rest of the veggies green with envy. Look for more vegetables like Cauliflower and Carrots to start stealing the center stage on our plates in 2014.

3) Global inspired Flavors

Seasonings and spices not only wake up your taste buds, but they also offer an array of health benefits. A survey from the School Nutrition Association found a growing prevalence of global food choices in school cafeterias, offering Mexican and Asian dishes and many experimenting with Middle Eastern, Greek, and Indian foods.

Some school districts report they also use their international menus to promote cultural awareness. And with children influencing nearly 80 percent of purchase decisions by families, look for consumers to be spending more time in the international flavor aisles of the grocery store, so they can bring these flavors to their dinner table at home.

4) Lets talk Trash Fish

What happens to all those fish that get caught up in fishermen's nets that aren't the popular fish, like cod, halibut or salmon? They're thrown back or turned into fertilizer until now. Don't be surprised when these under appreciated "trash Fish" like triggerfish, porgy, drum, wolf eel start popping up on restaurant menus. Why? Not only to showcase just how delectable these fish can be. But also gives the Over fished Breeds a little breather.

5) There's no place like home grown

Today's consumers are more interested than ever in what they eat and where their food comes from and 2014 will be no different. The National Restaurant Association's recently released "whats hot in 2014" chef survey found local sourcing is still at the top of the list this coming year.

"OUT OF THE OVEN" Cocoa Rubbed Pork Chops

2 tablespoons firmly packed brown sugar
1 tablespoon Italian seasoning
2 teaspoons onion powder
1 1/2 teaspoons unsweetened cocoa powder
1 1/2 teaspoons garlic powder
1 teaspoon paprika
1/2 teaspoon ground red pepper flakes

1/2 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 (1 1/2-inch-thick) bone-in pork chops
1 tablespoon vegetable oil

1. Preheat the oven to 350 degrees F.

2. In a large bowl, combine the brown sugar, Italian seasoning, onion powder, cocoa powder, garlic powder, paprika, red pepper, cumin, salt, and black pepper. Rub the mixture evenly over pork chops.

3. Add the oil to a large cast iron skillet over medium-high heat. Add the pork chops and cook for 3 minutes per side. Put the skillet in oven and bake the pork chops until cooked through, about 3 minutes.

4. Remove the skillet from the oven, transfer the chops to a serving platter and serve.

