



NAD Newsletter

VOLUME 41 NO. 06 JUNE 2023

Everything You Need to Know About Parsley



Parsley is one of the most common herbs and is used in a wide variety of cuisines. It has a clean and peppery taste, with a slight earthiness. Parsley is used to brighten flavors and add a pop of color in dishes such as soups, salads, and pastas. In addition to its multitude of culinary uses, parsley is also very nutritious and contains many important vitamins and minerals and boasts many health benefits.

Why You Should Eat Parsley

Fresh parsley is low in calories, yet high in vitamins such as A, K, and C. Vitamin A and C are essential for eye and skin health, as well as boosting the immune system. Vitamin C is also a powerful antioxidant, helping to reduce inflammation in the body. Vitamin K is necessary for proper blood clotting and supports bone and heart health.

Types of Parsley

There are two types of parsley commonly found in grocery stores and farmers markets: curly leaf and flat leaf (also referred to as Italian parsley). Curly leaf parsley is mostly used for garnishes that add a nice touch of color to dishes to make them more appealing. Flat leaf parsley has a stronger flavor, is more tender, and added to many dishes to enhance the flavor profile.

How to Pick Ripe Parsley

When shopping for fresh parsley, look for bunches that are bright green without yellowing. Choose parsley that isn't too wet or soggy, and be sure to shake off as much water as possible before placing it in the grocery store's plastic produce bag.

Dried parsley can also be found at the grocery store in the spice aisle and is a great way to add a pop of color and flavor to pasta sauces and baked dishes.

How to Store Parsley

Fresh parsley can be stored on the countertop in a glass of water. Be sure to trim the bottom of the parsley stems at an angle as this increases the surface area for the stems to absorb water. Change out the water daily. Fresh parsley can be stored like this for a week or two.

To store parsley in the fridge, wet a paper towel slightly, wrap it around the parsley, and place in a sealable plastic bag. Parsley will keep for about a week this way but will have a more wilted texture than if stored on the counter at room temperature.

Ideas for Using Parsley

Parsley is often used as a garnish on mashed potatoes, risotto, rice pilaf, and meat-based entrées like baked chicken or fish. It's the main ingredient in [salsa verde](#), a condiment made out of parsley, capers, and garlic. [Gremolata](#) is another parsley condiment made of parsley, garlic, and lemon zest.

Parsley is used in cuisines around the world. It is the main ingredient in [tabbouleh](#), a traditional Middle Eastern salad that also contains bulgur and tomatoes. Chimichurri is a traditional Chilean sauce that contains parsley, oregano, and cilantro blended with vinegar, garlic, onion, and oil. Parsley's flavor is mild and neutral enough that it can be added to virtually any dish to enhance its flavor and nutrition.

Parsley Dill Ricotta Dip

INGREDIENTS

- ✦ low-fat ricotta cheese 15 oz
- ✦ lemon (zest and juice from lemon) 1
- ✦ flat leaf parsley (finely chopped) 1/2 cup
- ✦ fresh dill (finely chopped) 1 tbsp
- ✦ green onion (scallion) (sliced) 1/2 cup
- ✦ olive oil 1 tbsp
- ✦ Salt 1/8 tsp

DIRECTIONS

1. Combine the ricotta and lemon zest and juice in a medium bowl. Stir to combine.
2. Add the parsley, dill, green onions, olive oil, salt, and pepper. Stir to combine.
3. Chill for an hour before serving.

NUTRITION FACTS

8 Servings

Serving Size: 2 OZ

Calories: 70

- ◆ **Total Fat** 4g
- ◆ **Saturated Fat** 1.5g
- ◆ **Trans Fat** 0g
- ◆ **Cholesterol** 15mg
- ◆ **Sodium** 120 MG
- ◆ **Total Carbohydrate** 4g
- ◆ **Dietary Fiber** 1g
- ◆ **Total Sugars** 3g
- ◆ **Protein** 5g
- ◆ **Potassium** 100mg
- ◆ **Phosphorus** 100mg



NAP NEWSLETTER

ROTA Benefit Issuance Schedule

Rota Distribution Time is from 8AM to 3PM. Closed on Weekends and

JUNE 01, 2023 THU	Elderly./Special Needs Clients/ A-L
JUNE 02, 2023 FRI	M-Z
JUNE 05, 2023 MON	OPEN DAY
JULY 03, 2023 MON	M-Z
JULY 05, 2023 WED	Elderly./Special Needs Clients/ A-L
JULY 06, 2023 THU	OPEN DAY

TINIAN Benefit Issuance Schedule

Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays

JUNE 01, 2023 THU	Elderly, Special Needs Clients
JUNE 02, 2023 FRI	A-L
JUNE 05, 2023 MON	M-Z
JULY 03, 2023 MON	Elderly, Special Needs Clients
JULY 05, 2023 WED	A-L
JULY 06, 2023 THU	M-Z

SAIPAN Benefit Issuance Schedule (8:00AM-3:00PM)

NAP coupons will be issued through a drive thru at the JTV Building in As Lito based on the set schedule below:

JUNE 2023		
JUNE 01, 2023	THU	Case Record ID ending with '1 & 2'
JUNE 02, 2023	FRI	Case Record ID ending with '3 & 4'
JUNE 05, 2023	MON	Case Record ID ending with '5 & 6'
JUNE 06, 2023	TUE	Case Record ID ending with '7 & 8'
JUNE 07, 2023	WED	Case Record ID ending with '9 & 0'
JULY 2023		
JULY 03, 2023	MON	Case Record ID ending with '1 & 2'
JULY 05, 2023	WED	Case Record ID ending with '3 & 4'
JULY 06, 2023	THU	Case Record ID ending with '5 & 6'
JULY 07, 2023	FRI	Case Record ID ending with '7 & 8'
JULY 10, 2023	MON	Case Record ID ending with '9 & 0'

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distancing, NAP Office does not require an applicant to attend the Mass Orientation instead, NAP has an Orientation in a paper version, where you can obtain a copy from the NAP Office or in the NAP Website:

<http://www.cnminap.gov.mp>

Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

IMPORTANT REMINDER

NAP would like to remind all NAP clients to **renew as early as the first week of each month** to avoid delays of issuance of benefit for the following month. If the NAP ID expires the end of the month, that means your renewal should be done on the same month except on the first week. Application package can be picked up at the Certification Unit area or downloaded online at www.cnminap.gov.mp

You can purchase Fruits and Vegetables with your NAP coupons at the following Authorized Retailers:

1. NEW XO MARKET
2. HAPPY MARKET
3. JINLI STORE
4. FZ MARKET
5. NEW SAN ANTONIO SUPERMARKET

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6 (670) 237-2870-4
FAX	(670) 664-2851
Administration	(670) 237-2800
FAX	(670) 664-2850
Website:	www.cnminap.gov.mp
Email:	support@cnminap.gov.mp
Accounting	(670) 237-2851-3
Benefit Issuance & Claims Account-ability	(670) 237-2813-15 (670) 237-2860-62/2864
CASHIER	(670) 237-2863
Retail & Redemption Unit	(670) 237-2821-3
Management Evaluation Unit	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
Tinian Office	(670) 433-9330
Rota Office	(670) 532-4627

LOW-CARB VEGETABLES RANKED FROM LOWEST TO HIGHEST CARBS

 SPINACH 1 CUP: 1.0 g	 GARLIC 1 CLOVE: 1.0 g	 KALE 1 CUP: 1.4 g	 ROMAINE LETTUCE 1 CUP: 1.6 g
 CELERY 1 STALK: 1.9 g	 CUCUMBER 1/2 CUP: 5.9 g	 MUSHROOMS 1/2 CUP: 2.2 g	 CAULIFLOWER 1/2 CUP: 2.6 g
 ONION 1/2 CUP: 3.4 g	 TOMATO 1/2 CUP: 3.5 g	 BELL PEPPER 1/2 CUP: 3.5 g	 ASPARAGUS 1/2 CUP: 3.7 g
 GREEN BEANS 1/2 CUP: 4.9 g	 BROCCOLI 1/2 CUP: 6.6 g	 CABBAGE 1 CUP: 8.8 g	 CARROTS 1 LARGE: 8.9 g
 PEAS 1/2 CUP: 12.5 g	 CORN 1/2 CUP: 55.6 g	 SWEET POTATO 1 CUP: 20.7 g	 RED POTATO 1 MEDIUM: 33.9 g

EatingWell

To all NAP recipients or representative, please ensure that on each coupon, you must print the following clearly:

1. Entire 10-digit Food Stamp I.D. Card Number
2. Valid Photo I.D. Number
3. Print Complete Name
(No Initial Name)
4. Signature