



With COVID-19 shutting down the restaurants in 2020, many people found they had more time to experiment with new ingredients while cooking at home. We've already tried the trendy roasted brussels sprouts, the BBQ jackfruit, and kale chips. And we've exhausted our cookbooks with tried-and-true favorites. So what's new for 2021? Nutritionist Janet Helm from US News has a long list, and we've narrowed it down to a few that may be available near Tri-Rehab Physical Therapy of Dearborn, MI, and Canton, MI.

Be on the lookout for the za'atar spice to be added to chips, dips, and crackers. This middle eastern spice blend has thyme, sumac, and sesame seeds.

Yuzu, a citrus fruit that tastes like a blend of grapefruit and mandarin orange, may jazz up your sparkling water or frozen dessert.

Palm noodles may be coming to our local shelves – made with shredded hearts of palm, they are said to be lower in calories and carbohydrates than traditional noodles.

Lupini is an ancient legume, already popular in Europe, sold in different flavors as a bean snack or cooked to look like rice.

Another gluten-free, high protein source, Fonio, may be the new super grain. It is showing up as crackers and chips or prepared as a side dish.

Amla is a super berry that is high in vitamin C. It has a sour taste and is popular in new teas and smoothies.

What will you experiment with this year? I plan to try the fonio grain. As a sports medicine physical therapist and recreational athlete, I am always on the hunt for healthy protein sources.

If you're injured or need help getting back to your active lifestyle, visit us at Tri Rehab Physical Therapy & Athletic training.

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