



FUN FOOD NEWS



MAKE MEALTIME A FAMILY TIME.

The time we spend together is an opportunity for us to bond, page 2.

DELICIOUS NO BAKE COOKIES and other whole grain healthy recipes on page 3.

WAYS TO KEEP YOUR CHILD HEALTHY

More great family activities on page 4.





COOK TOGETHER. EAT TOGETHER. TALK TOGETHER. MAKE MEALTIME A FAMILY TIME.

MAKE MEALS AND MEMORIES TOGETHER. IT'S A LESSON THEY'LL USE FOR LIFE.

Your kids will enjoy helping you make dinner or a nutritious snack. Big kids (5 and older) can pour low fat milk, measure ingredients and set the table. Even 3-4 year olds can have fun by washing vegetables and tearing up lettuce.

The recipes in this issue will focus on whole grains because it is important to eat half of your grains as whole grains.

EAT PLENTY OF WHOLE GRAINS

Whole grain foods are very important because they provide you and your family with fiber, vitamins and minerals. Half of the grains you eat every day should be whole grains. Make sure the word "whole" appears on the first few ingredients on the label of the product you buy, such as whole wheat flour.

EXAMPLES OF WHOLE GRAINS:

Whole wheat	Barley
Oats	Rye
Brown Rice	



Green Chili Muffins

Makes 12 servings, 1 muffin each



Ingredients:

- Non-fat cooking spray or paper liners
- 1 cup whole wheat flour
- ¾ cup cornmeal
- 2 Tablespoons sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 medium egg
- 1 cup low fat milk
- ¼ cup canola oil
- 1 can (8 ounces) whole kernel corn, well drained
- 1 can (4.5 ounces) diced green chilies, well drained, divided
- ½ cup shredded low fat sharp cheddar cheese

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 400°.
3. Lightly coat a 12-cup muffin pan with non-fat cooking spray or line with paper liners and set aside.
4. Mix together flour, cornmeal, sugar, baking powder, salt and cayenne.
5. In separate bowl, lightly beat egg. Add milk, canola oil, corn and all but 2 tablespoons of chilies and mix together.
6. Add wet ingredients to dry ingredients, stirring just until combined.
7. Fill each muffin cup half full. Top each with 1 teaspoon of cheese.
8. Divide remaining batter evenly among muffin cups.
9. Sprinkle each top with 1 teaspoon of cheese and ½ teaspoon of remaining green chilies.
10. Bake for 20 minutes, until toothpick inserted in center of muffin comes out clean.
11. Cool in pan on wire rack for 5 minutes.
12. Remove muffins from pan and continue cooling on rack.

Nutrition information per serving: calories,156; carbohydrate, 22gm; protein, 5gm; total fat, 5.6gm; saturated fat, 0.7gm; trans fat, 0.02gm; cholesterol, 17mg; fiber, 2.3gm; total sugars, 3.9gm; sodium, 461mg; calcium, 71mg; folate, 25mcg; iron, 0.7mg; percent calories from fat, 32%. Adapted from American Institute for Cancer Research Newsletter.



For more free recipes, visit eatwellbwell.org or call 1-800-695-3335.

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 1/10.

No Bake Cookies

Makes 36 servings, 1 cookie each



Ingredients:

- 2 cups sugar
- 3 Tablespoons unsweetened cocoa powder
- ½ teaspoon salt
- ⅔ cup margarine
- 1 cup peanut butter
- ⅔ cup water
- 4 cups rolled oats, old fashioned
- 1 cup non-fat dry milk
- 1 cup raisins
- 1 teaspoon vanilla

Directions:

1. Wash hands with warm water and soap.
2. In large saucepan, bring the first six ingredients to a full, rolling boil for 1 minute, stirring as needed.
3. Remove from heat. Add oats, dry milk, raisins and vanilla.
4. Mix well.
5. Drop by tablespoons onto waxed paper and let stand until cool, about 1 hour.
6. Refrigerate leftover cookies.

Nutrition information per serving: calories,142; carbohydrate, 20gm; protein, 4gm; total fat, 5.8gm; saturated fat, 1gm; trans fat, 0.29gm; cholesterol, 0.25mg; fiber, 1.70gm; total sugars, 13gm; sodium, 93mg; calcium, 33mg; folate, 0.14mcg; iron, 0.74mg; percent calories from fat, 35%.



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Easy Sweet Potato Soup

Makes 4 servings, about 1 cup each



Ingredients:

- 2 large sweet potatoes
- 2 cups canned chicken broth
- 1 Tablespoon margarine
- 1 Tablespoon all-purpose flour
- ¼ teaspoon ground ginger
- 1 cup fat free evaporated milk

Directions:

1. Wash hands with warm water and soap.
2. Peel potatoes and pierce in several places with a fork. Microwave for 10 minutes or until cooked through.
3. Cool then chop potatoes.
4. Combine sweet potatoes and ¾ cup of broth in a blender or food processor; blend until smooth. Set potato mixture aside.
5. Melt margarine in a medium-size saucepan; stir in flour and ginger, and then add milk. Cook, stirring, until slightly thickened and bubbly, about 5 minutes.
6. Cook 1 minute more and then stir in sweet potato mixture and remaining ¼ cups of broth. Stir constantly until heated through, about 5 minutes more.
7. Pour into 4 serving bowls.

Nutrition information per serving: calories, 170; carbohydrate, 27gm; protein, 7gm; total fat, 3.5gm; saturated fat, 0.6gm; trans fat, 0gm; cholesterol, 2.5mg; fiber, 3gm; total sugars, 13gm; sodium, 597mg; calcium, 220mg; folate, 15mcg; iron, 0.9mg; percent calories from fat, 18.6%.



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HOW TO INCLUDE MORE WHOLE GRAINS IN YOUR MEALS

Buy bread that says “100% whole wheat”.

Eat oatmeal or whole grain cereal for breakfast.

Use whole wheat flour in place of half of the all-purpose flour in recipes for pancakes, bread, waffles, and cookies.

Serve low fat cheese on whole grain crackers.

Mix whole grain cereal with low fat yogurt for a yummy treat.

WAYS TO KEEP YOUR CHILD HEALTHY

Eat a variety of foods each day.

Teach your children to wash their hands with warm soapy water for 20 seconds before rinsing.

MAKE SURE THEIR HANDS ARE WASHED:

Before preparing food

Before eating

After going to the bathroom

Often, if they have a cold or flu

ENCOURAGE ACTIVE PLAY

Kids should be physically active for 60 minutes every day and adults for 30 minutes.



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