



NEWSLETTER

MARCH 2024



WELLNESS



Healthy Snacking

Eating healthy is important at every age. But deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.

Try using these tips to help make healthier choices:

- Make your own: mix nuts, dried fruit, plain popcorn, and sprinkle in some chocolate chips for an easy trail mix on the go snack.
- Prep ahead: portion out fruit and veggies once you purchase from the store so you can grab and go.
- Mix and match: use food from all food groups to build a satisfying snack. Yogurt and berries, crackers with turkey and avocado, apple with nut butter.
- Eat vibrant colors: try raw veggies with dips like hummus, guacamole, or a low-fat yogurt; apples, pears, grapes and fresh berries are great for when you are looking for a sweet treat.

Source: myplate.gov



TOPICS

- Healthy Snacking
- Saving Money and staying health conscious
- Eat your veggies
- Chickpea dip recipe
- Bright mediterranean vegetables recipe



MARCH
is National Nutrition Month,
Enjoy tips and recipes.

Saving money and Staying Health Conscious



Eating healthy can help boost your immune system, decrease your risk for certain chronic illnesses, but at what cost? It turns out that by making small, simple changes to how you prep, shop, and cook, you can enjoy the benefits of healthy eating without breaking the bank.

How to Prep:

- Plan your meals, write down a list of what you need to avoid overspending at the store.
- Check for discounts, savings and coupons you can use.

How to Shop:

- Consider generic brands as they are usually the same quality as name brand but less expensive.
- If not in season, froze fruit and vegetables are typically cheaper and last longer with similar nutritional value.

New things to try:

- Grow a garden and you will always know your produce is fresh.
- Try different proteins like beans, eggs, turkey instead of beef.
- Strive for leftovers. Make meals at home and make extra as a great alternative to take out.



CHICKPEA DIP

By: More Matters Recipes

- 3 garlic cloves
- 1/4 cup yogurt (plain, fat-free)
- 1 tablespoon lemon juice (fresh)
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon black pepper
- 1 can (19 oz) chickpeas,
- low sodium (drained garbanzo beans)

Directions:

Put all ingredients into a food processor and blend until smooth.

Serve at room temperature with pita chips, crackers, carrots, or other dipping vegetables.



Eat Your Veggies!

Vegetables contain dietary fiber, vitamins, minerals, and phytonutrients that promote health as we age and help reduce the risk of chronic diseases including heart disease, diabetes, and some cancers. Our lives demand on a lot of energy whether you work out, chase your children around, working the yard or sit at a desk, eating vegetables helps us stay energized.

How to keep the most nutrients from escaping while cooking veggies:

- Leave edible skins on vegetables or trim as little as possible
- Steam, microwave or stir-fry vegetables instead of boiling
- Cooler temperatures help preserve vitamins, so it is recommended that some produce be stored in the refrigerator.



BRIGHT MEDITERRANEAN VEGETABLES

By: Ruby Lyon

INGREDIENTS:

- large head of cauliflower, cut into florets
- About 3 cups of carrots, sliced into sticks
- 4 cloves of garlic, chopped roughly
- 4 tablespoons extra-virgin olive oil
- Juice of 1 large lemon
- 3 tablespoons fresh dill, rinsed and torn
- Chipotle lime seasoning to taste, about 2 teaspoons

DIRECTIONS:

1. Preheat the oven to 425°F.
2. Line a baking sheet with foil.
3. In a large bowl, toss the cauliflower florets with half of the lemon juice and 2 tablespoons of olive oil. Season with salt and black pepper to taste. Transfer to the baking sheet, spreading the florets out as much as possible.
4. In the same bowl, toss the carrot sticks with the remaining lemon juice and 2 tablespoons of olive oil. Season with salt and black pepper to taste. Sprinkle with chipotle lime seasoning (generic chipotle-lime, Tajin, or even a little cayenne pepper will work. Feel free to get creative with this one!).
5. Evenly distribute the chopped dill over the carrot sticks and toss to coat. Transfer to the baking sheet with the cauliflower or bake on a separate sheet as needed.
6. Bake for about 20 minutes, turning once. The vegetables should be somewhat soft when pierced with a fork and the edges of the cauliflower should be a light golden-brown. The carrots may not change in color but will roast deliciously!
7. Garnish with more lemon juice or dill as desired.
8. Enjoy!