

Nutrition Tidbits

March/April 2015

Where is Food \$ense?

Schools

- Fairmount Elem.
- Odyssey Elem.
- Challenger Elem.
- Discovery Elem.
- Horizon Elem.
- Quil Ceda Elem.
- Liberty Elem.
- Shoultes Elem.
- Frank Wagner Elem.

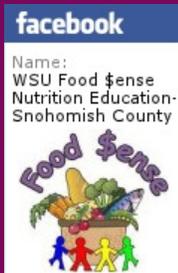
Transitional Housing Sites

- VOA
- HASCO
- YWCA

Agencies

- Tulalip Family Haven
- VOA Food Bank
- Camp Fire Mega Clubs
- Everett Justice Community Center

Find us on Facebook!



March is National Nutrition Month ®!

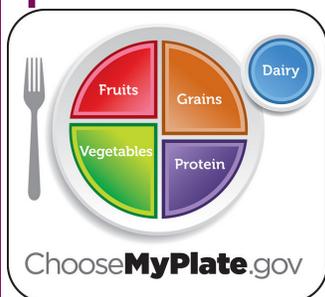
To celebrate healthy foods this month, we are having a family recipe contest. Please share a favorite recipe in which **fruits or vegetables** are the main ingredient. We want to share your ideas with other families! Our Food \$ense nutrition staff will choose 3 or more favorite recipes.



If chosen, **your recipe will be posted on our Facebook page in May, and printed in the May/June edition of this newsletter!**

Please send your recipe to laron2@wsu.edu or mail to: Acacia Zambrana, 600 128th St. SE, Everett WA 98208

Did you know?...



PROTEIN builds our muscles and organs, keeps them healthy, and helps our bodies heal when we get hurt. Luckily, most of us get plenty of protein from the foods we eat each day.

Which foods are high in protein?

- ◆ **Meats:** beef, pork
- ◆ **Poultry:** chicken, turkey
- ◆ **Seafood:** fish, shellfish
- ◆ **Eggs**
- ◆ **Legumes:** beans, lentils, peas, tofu
- ◆ **Nuts and Seeds**

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

Protein Power!

Going Lean with Protein

“Lean” protein is a food high in protein, but lower in fat. These foods can help you stay full longer and feel less hungry during the day. When planning meals, think about replacing some meat with other lean proteins such as beans, lentils, eggs, tofu, nuts and seeds. Using dried or canned beans in place of meat, can also SAVE YOU MONEY!



Tips for using more lean proteins

1. When shopping for ground beef, look for *ground round*, *sirloin* or *80% - 95% lean* on the label.
2. When shopping for poultry, look for skinless *breast* meat.
3. Try “Meatless Monday” - skip the meat at dinner once a week and serve a dish with eggs, beans, tofu, tempeh, nuts or fish instead!
4. Use beans or lentils in place of part or all of the meat in your recipe—like in our *Salsa Chili* recipe below!

Recipe of the Month - Salsa Chili with Lentils and Beef

Ingredients:

- **1 Cup dry lentils**
- **1/2 Pound 80% lean ground beef** (or use 1/2 cup more lentils and 1 cup more water)
- **1 Large onion, chopped**
- **3 Cups jarred salsa (or a 24 ounce jar)**
- **3 Cups water**
- **1 Tablespoon taco seasoning (or 1 teaspoon dried oregano, 1/2 teaspoon cumin, and 2 teaspoons chili powder)**

Directions:

1. Place lentils in a colander and rinse under cold water.
2. In a large pot with lid, brown the ground beef (if using) over medium heat, breaking into bite size pieces.
3. Add onion and cook 2 minutes longer. Drain and discard any excess fat from pan.
4. Add lentils, salsa, water and seasoning and simmer, covered, for 45 minutes.
5. Add salt or other seasonings to your taste.



Makes 6 servings, about 1 1/2 Cups each

**Recipe adapted from Washington State University Extension*