

# NUTRITION FIRST NEWS



June 2015

## Carrot Tuna Vegetable Dip



- 4 cups assorted snacking vegetables \* such as: baby carrots, celery, cucumbers, cauliflower and/or broccoli florets, cherry tomatoes, zucchini, mushrooms
- 1 celery stalk, chopped
- 1/2 cup chopped carrots
- 7 oz. can water-packed tuna, drained
- 1/4 cup nonfat mayonnaise or creamy salad dressing
- 2 tsp. prepared horseradish
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1/4 tsp. hot pepper sauce
- 2 tsp. basil, crushed if dried, chopped if fresh
- 1 large egg, hard-boiled and chopped

Select desired vegetables, wash, prepare,\* and place in groups on serving platter, surrounding a small serving bowl. Cover all with plastic wrap and chill until ready to use. To prepare dip: place chopped celery and carrots in blender container and, using the pulse setting, chop until very fine.

Add drained tuna, mayonnaise, horseradish, salt and pepper, and hot pepper sauce and blend on MEDIUM and then HIGH speed until smooth. Stop blender and scrape sides if needed. Remove to serving bowl and stir in basil and chopped hard-boiled egg. Adjust seasonings if desired. Chill for 15 minutes and serve.

*\* Chef's Note: Most raw vegetables, such as carrots, celery, broccoli, zucchini, and cauliflower, slowly dry out on vegetable trays. Tomatoes, mushrooms, and cucumbers are a few that need no special attention. To enhance color and help prevent drying during service, try blanching the firmer vegetables. Simply place each color group, working light to dark, in active boiling water for 5 to 15 seconds, being careful not to cook the vegetables, and then plunge directly into cold, icy water. When fully cooled, drain well and arrange on serving platter. The blanched vegetables will remain crisp and brilliant in color.*

## Italian Chicken Pasta Salad

- 4 cups pasta, cooked
- 1.5 cups shredded cooked chicken
- 2 cups lightly cooked broccoli pieces
- 1 cup cooked carrot slices
- 3/4 cups red pepper strips
- 1/4 cup sliced green onions
- 1/2 cup Italian salad dressing, light or reduced fat

Mix all ingredients together and refrigerate for about 30 minutes before serving. *Note: For a more hearty salad, add strips of cooked ham, a can of cooked red beans, drained or sprinkle with grated cheese.*



## Spinach Potato Pancakes



- 1 1/2 cups spinach, chopped and steamed
- 2 cups zucchini, shredded
- 1 medium potato, peeled and shredded
- 1/4 cup onion, finely chopped
- 1/4 cup all-purpose flour
- 1/4 tsp salt
- 1/2 tsp pepper
- 1/4 tsp ground nutmeg
- 1 egg, beaten

Combine the first 8 ingredients in a bowl. Stir in egg and mix well. Drop batter by 1/4 cupfuls onto a well greased hot griddle and flatten to form patties. Fry until golden brown; turn and cook until second side is lightly browned. Drain on paper towels and serve with applesauce if desired.

## Incredible Edible Veggie Bowls

- 1 green, yellow, or red pepper
  - 1 celery stalk
  - 1 carrot
  - 1 Tbsp salad dressing, low-fat
- Cut pepper in half (from side to side). Clean out seeds and center from the inside. One half will be the bowl.

Cut the other half of the pepper into skinny slices. Cut the carrot and celery into skinny sticks about 4 inches long.

Place the 1 Tbsp of salad dressing in bottom of veggie bowl. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl. Start with the sliced veggies and finish with the veggie bowl!



## Enchilada Rice



- 1 lb (16 oz) ground beef, extra lean
- 1/2 cup onion, chopped
- 1 can (14 oz) corn, rinsed and drained
- 2 Tbsp dry taco seasoning, low-sodium
- 2 cups brown rice, cooked
- 1/2 cup cheese, low-fat, shredded
- 1 cup mushrooms, sliced
- 1/2 cup black beans, low-sodium, drained and rinsed

Cook meat and onion until juices are clear. Drain juice from onion and meat mixture. Add corn, beans, mushrooms, taco seasoning and rice. Simmer for 10 minutes. Add shredded cheese to top. Cover and let stand for 5 minutes. Serve.

## Oven Wedge Fries

- nonstick cooking spray
- 2 large russet potatoes, cut into wedges
- 2 cloves of garlic, finely chopped
- 1 tsp Italian herb seasoning mix
- 1 tsp chili powder and/or paprika

Preheat oven to 400 degrees Fahrenheit. Spray a cookie sheet with nonstick cooking spray. Place potatoes wedges on the cookie sheet. In a small bowl, combine garlic with seasonings and sprinkle half the mixture over top of the potato wedges. Bake wedges for 7 minutes or until they start to brown. Flip wedges over. Sprinkle with remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.



## BLACK BEAN BROWNIES *From Provider Jennifer Alvis of Dallas*

A good and healthy brownie recipe (which, unfortunately, still counts as a dessert – but a healthy one!)

- 1 can (15.5 oz.) low sodium black beans, drained
- 2 eggs \*
- 1 egg white \*
- 3 Tbsp. unsweetened applesauce
- ¼ cup unsweetened cocoa powder
- Pinch of salt
- 1 tsp. vanilla extract
- ¾ cup sugar substitute

Preheat oven to 350 degrees. Spray 8" by 8" pan with cooking spray. Put all ingredients in a blender and blend until smooth; and pour into the prepared pan and bake for 20 to 30 minutes.

*\*Jennifer replaced all the egg with 9 Tbsp. of egg beaters to make it lower calorie. Using Eggbeaters, the brownies were 58 calories and a good source of fiber and protein.*

Thanks, Jennifer!





## Asiendo La Educación Nutritiva Divertida

Utilice el siguiente juego para enseñar a los niños acerca de la nutrición y a emocionarlos al elegir alimentos saludables.

### Búsqueda De Tesoro Escondido

Oculte una variedad de frutas y verduras alrededor del cuarto. Dé le a cada niño una imagen de una fruta o verdura de las que escondió alrededor del cuarto. Una vez que cada niño haiga encontrado su fruta o verdura, guíelos a lavar y picar su artículo para hacer una deliciosa ensalada.

## Обучение Правильному Питанию Может Быть Интересным

Поиграйте в игру, описанную ниже, чтобы научить детей правильному питанию и выбору здоровой пищи.

### Охота За Сокровищами

Спрячьте различные фрукты и овощи в комнате. Дайте каждому ребёнку картинку определенного фрукта или овоща и попросите его найти. После того, как каждый найдёт свой фрукт или овощ, попросите детей помочь вымыть продукты и вместе нарежьте салат.

## Making Nutrition Education Fun

Use the game below to teach children about nutrition and get them excited to make healthy food choices.

### Treasure Hunt

Hide assorted fruits and vegetables around the room. Give each child a picture of a certain fruit or vegetable and have them search for the food that corresponds with the picture. Once everyone has found their fruit or vegetable, have the children help wash and cut up the foods to create a salad.

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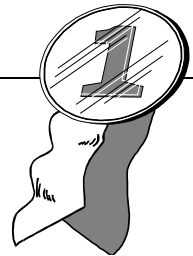


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## MENU WINNERS

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- The menu winners for May are **Delma Jamison & Catalina Dimas, both of Salem**
- Keep those menus coming in on time – you might be next!
- Remember – to enter, menus need to be in an envelope with your name and address on the outside.



*Thanks and Good Luck!!*

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**"Good nutrition is the right of all children."**

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### Looking For More Training?

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at [www.oregonchildcaretraining.org](http://www.oregonchildcaretraining.org) will let you search by county, as well as by training category and date. *Check it out!*

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