

# NUTRITION FIRST NEWS



Nov 2014

## Thanksgiving Day Quotes

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” – *Oprah Winfrey*

“After a good dinner one can forgive anybody, even one’s own relations.” – *Oscar Wilde*



## Teeny “Turkey” Sandwiches

- ✓ 1 pound loaf cocktail pumpernickel bread (the small 2x2-inch size)
- ✓ 1 cup low-fat vegetable cream cheese

### Decorations:

- |                                  |                     |
|----------------------------------|---------------------|
| ✓ Peas (eyes)                    | ✓ Cheese            |
| ✓ Red pepper slices              | ✓ Cashews*          |
| ✓ Yellow and Green pepper slices | ✓ Slivered almonds* |
| ✓ Pepperoni                      | ✓ Parsley           |

Spread vegetable cream cheese between two slices of cocktail bread. For the turkey's head, use a small drinking glass or round cookie cutter to cut a circle from another slice of bread, then stick it to the top of the sandwich with a dab of cream cheese. Likewise, add facial features such as pea eyes, a red pepper or pepperoni snood (above the beak), and a pepper, cheese, or cashew beak. Finally, wedge sliced pepper, slivered almonds, or parsley spring feathers between the bread slices. This is claimable as a bread/grain at any meal.

\*This food is a choking hazard for children under the age of four. *Potpourri* November 2013 <http://spoonful.com>



## Homemade Coffee Cake

C compliments of Provider Bobbi Corwin

I was in the home of Bobbi Corwin of Waldport on a visit, and Bobbi was serving this wonderful, warm coffee cake to the kids – and I was treated to a piece also. I absolutely loved it, and asked if I could publish the recipe. So here it is – please see Bobbi's substitutions in italics.

Combine these three ingredients in a bowl.

- ✓  $\frac{1}{4}$  cup salad oil (*Bobbi substitutes applesauce for the oil*)
- ✓ 1 egg, beaten
- ✓  $\frac{1}{2}$  cup milk

Sift together these 4 ingredients and add to the milk mixture – stir until mixed.

- ✓ 1  $\frac{1}{2}$  cup flour
- ✓  $\frac{3}{4}$  cup sugar
- ✓ 2 tsp. baking powder
- ✓  $\frac{1}{2}$  tsp. salt (*Bobbi uses half the salt*)

Pour into greased 9x9x2-inch pan and sprinkle the following topping over the top of the batter.

- ✓  $\frac{1}{4}$  cup brown sugar
- ✓ 1 Tbsp. flour
- ✓ 1 tsp. cinnamon

Pour  $\frac{1}{4}$  cup melted butter on top of the topping before baking. (*Bobbi doesn't use the butter at all on the top. She says she just stabs the topping down through the batter aggressively before baking.*)

Bake at 375 degrees for 25 minutes (and my apologies to Bobbi if I've gotten anything incorrect).

## Sweet Potato & Black Bean Stew

- 2 Tbsp vegetable oil
- 1  $\frac{1}{2}$  cups onion, chopped
- 1 1/2 tsp ground cumin
- 2 cups Swiss chard, frozen and chopped
- 3 cups sweet potatoes, peeled, cut into  $\frac{1}{2}$ -inch cubes
- 6 cups black beans, low-sodium, drained and rinsed
- 1  $\frac{1}{2}$  cups (12 oz) 100% orange juice
- 2 cups (16 oz) chicken or vegetable stock, low-sodium
- 2 tsp red wine vinegar
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp pepper



Heat oil and briefly sauté onions until they smell sweet. Add the cumin and sauté until it smells toasted. Add the chard and heat through. Add sweet potatoes, black beans, orange juice, and vegetable stock. Bring to a boil and turn down to a simmer until the potatoes are tender, about 20 minutes. Add the vinegar, salt and pepper. Serve as a stew or over brown rice or couscous.

## Roasted Winter Squash and Mozzarella Quesadillas



- 6 cups butternut squash, cubed
- 1  $\frac{1}{2}$  cups red peppers
- 1 Tbsp garlic, diced
- 1 Tbsp olive oil
- 2 dashes salt
- 2 dashes pepper
- 1  $\frac{1}{2}$  cups mozzarella cheese, fat-free, shredded
- 6 8-inch whole wheat tortillas
- $\frac{1}{2}$  cup green onions, trimmed and sliced thin
- 3 Tbsp cilantro, chopped
- 6 Tbsp onion, diced
- $\frac{3}{4}$  cup tomatoes, diced

Preheat oven to 400° F. Mix the butternut squash, red pepper, and garlic with olive oil and salt and pepper. Spread vegetables on a cookie sheet and roast for 20 minutes until they are cooked and slightly caramelized. While the squash mixture is cooking, combine the diced tomatoes and onions. Add 1 Tbsp of cilantro. Set aside to be used as salsa. Spread out tortillas on parchment-lined baking sheets. Place  $\frac{1}{4}$  cup mozzarella on one-half of each tortilla. Distribute roasted squash mixture evenly on top of the cheese, followed by green onions and remaining cilantro. Fold tortillas in half to form quesadillas. Place in a 200° F oven for 5 minutes, until the cheese is melted. Serve quesadillas with fresh salsa on the side.

## Cuban Baked Bananas

- 6 bananas, sliced lengthwise
- 6 Tbsp. (or less) brown sugar
- 4 Tbsp. margarine
- $\frac{1}{2}$  cup raisins or other dried, chopped fruit
- 1/3 cup pecans, chopped

Lightly spray or oil a 9x13-inch pan. Arrange the bananas in the pan. Top evenly with brown sugar, small pieces of margarine, raisins and pecans. Bake at 350 degrees for 30 minutes and refrigerate leftovers within 2 hours.

[www.foodhero.org](http://www.foodhero.org)



## “Solo para residentes de Salem / Keizer”



Si su familia está en necesidad de asistencia para los días festivos tendrá que asistir a alguno de los días de aplicación que el Salvation Army tiene programada las fechas son las siguientes

Martes	Noviembre 18 de 1pm a 3:30 pm
Miércoles	Noviembre 19 de 1pm a 3:30 pm
Jueves	Noviembre 20 de 10 am a 1 pm
Viernes	Noviembre 21 de 10 am a 1 pm
Sábado	Noviembre 22 de 10 am a 1 pm

Deberá de traer lo siguiente a su cita:

Identificación fotográfica para completar la aplicación con un documento demostrando su domicilio físico. **POR FAVOR no traiga niños a las citas.** Si tiene preguntas favor de llamar al (503) 585-6688 con cualquier pregunta.

## Для жителей Сэйлема и Кайзера.

Если ваша семья нуждается в нашей помощи с приобретением праздничного обеда или подарка для ваших детей, вам необходимо подать заявление в один из перечисленных дней:

Вторник, 18 Ноября – с 1.00 до 3.30  
Среда, 19 Ноября – с 1.00 до 3.30  
Четверг, 20 Ноября – с 10.00 до 1.00  
Пятница, 21 Ноября – с 10.00 до 1.00  
Суббота, 22 Ноября – с 10.00 до 1.00

При себе необходимо иметь удостоверение личности и документ, подтверждающий ваш адрес.

Просьба приходить без детей.

Если у вас есть вопросы, звоните по телефону (503)585-6688/

## Огуречные лодочки.



- ✓ 2 средних по величине огурца.
- ✓ 1 чашка маложирного творога (cottage chese)
- ✓ 1 1/2 чашка морковок типа baby carrots
- ✓ Разрежьте огурцы пополам вдоль.

Вычистите ложкой семена.  
Наполните лодочки сыром, добавьте морковку или другие овощи. *Рецепт с сайта: More Matter.*

## Nutrition First News Staff

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Natasha Maslova	Program Rep.
Laura Daberkow	Support Spec.
Sally Youell	Artwork/Layout

### Nutrition First

PO Box 2316

Salem, OR 97308-2316

503-581-7563 or 1-800-288-6368

Nutrition First USDA Child Care  
Food Program is a program of the  
Mid-Willamette Valley  
Community Action Agency



Mid-Willamette Valley Community Action Agency, Inc.  
2475 Center St. NE  
Salem, OR 97301

NON-PROFIT  
US POSTAGE PAID  
SALEM, OR  
PERMIT #508



---

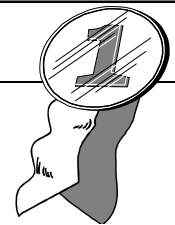
## MENU WINNERS

---

➤ The menu winners for Oct. are **Carolyn Matthews of Salem & Dan Murphy 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!!*

---

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

---

### 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!

---

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov)

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

**MWVCAA is an equal opportunity provider and employer.**

---