

# NUTRITION FIRST NEWS



May 2018



## Crunchy Homemade Granola (no sugar added)

Tired of lots of added sugar in your granola? This recipe has only 3 grams of sugar per serving with a bonus 5 grams of protein! Using bananas as a binder for this granola solves two problems: 1) what to do with the 3 overripe bananas always left on the counter, and 2) how to make a cluster granola without any added sugars.

When was the last time you looked at the nutrition label for bagged granola? Were you astonished at the amount of sugar per serving? How can something with so much sugar be considered healthy? Granola is among a small list of foods that are frustrating, because it's perceived as good for you when most of the time it's packed with calories, sugar, or both. Here's why...

Clustered granola needs to be bound together and 99% of the time the binding ingredient is sugar based (honey, agave, brown sugar, corn syrup or maple syrup).

In an attempt to lower the added sugar content, many granolas are now packaged as "loose". But this doesn't always do the trick. Let's face it ...dry, unsweetened granola isn't that yummy so add-ins like dried fruit, chocolate, or nuts are added but that boosts the calorie content, making it easy to eat excess calories. So...here's a solution!

## Banana Bound Granola\*

- 3 cups oats, rolled, quick (oatmeal), dry
- $\frac{1}{4}$  cup sunflower seed kernels, dry-roasted
- 1 cup quinoa
- $\frac{1}{4}$  cup golden flax seed
- 3 medium ripe bananas
- $\frac{3}{4}$  cup water
- 1 tsp. ground cinnamon
- 1 teaspoon pure vanilla extract
- 2 tablespoons canola oil
- $\frac{1}{2}$  teaspoon coarse kosher salt



Preheat oven to 350 degrees. Rinse quinoa and set aside to drain.

In blender, combine bananas, water, cinnamon, oil, vanilla extract, and salt. Blend until smooth.

In separate bowl mix oatmeal, rinsed quinoa, flax seed, and sunflower seed.

Combine wet and dry mixtures and fold to mix well. Spread onto lined baking sheet.

Bake at 350 degrees for 30 minutes on top rack. Rotate baking sheet every 10-15 minutes.

Reduce heat to 300 degrees and bake until granola is brown and brittle in the center approximately 15-20 minutes. Edges will brown a bit faster than the middle.

Remove from oven, place on a rack and let air dry. When cool, break up and store in a lidded jar or zip bag.

\*Note: Save this recipe as proof of your low-sugar granola - and its whole grain! Serves 16, (*More Matters*)

## Baked Batatas and Apples

The batata dulce or sweet potato is a root vegetable that is native to Central and South America, Mexico, and the West Indies. As the result of exploration and early world travel, the sweet potato is eaten in Asian and South American countries as well as the United States. This combination of apples and batatas dulces creates a sweet-savory dish that both kids and adults enjoy.

- 3 tablespoons brown sugar, packed
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon table salt
- 2 cups sweet potatoes (batatas dulce), fresh, peeled,  $\frac{1}{2}$ " cubed
- 3 cups apples, fresh, peeled, cored,  $\frac{1}{2}$ " cubed
- 1 tablespoon canola oil
- $\frac{1}{4}$  cup orange juice
- Nonstick cooking spray

Preheat oven to 350 degrees. Lightly coat a medium baking dish (8" by 8") with nonstick cooking spray. In a medium bowl, combine brown sugar, cinnamon, and salt. Toss sweet potatoes (batatas dulces), apples, oil, and orange juice in the cinnamon-sugar mixture. Place the mixture in a baking dish, cover with foil, and bake for 40 minutes, or until sweet potatoes are tender. Note:  $\frac{1}{2}$  cup provides  $\frac{1}{4}$  cup vegetable and  $\frac{1}{4}$  cup fruit for crediting. Yams or butternut squash may be substituted for sweet potatoes. Canned apple slices may be substituted for fresh apples. (*USDA Mixing Bowl*)



## Amish Breakfast Casserole Recipe

- 1 pound slice bacon, diced (or try breakfast sausage)
- 1 medium onion, chopped
- 6 large eggs, lightly beaten
- 4 cups frozen shredded hash brown potatoes, thawed
- 2 cups shredded cheddar cheese
- 1  $\frac{1}{2}$  cups cottage cheese
- 1  $\frac{1}{4}$  cups shredded Swiss cheese

Preheat oven to 350 degrees. In a large skillet, cook bacon (or sausage) and onion over medium heat until bacon is crisp; drain. In a large bowl, combine remaining ingredients; stir in bacon mixture. Transfer to a greased 13x9-inch baking dish. Bake, uncovered, 35-40 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting. Makes 12 servings. (*Taste of Home*)

## Beef Picadillo

Picadillo is a delicious stew made with ground beef, tomatoes, and other ingredients. It is a popular dish in South American countries and the Caribbean. Serve it over rice (brown) or as a filling in tacos.

- |  |  |
|--|--|
| • $\frac{1}{2}$ cup brown rice, uncooked | • $\frac{1}{3}$ cup tomatoes with juice, canned, diced |
| • 1 cup water                            | • 1 cup tomato sauce, canned                           |
| • 12 ounces lean ground beef             | • $\frac{1}{2}$ cup raisins                            |
| • 1 $\frac{1}{4}$ cup onions, diced      | • $\frac{1}{4}$ teaspoon oregano                       |
| • 1 cup green bell peppers, fresh, diced | • $\frac{1}{2}$ teaspoon cumin                         |
| • 1 clove garlic (1/2 teaspoon minced)   | • 2 tablespoons cilantro, fresh, chopped               |

Combine rice and water in a small pot. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15-20 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork. Heat a medium skillet on medium-high heat on top of stove. Brown ground beef and drain. Add onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and peppers are soft. Stir frequently. Add diced tomatoes with juice, tomato sauce, raisins, oregano and cumin. Bring to a boil and remove from heat. Serve picadillo over rice or use for tacos. Garnish with chopped cilantro. *USDA Mixing Bowl (6 servings)*





## Ruedas de manzana y cacahuete

- 1 manzana, sin el centro
- 1 cucharada de mantequilla cacahuete\*
- 1 cucharada de cereal molido
- 1 cucharada de pasas de uva

Cortar la manzana en 6 rodajas.

Untar la mantequilla de cacahuete sobre las rodajas.

Espolvorear el cereal molido y las pasas de uva encima y server.

\*Alerta sobre alergia a los alimentos = en esta receta se puede usar requeson en vez de la mantequilla de cacahuete.



## Facebook Posts

*For those of you not following us on Facebook, we wanted to give you a few of the updates we've posted (anything really important will also be posted in this newsletter).*

- Wheat Thins are once again a whole grain, yay!
- Apple Cinnamon Rice Cakes are claimable as a whole grain, and kids love them. You can find these at Wal-Mart, Target, and just about any food store. Also check the other flavors – if they are made with brown rice, they are considered whole grain.
- La Banderita is one brand of tortillas that are whole grain.
- Mum Mums are no longer creditable for infants – but you can still feed infants puffs and cheerios or other adult cereals.
- Please keep us updated on your meal times. If you don't remember what those times were, give us a call (or text or email). We need fairly accurate times as we are required to see a meal or snack on our unannounced visits. We are also required to track these times and submit them to the state, by regulation. Thanks!
- You all are doing quite well on writing your cereal brands on your menu. Please remember that we also need the brand names of your oatmeal and granola cereals, and the brand name and flavor of your yogurts.
- For those of you claiming children under the age of two and over the age of two: You are welcome to put the following statement at the bottom of one of your menus: *All children between ages one and two are served whole milk; all children two and older are served 1% milk (or skim).* Then you can just write "milk" on the milk line. If you have a child that drinks soy, put that statement at the bottom also: *"Kirkland Soy is served to Julie".* We think this will make it easier on you – we will still, of course, ask to look at your milks if you are serving them at a meal or snack that we are observing.
- New staff member, Shelley Walker, now has a cell phone for work use. The number to text or call her is 971-707-2026.



## Nutrition First News Staff

Susan Maxwell	Director/Editor
Kathy Derr	Program Mgr.
Carmen Romero	Program Rep.
Yelena Chesnokova	Program Rep.
Jackie Johnston	Program Rep.
Shelley Walker	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



---

## **MENU WINNERS**

---

- **The menu winners for March are: Patricia Perez of Eugene  
& Wendi McNitt of Sublimity**
- **The menu winners for April are: Natalie Hafferkamp of Salem  
& Amy Shores of Albany**



- **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."**

---

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discrimination based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at : [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

---

***This Institution Is An Equal Opportunity Provider.***

---