

NUTRITION FIRST NEWS



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First, a big thank you to all our providers for working with us on phone, video and zoom calls for the visits. They are a hassle, we know, but they get the job done. We cannot wait to come out and visit you all in person, and read to the kids and just generally interact. We are hoping to begin in-home visits again sometime this summer.

Also, thank you for mailing your menus – so far, there have not been any issues, and menus are arriving on time (by the 5th). Do remember though, one stamp is not enough, thanks!

Remember that you are welcome to email enrollments and/or soy notes to your individual rep. Email addresses are on the cover of your handbook, and Svetlana, who took over for Yelena, is noted below.

Nutrition First – New Representative!

For those of you who were on Yelena's caseload – we have hired a new person as Yelena has chosen to be at home with her family. Your new rep is **Svetlana Finley, 503-949-6023**, and Svetlana's email address is Svetlana.finley@mwvcaa.org. Please help us welcome Svetlana – she has hit the ground running, even though you most likely won't see her until this summer, due to Covid restrictions. Currently, Svetlana is working here part-time in the afternoons as she is fulfilling her obligations to another job through May. She is quick to get back to messages and emails though, so feel free to reach out to her, or to any of us.



Microwavable Meals

The following three recipes are all cooked just with a microwave; who would have guessed?



Luscious Lasagna

1 pound lean ground beef or turkey	$\frac{1}{2}$ tsp. basil
$\frac{1}{2}$ cup chopped onion	8 oz. lasagna noodles
$\frac{1}{2}$ cup chopped green pepper	1 $\frac{1}{2}$ cups low-fat cottage cheese
Two 15-oz. cans tomato sauce	6 oz. low fat shredded mozzarella cheese
$\frac{1}{2}$ tsp. garlic powder	1 cup low-fat Parmesan cheese
$\frac{1}{2}$ tsp. oregano	

Crumble ground meat into a 2-quart microwave safe bowl. Add onion and green pepper. Cover with a paper towel and microwave on high for 5-6 minutes or until meat is cooked, stirring once. Drain and rinse. Return to the bowl and stir in the tomato sauce, garlic powder, oregano and basil. Cover and microwave on high 4-5 minutes until the mixture boils. Pour one-third of the sauce into a microwave safe casserole dish. Add a layer of (uncooked) noodles and top with 1/2 cup of cottage cheese. Sprinkle with mozzarella cheese. Repeat the layers two more times. Cover and microwave on high for 15 minutes. Rotate and microwave on medium (50%) for 15-20 minutes or until the noodles are tender. Sprinkle with Parmesan cheese and microwave on high for one minute. Let stand 10 minutes before serving. **Makes 14 servings for 3-5 year olds at lunch/dinner. (Vegetables/Meats/Grains)**

MICROWAVE FRITTATA



- 1 tsp. olive oil
- 1/3 cup chopped broccoli
- 1/3 cup chopped red pepper
- 1/3 cup chopped onion
- 3 eggs, whisked
- Salt and Pepper, to taste

Place the olive oil, onion, red pepper and broccoli in a microwave-safe bowl. Cover and cook on high for one minute or until mostly tender. Stir in eggs, salt and pepper. Cover and cook on high 1-2 minutes or until a knife inserted toward the center comes out clean. Let stand for about 3 minutes so the frittata can set. **Makes 4 servings for 3-5 year olds at lunch/dinner.** (Vegetables/Meats)

RUSH HOUR CHICKEN FAJITAS



- 2 cups bell peppers, sliced
- 2 cups onions, sliced
- 2 garlic cloves, minced
- 2 pounds boneless, skinless chicken breasts
- 1 one-ounce packet low-sodium fajita seasoning
- Nine 6-inch flour tortillas
- 1 cup low fat shredded cheddar cheese
- 1/2 cup low-fat sour cream
- 3/4 cup prepared salsa

Place bell peppers, onions and garlic in a microwave safe bowl. In a separate bowl, combine chicken and fajita seasoning; rub to coat. Place chicken over vegetables.

Microwave, covered, on high 12-15 minutes or until internal temperature reaches 165 degrees in the thickest part of the chicken. Remove chicken and cut into small pieces and return to the vegetables. To serve the fajitas, spoon chicken and vegetable mixture onto tortillas. Top with cheese, sour cream and salsa. You can cut this recipe in half; it makes a lot! **Makes 18 servings for 3-5 year olds at lunch/dinner.** (Vegetables/Meats/Grains)

ARROZ CON POLLO

This recipe from USDA Team Nutrition is one chicken tenderloin and 1/2 cup rice and vegetable mixture per serving (serves 6) and credits as 1 1/2 ounce equivalent meat, 1/4 cup vegetable and 1/2 ounce equivalent grains.



- 1/2 cup brown rice, uncooked, long-grain
- 1 cup water
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 2 tsp ground cumin
- 12 oz. chicken tenderloins, boneless and skinless, fresh or thawed (about 6 tenderloins)
- 3/4 cup chopped onion
- 3/4 cup chopped green pepper
- 3 cloves garlic, minced
- 2 tsp dried oregano leaves
- 3/4 cup diced tomatoes w/juice (about 1/2 of a 14 oz. can)
- 1 cup low-sodium chicken broth
- Nonstick cooking spray

Combine brown rice and water in a small pot. Stir once. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook over lowered heat until water is absorbed. Fluff the rice gently with a fork. In a small bowl, combine seasonings: salt, pepper, garlic powder and cumin. Sprinkle chicken tenderloins with half of the seasoning mixture. Reserve the rest of the seasoning for later.

Line a baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place chicken tenderloins evenly spaced on baking sheet. Roast for 12-15 minutes. Chicken should reach an internal temperature of 165 degrees. While tenderloins are roasting, spray a medium skillet with nonstick cooking spray.

Place skillet over medium-high heat. Add onions and peppers and sauté for about 3 minutes, or until vegetables are tender. Stir frequently. Add fresh garlic, oregano, tomatoes and the remaining seasoning mixture. Cook for 3 minutes, stirring frequently. Add chicken broth and bring to a boil. Add cooked rice, stir well and cover. Cook for 7-10 minutes, stirring occasionally. Serve one chicken tenderloin with 1/2 cup rice and vegetable mixture.

Ideas for Coffee Filters

Wow, there are some good ideas on this list!

In addition, coffee filters are extremely inexpensive at any of the “dollar” stores.

Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.

- Clean windows, mirrors and chrome...coffee filters are lint-free so they will leave windows sparkling.
- Protect your good china by separating dishes with a coffee filter between each dish.
- Protect a cast-iron skillet by placing a coffee filter in the skillet to absorb moisture and prevent rust.
- Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
- Weigh chopped foods. Place chopped ingredients in a coffee filter on the kitchen scale.
- Hold tacos. Coffee filters make convenient wrappers for messy foods.
- Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
- Prevent a Popsicle from dripping. Poke the Popsicle stick through a coffee filter.
- Put a few coffee filters on a plate and put your fried bacon, French fries, chicken fingers, etc. on them. They soak out all the grease.
- Keep in the bathroom. They make great “razor nick” fixers.
- Use as a sewing backing. Use a filter as an easy-to-tear backing for embroidering or appliqueing soft fabrics.
- Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors.
- Use coffee filters to strain soup stock and to tie fresh herbs in to put in soups or stews.
- Use a coffee filter to prevent spilling when you add fluids to your car.
- Use them as a spoon rest while cooking and clean up small counter spills.
- Use filters to hold dry ingredients when baking or when cutting fruits and veggies – saves on having extra bowls to wash.
- Use coffee filters to wrap Christmas ornaments for storage.
- Use them to remove fingernail polish when out of cotton balls.
- Use them to sprout seeds. Simply dampen the coffee filter, place seeds inside, fold it and place into a plastic baggie until they sprout.
- Use coffee filters as blotting paper for pressed flowers. Place the flowers between two filters and put heavy books on top.
- Use as a disposable “snack bowl” for popcorn, dry cereal, etc.

In addition, after a long day, if you break the cork when opening a wine bottle, filter the wine through a coffee filter...



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



May Flowers

- ¼ cup low-fat vanilla yogurt
- ½ cup fruit (3-5 strawberries,
2-3 grapes, 5-8 blueberries)

Spread the yogurt on a plate. Slice strawberries and place toward the top of the yogurt, making a circle to form

the flower. Place blueberries inside to make the flower center. Cut the grapes in half and use them to make the flower stem. **Makes 1 serving for a 3-5 year old at snack. (Fruit/Meat)**

www.kiddiefoodies.com



MENU WINNERS

- *The menu winners for Feb are:* **Shukri Abdi of Aloha & Carolina Gaona of Forest Grove**
- *The menu winners for March are:* **Trina Herren of Salem & Rebecca Clifton of Tillamook**
- *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.*



"Good nutrition is the right of all children."

Thanks and Good Luck!!

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