

NUTRITION FIRST NEWS



Feb. 2022



NUTRITION FIRST NOTES

You may know that Nutrition First is back to virtual visits – all of January and February, and then we'll re-evaluate in March. We certainly prefer doing visits in person, but want to keep you, your children, and us safe. Virtual visits can be done via Zoom, Duo or WhatsApp – whichever works best for you.

Remember that March is the annual re-enrollment month for all your children. We will send out packets of enrollments on March 1st and they will be due the third week of March. Even if you have signed up new children in February, they will still need an updated enrollment in March. We will accept enrollments via email or text – or regular mail. (Menus still need to be mailed or dropped off in the office).

Thank you.

Crookneck Squash Roasted in Lemon & Olive Oil

2 pounds crookneck squash
4 Tbsp. olive oil
Sprinkle of garlic powder
Sprinkle of pepper
Sprinkle of paprika
Salt, to taste
Lemon, 1 large

Preheat oven to 400 degrees. Line a baking sheet with foil. Rinse and trim squash. Cut into 1-inch pieces. Place squash on baking sheet and coat with olive oil. Lightly sprinkle with seasonings. Squeeze lemon juice over squash. Bake 45 minutes or until desired doneness. Serve warm. Yield: 7 servings *Credit: Nutrition Edition*



Fun Facts about Crookneck Squash

- Crookneck squash, also known as yellow squash, is characterized by its yellow skin which may be smooth or bumpy and sweet yellow flesh, as well as its distinctive curved stem end, or "crooked neck".
- Crookneck type squashes are believed to be one of the oldest varieties of summer squash, dating back to Colonial America. Crooknecks are recorded as grown by the Arikara tribe in the 1800s.
- Select fresh, bright, small to medium squashes. Avoid very large, hard and over-mature squashes and those with cuts, spots or bruises. To store, loosely wrap in plastic, refrigerate and use within five to seven days.
- Grate and add to fritters, quick breads, pancakes, or raw salads. Peel into thin slices lengthwise and use in lieu of traditional noodles. Sliced thin, it can be layered into lasagna. Slice into rounds or spears and sauté, roast, steam, bake or grill. Halve and stuff with cheeses. Cooked until soft, it may be stewed or pureed into soups.
- Crookneck squash is high in vitamins A, B6, C, folate, magnesium, fiber, riboflavin, phosphorus and potassium.



Credit: Nutrition Edition

Skillet Pumpkin Cornbread

- ✓ 6 Tbsp. unsalted butter
- ✓ 1 ½ cups whole grain cornmeal
- ✓ ½ cup enriched flour
- ✓ ½ cup pumpkin puree
- ✓ 1 tsp. cinnamon
- ✓ ¼ tsp. Nutmeg
- ✓ 1 Tbsp. baking powder
- ✓ 1 tsp. baking soda
- ✓ 1 tsp. salt
- ✓ 1 cup buttermilk
- ✓ 1 egg
- ✓ ½ cup brown sugar

Preheat oven to 375 degrees. Grease a 10" cast-iron skillet with one tablespoon of butter and set aside. In a medium bowl, whisk together cornmeal, flour, cinnamon, nutmeg, baking powder, baking soda and salt. In a large bowl, whisk together pumpkin, buttermilk, egg, brown sugar and ¼ cup melted butter. Pour in cornmeal mixture and whisk together. Transfer to skillet and bake 25 to 30 minutes. (Test doneness by pricking center with a toothpick - should come out clean.) Immediately spread top with remaining 1 tablespoon butter. Cool for 5 minutes and serve immediately. Yield: 12 servings (one ounce equivalent). Meets requirement for whole grain rich.



Succotash



- ✓ ¼ cup olive oil
- ✓ 3 Tbsp. unsalted butter
- ✓ 2 garlic cloves, finely chopped
- ✓ 1 onion, diced
- ✓ 2 zucchini, diced
- ✓ 2 red bell peppers, seeded & diced
- ✓ 2 cups frozen corn kernels
- ✓ Salt and pepper, to taste
- ✓ 1 Tbsp. fresh sage, chopped
- ✓ 1 Tbsp. fresh thyme leaves

Heat oil and butter in a large skillet on medium-high heat. Add garlic and onion, cook about 4 minutes. Add bell pepper, zucchini, lima beans and corn. Season with salt and pepper. Cook about 10 minutes, stir in herbs and serve. Yield: 18 servings, meets requirement for vegetables. Credit: Nutrition Edition

Taco Spaghetti

- ✓ 12 oz. uncooked spaghetti
- ✓ 1 lb. ground beef
- ✓ 1 envelope taco seasoning
- ✓ ¾ cup water
- ✓ 1 can (15 oz.) black beans, rinsed and drained
- ✓ 1 can (10 oz.) diced tomatoes and green chilies
- ✓ 2 cups shredded Mexican cheese blend, divided
- ✓ 2/3 cup salsa

Preheat oven to 350 degrees. Break spaghetti into thirds; cook according to package directions for al dente. Meanwhile, in a Dutch oven, cook beef over medium heat for 6-8 minutes or until no longer pink, breaking into crumbles. Drain. Stir in taco seasoning and water; bring to a boil. Reduce heat; simmer uncovered 5 minutes, stirring occasionally. Stir in beans, tomatoes, one cup of cheese and salsa. Toss together; add drained spaghetti and mix. Transfer to a greased 13x9-inch baking dish. Bake, covered, for 20 minutes. Sprinkle with remaining cheese and bake, uncovered, 3-5 minutes longer, or until cheese is melted. Let stand 5 minutes before serving. Credit: Taste of Home



Lemon Rice

- ✓ 2 Tbsp. butter
- ✓ 1 onion or shallot, finely chopped
- ✓ 1 ½ cups brown rice
- ✓ 3 cups vegetable stock
- ✓ Salt and pepper to taste
- ✓ 2 Tbsp. olive oil
- ✓ 1 clove garlic, minced
- ✓ 2 Tbsp. fresh thyme, chopped
- ✓ 2 Tbsp. lemon juice
- ✓ 1 lemon, zested
- ✓ ½ tsp. Red chili flakes (optional)

Melt butter in large sauce pan, add onion and cook until tender. Add the rice and cook, stirring for 3 minutes. Add the stock and salt and pepper and bring to a boil. Cover and simmer on low heat until the broth is absorbed and rice is tender, about 45 minutes. Let stand, covered, for 10 minutes. Fluff with a fork.

In a skillet, heat oil, garlic, thyme and chili flakes over medium heat for 3 minutes. Remove from heat and add lemon juice and zest. Toss with cooked rice and serve. Yield: 6 servings, meets whole grain requirement. *Credit: Nutrition Edition*

Tortilla Pie



- ✓ ½ lb. lean ground beef
- ✓ ½ cup chopped onion
- ✓ 2 garlic cloves, minced
- ✓ Tsp. chili powder
- ✓ ½ tsp. ground cumin
- ✓ 1 can (14.5 oz.) Mexican diced tomatoes, drained
- ✓ ¾ cup reduced fat ricotta cheese
- ✓ ¼ cup shredded mozzarella cheese
- ✓ 3 Tbsp. minced fresh cilantro, divided
- ✓ 4 whole wheat tortillas (8 inches)
- ✓ ½ cup shredded cheddar cheese

Preheat oven to 400 degrees. In a large skillet, cook and crumble beef with onion and garlic over medium heat until no longer pink, about 4-6 minutes. Stir in spices and tomatoes. Bring to a boil; remove from heat. In a small bowl, mix ricotta cheese, mozzarella cheese and two tablespoons cilantro. Place one tortilla in a 9-inch round baking pan coated with cooking spray. Layer with half of the meat sauce, another tortilla, ricotta mixture, another tortilla and remaining meat sauce. Top with remaining tortilla; sprinkle with cheddar cheese and the rest of the cilantro. Bake, uncovered, until heated through, 15-20 minutes. Meets whole grain requirement, vegetable, and protein. *Credit: Taste of Home*



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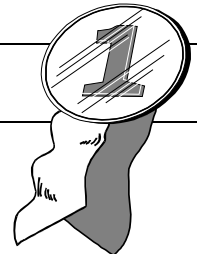
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Nutrition First USDA Child Care
Food Program is a program of the
Mid-Willamette Valley
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MENU WINNERS



- **The menu winners for December are *Heldl Perez of Rockaway & Kimberley Cunha of Cottage Grove***
- **The menu winners for January are *Rachel Terrall of Eugene & Fabiola Fernandez of Portland***
- **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."

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