

EAT WELL, AGE WELL. FROZEN FOOD DAY MARCH 6TH

FREAKY FAST FROZEN FOOD!

Frozen food is often given a bad reputation because it can sometimes be low in all the good stuff like fruits, vegetables and whole grains. But now, that is simply no longer the case!

Frozen foods can be great for those who need help preparing meals or those who just don't have time. Frozen foods come in a large variety as well, there is plenty of frozen produce and complete meals!

Many companies are changing the frozen food market by selling foods full of the good stuff (vegetables, lean protein, & whole grains) and without stuff like preservatives, artificial colors or flavorings!



Guide to Frozen Produce

- **Check the label**
 - Look for frozen produce that has only one thing on the ingredient list
 - If you are buying frozen produce with sauce look for low sugar and low sodium options
- **Frozen produce** is a great option when things are out of season
- Buy frozen produce **in resealable bags** so you can enjoy it in appropriate portions rather than using it all at once

Guide to Frozen Entrée's

- **Compare nutrition labels**
 - Look for products that are low in saturated fat, trans fat, cholesterol and sodium
 - Be sure to check the serving size when you compare
- **Limit foods that are breaded**
 - If they are, choose products you can cook in the oven, stovetop, or microwave instead of frying.
- Buy frozen meals that **include lots of veggies and protein**

Reheat and Eat Recipe

EASY CHEESY BREAKFAST QUESADILLA

Ingredients:

- ✓ 10 large eggs
- ✓ 1 tbsp. milk
- ✓ ½ tsp. salt
- ✓ ½ tsp. garlic powder
- ✓ ½ tbsp. olive oil
- ✓ 5 cups chopped spinach
- ✓ 15 oz. can reduced-sodium white beans (drained)
- ✓ 1 ½ cups cheese (Cheddar, swiss, mozzarella, whatever is your favorite!)
- ✓ 8- 7-inch whole grain tortillas

Directions:

1. Whisk the eggs, milk, salt, garlic, powder, and pepper in a large bowl. Set aside.
2. Heat the olive oil on a large nonstick skillet over medium heat. Swirl to coat the pan, then add spinach and cook about 1 minute or until it begins to wilt.
3. Add in the beans and reduce heat to low. Next, pour in the eggs. Use a rubber spatula to move them around the pan often. Cook for about 5 minutes or until the eggs are scrambled.
4. Remove from heat and let cool completely.
5. Assemble quesadillas with cheese and egg mixture as desired, and fold tortillas in half.
6. Wrap each one in plastic wrap and place in freezer in an air tight container.
7. Freeze for up to 2 months. When ready to enjoy, warm up in the microwave for 2 to 3 minutes or cook them on the skillet for 5 to 6 minutes on medium heat.

Recipe provided by: <https://www.wellplated.com/breakfast-quesadilla/>

EAT WELL, AGE WELL. MEAT BALL DAY

Beef up Your Meals

Beef is a relatively low-calorie food when compared to the number of nutrients it contains. It has high concentrations of protein, zinc, phosphorus, iron and B-complex vitamins.

Ground beef is a good source of B vitamins, with each 3.5-ounce serving of **90 percent lean** ground beef providing 34 percent of the Daily Value (DV) for niacin, 11 percent of the DV for riboflavin, 21 percent of the DV for vitamin B-6 and 45 percent of the DV for vitamin B-12.

Niacin keeps your skin, digestive system and nervous system healthy, and riboflavin is important for heart, muscle and nerve function.



Baked Meatballs

Ingredients:

- 1 pounds lean ground beef
- ½ cup onion, finely chopped
- ½ cup bread crumbs
- 1 cloves garlic-minced
- 1 egg (beaten)
- 3 tbsp ketchup
- 1 tbsp Worcestershire
- 1 tsp salt (optional) or use salt-free seasoning of your choice.
- 1 tsp pepper
- ½ tbsp dried parsley

Directions:

1. Preheat the oven to 400F. Spray a large sheet with cooking spray.
2. Mix together onion, breadcrumbs, garlic, egg, ketchup, Worcestershire, pepper, salt and parsley in a large, mixing bowl
3. Add in ground beef and mix gently until combined. Form into 1-inch balls and then place them on the sprayed cookie sheet.
4. Bake in the preheated oven for 15-20 minutes until the meatballs are brown and coked through.
5. Enjoy with a salad or mix it in with spaghetti or enjoy on a sandwich.

Variations: Add shredded carrots, diced green pepper, shredded cheese, etc. Get creative and remember to pack in the flavor and nutrients with these add-ins.

EAT WELL, AGE WELL. NATIONAL NUTRITION MONTH

MARCH IS NATIONAL NUTRITION MONTH®

Go Further With Food®

National Nutrition Month® is a campaign that is held every March and is focused around providing nutrition education and information! It was created by the Academy of Nutrition and Dietetics and it promotes the importance of creating healthy habits.

The theme for 2018 is “*Go Further with Food*”®. The goal is to stress the importance of choosing healthy food that will fuel your body.

This campaign strives to help people adopt healthier eating styles and reduce food loss and food waste.



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White Bean Chicken Breast Chili

Ingredients:

- $\frac{3}{4}$ -pound boneless skinless chicken or turkey breasts, cut into 1 $\frac{1}{4}$ inch pieces
- $\frac{1}{4}$ teaspoon salt & pepper
- 2 tablespoons olive oil, divided
- 1 medium onion, chopped
- 1 jalapeno pepper, seeded and chopped (optional)
- 4 garlic cloves, minced
- 2 teaspoons dried oregano
- $\frac{1}{2}$ tsp. teaspoon ground cumin
- 2 cans (15 ounces each) cannellini beans, rinsed and drained, divided
- 2 $\frac{1}{2}$ cups chicken broth, divided
- 1 $\frac{1}{2}$ cups shredded cheddar cheese

Directions:

1. Sprinkle chicken with salt & pepper. In a large skillet, heat 1 tablespoon oil over medium-high heat; sauté chicken until browned. Transfer to a 3-qt. slow cooker.
2. In same skillet, heat remaining oil over medium heat; sauté onion until tender. Add jalapeno, garlic, oregano and cumin; cook and stir 2 minutes. Add to slow cooker.
3. In a bowl, mash 1 cup of the beans; stir in $\frac{1}{2}$ cup broth. Stir bean mixture and the remaining whole beans and broth into chicken mixture.
4. Cook, covered, on low until chicken is tender, about 3 to 3 $\frac{1}{2}$ hours.
5. Stir before serving. Sprinkle with cheese; add toppings if desired.

Recipe adapted from:
<https://www.tasteofhome.com/recipes/white-bean-chicken-chili/>

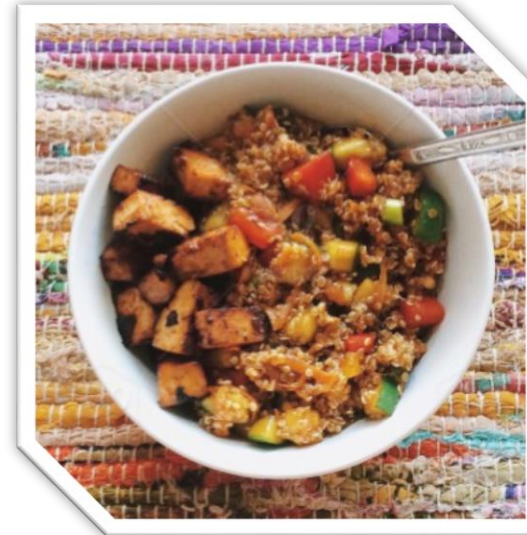
EAT WELL, AGE WELL. GO FURTHER WITH FOOD®

Root for Baked Goodness

Nothing beats beets, carrots and squash. Carrots are an excellent source of beta-carotene. The body converts this antioxidant into vitamin A, which is important for vision and bone growth. It also helps to regulate the body's immune system.

Dried black currants are a powerhouse of nutrition. They are cholesterol-free and high-protein. They are a source for dietary fiber, copper, manganese and potassium.

Butternut squash delivers a great dose of dietary fiber, making it an exceptionally heart-friendly choice. It provides potassium, important for bone health, and vitamin B6, essential for the proper functioning of both the nervous and immune systems.



Quinoa with Root Vegetables

Ingredients:

- 1 cup carrot, chopped
- 2 cups butternut squash, ½ inch cubes
- 1 cup red onion, large dice
- 1 cup yellow squash
- 2 Tbsp dried thyme
- 1 Tbsp oil
- 1 Tbsp coriander and orange zest
- ½ cup currants
- 1/3 cup vegetable broth
- 1 cup quinoa
- 1 ½ cups water
- 1/3 cup flat leaf parsley

Optional: -Salt to taste

Directions:

1. Combine first 8 ingredients in a large bowl and stir vegetables until they are well coated. Place broth in a large casserole bowl, the spread veggies along the bottom.
2. Meanwhile, bring water, quinoa to a boil in a medium saucepan. Simmer, covered, for about 25 minutes. Fluff quinoa with a fork and place in a large bowl.
3. When veggies are done, add to the bowl and stir in with quinoa. Season more if needed and toss in parsley.