



## EAT WELL, CARE WELL. MEALS USING CONVENIENCE FOODS.

### HOW TO ULITIZE CONVENIENCE FOODS IN HEALTHY RECIPES

Using everyday convenience foods can be a great way to simplify healthy recipes and make them more available. Sometimes recipes use ingredients that are often hard to find and use, but this month we are providing you with simple and nutritious recipes that are easy to create. Our first recipe uses Bushes Beans in a delicious black bean chili dish. Beans provide our brain with energy, while being high in fiber, protein, and antioxidants. They also have a low impact on increasing blood sugar levels. In addition, they provide B vitamins and essential amino acids. Our next recipe includes wild rice, which is a whole grain. Whole grains are included on the recommended food list for the MIND diet. This diet's full name is the Mediterranean-DASH Intervention for Neurodegenerative Delay. This type of diet, high in omega-3 fatty acids and vegetables, has been shown to increase brain function and slow cognitive decay. The diet recommends three servings of whole grain daily. I hope you enjoy the recipes and realize that healthy cooking doesn't have to be complicated!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 5: 4-3-17 by Emily Parsons

### WEEKLY CHALLENGES

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TRY ONE OF THE  
RECIPES PROVIDED

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DRINK PLENTY OF  
WATER

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CONSUME THREE  
SERVINGS OF  
WHOLE GRAINS

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GO ON A WALK  
TWICE THIS WEEK

### DID YOU KNOW?

ALZHEIMER'S IS  
ONE OF THE  
LEADING CAUSES OF  
DEATH IN THE  
UNITED STATES

# Bush's Black Bean Chili

Makes 8 servings in only 35 minutes! 190 calories,  
with 9 grams of protein

This recipe is brought to you from [http://www.bushbeans.com/en\\_US/recipe/black-bean-chili](http://www.bushbeans.com/en_US/recipe/black-bean-chili)

## INGREDIENTS:

- 2 cans (15.5 oz. each) Bush's Black Chili Beans
- 1 can (15.5 oz. each) Bush's Kidney Chili Beans
- 1 Tbsp. oil
- 1 medium red onion, chopped
- 3 cups reduced sodium vegetable broth
- 2 cans (15.5 oz. each) whole kernel corn, drained
- 1 can (15 oz.) crushed tomatoes
- 3 Tbsp. taco seasoning mix packet
- Optional toppings: shredded cheese, nonfat Greek yogurt, cilantro, tortilla chips, avocado

## DIRECTIONS:

1. Heat oil in stockpot over medium heat. Add onion, cook, and stir until they begin to soften, about 3 minutes
2. Add the seasoning, then stir, and cook for 1 minute.
3. Add the beans, broth, tomatoes, and corn; stir well to combine.
4. Bring to a boil, then reduce heat and simmer for 10 minutes.
5. Serve with optional toppings, if desired.



# Long Grain & Wild Rice Pilaf Makes 4-6 servings in 35 minutes

This recipe is brought to you from: <https://www.unclebens.com/recipesearch/long-grain-and-wild-rice-pilaf-with-oranges-walnuts>

## INGREDIENTS:

- 1 ½ cups sliced mushrooms
- 1 cup sliced celery
- 1 cup finely chopped onion
- 1 Tablespoon vegetable oil
- 1 can vegetable broth (14 ounces)
- 2/3 cup water
- 1 package Uncle Ben's Long Grain & Wild Rice, Original Recipe
- 2 medium oranges or 1 can mandarin oranges (11 ounces)
- ½ cup chopped toasted walnuts

## DIRECTIONS:

1. In a large saucepan, cook mushrooms, celery, and onion in hot oil about 5 minutes or until tender.
2. Add broth and water; bring to a boil.
3. Stir in rice mix and seasoning packet; reduce heat.
4. Simmer, covered, for about 25-30 minutes or until rice is tender.
5. Remove from heat.
6. Stir in oranges and walnuts.

