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FOOD SAFETY TIP

When is the last time you cleaned your fridge? Make sure to regularly clean it. Take all the food out, check the dates, and clean the shelves and drawers. Throw away any food that is expired. Wipe off food and condiments that you put back in.



Blue Zones and Long, Healthy Lives

The average American lives to be 75-80 years old but there are certain areas in the world where people seem to live longer. These areas have the highest proportion of people who live to 100 (called centenarians) and are known as 'Blue Zones.' There are five of them—Sardinia; Ikaria, Greece; Nicoya Peninsula, Costa Rica; Loma Linda, California; and Okinawa, Japan.



Below are factors that each Blue Zone has in common:

- **Move Naturally**—People in blue zones move and exercise casually throughout the day. They stay active by living in environments that nudge them to keep moving.
- **Purpose**—Having a sense of purpose can add up to 7 years of extra life expectancy.
- **De-stress**—Develop a routine to deal with stress. That could be yoga, napping, or remembering what you're thankful for. Stress leads to chronic inflammation, associated with every major age-related disease.
- **80% Rule**—Stop eating when you're 80% full. Try to learn the difference between not hungry and full.
- **Plant -Based** —Beans are the cornerstone of most centenarian diets. Try eating meat less often and having it as a flavoring agent rather than the focus of a meal.
- **Alcohol in Moderation**—People in most blue zones have 1-2 glasses a day. They make sure to drink moderately and with friends and/or with food.
- **Belong**—All but five of the 263 centenarians interviewed belonged to a faith-based community. Denomination doesn't seem to matter. Blue Zone research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.
- **Family First**—Successful centenarians in the blue zones put their families first. They tend to keep aging parents and grandparents in the home, commit to a life partner, and invest in their children with time and love.
- **Right Tribe**—The behaviors of our friends influence our own behaviors. Research shows that smoking, obesity, happiness, and even loneliness are contagious.



Pan Roasted Tilapia with Tomatillo Salsa

If you can't find tomatillos, you can use already made salsa verde and skip steps 2-6.

Ingredients:

- 1 pound tomatillos
- 1/2 cup onion, diced
- 2 serrano or other chiles, diced
- 3 cloves garlic, minced
- 3 teaspoons vegetable oil
- 1/4 teaspoon Kosher salt
- 1 tablespoon lime juice
- 1/4 cup cilantro, chopped
- 4, 4-ounce tilapia fillets, patted dry with paper towels

Directions:

1. Preheat oven to 450F.
2. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
3. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
4. Transfer the mixture to the blender; add the salt, lime juice, and cilantro and puree.
5. Heat two teaspoons oil in a skillet over high heat.
6. Put the tilapia fillets in the pan, waiting about 30 seconds between additions. Cook about 5–6 minutes, until golden brown on both sides.
7. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.

Recipe Facts

Amount Per Serving (1 fillet each)

Calories 198

Calories from Fat 63

% Daily Value*

Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Cholesterol 57mg	19%
Sodium 181mg	8%
Potassium 767mg	22%
Total Carbohydrates 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 25g	50%
Vitamin A	2%
Vitamin C	55%
Vitamin D	6%
Calcium	3%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.

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Yield: 4 servings



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What Can You Do With ... Black Beans?

Beans and plant proteins are the cornerstone of Blue Zone diets. Black beans have a great, meaty texture so they can be a good plant protein starting point for meat lovers. Need more of a reason to eat beans? January 6th is National Bean Day.

Shopping: Look for low sodium or no salt added canned black beans. You can also find dry black beans. Canned and dry beans will last for years so if you see them on sale, stock up if you can.

Storing: Store canned black beans in the pantry. Once opened, store any leftovers in the refrigerator in a different container. Dry black beans will store best in an airtight container.

Preparation: Rinse canned black beans thoroughly. This will help reduce the sodium content.

Cooking: Canned black beans don't need to be cooked. You can eat them cold in a salad, as the base of a veggie burger, or mixed into a burrito. To cook dry beans, soak them overnight. Drain. Then add beans to twice as much water as beans and bring to a boil. Cover, reduce heat, and let simmer for about an hour or to your desired consistency.

Nutrition: Like most plant proteins, black beans are a good source of protein and fiber. Black beans are an excellent source of folate, thiamin, and iron.

Fun Fact: Black beans are also known as turtle beans because of their hard shell prior to cooking.



Broccoli and Black Bean Quesadillas



Ingredients:

- 1 cup cooked black beans
- 1/4 cup salsa
- 1 cup grated cheese
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 4 8-inch tortillas

Directions:

1. In large mixing bowl, mash beans.
2. Drain salsa and add to beans. Add grated cheese.
3. Chop broccoli and add to beans.
4. Heat oil in frying pan on medium.
5. Lay tortilla flat on plate. Using 1/4 of bean mixture, fill half of tortilla, folding the other half over mixture.
6. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
7. Remove from pan and cut in half.
8. Repeat with remaining ingredients.

Yield: 8 servings

Recipe adapted from Cornell University Cooperative Extension of Suffolk County

How To: Prep Breakfast

Do you find yourself skipping breakfast because you're too busy? Are you distracted and hungry by mid-morning? Here are some make-ahead breakfast ideas to start your day on the right foot.

- **Overnight Oats**—This hearty, grain-based breakfast is easy, portable, and versatile. You make them the night before, store them in the fridge, and either eat them cold or after heating them in the microwave. All you need to do is combine: ½ cup plain rolled oats or quick oats and ½-1 cup milk of choice plus a pinch of salt. For extra flavor add your choice of add-ins: ½ cup cut fruit, 1-2 tablespoons nut butter, and/or a dash of cinnamon, nutmeg, or pie spice.
- **Egg Muffins**—Egg muffins or egg cups are a popular, protein packed breakfast to-go. Made in muffin tins, they can be refrigerated and reheated in the microwave. To make a dozen, combine 12 eggs, 1 cup of diced vegetables, 1/2 cup milk, and 1/2 cup shredded cheese. Bake at 375F for about 12 minutes.
- **Parfaits**—Another prep ahead, grab-and-go breakfast. Layer yogurt and fruit in a container. Top with granola or dry cereal. Store in the fridge overnight. In the morning, mix together and eat.



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**Everyone has a role in ending hunger
in our community. SM**

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January 2020

National Soup Month

New Year's Day

January 1

National Bean Day

January 6

National Curried Chicken Day

January 12

National Peanut Butter Day

January 24