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FOOD SAFETY TIP

Remember to wash your fresh produce before preparing or eating it. Most produce stays fresh longer if you wash right before preparation instead of when you get it home from a store.

Pantry Staple Meals

Having a few non-perishable items on hand can provide last minute meal options, help reduce unplanned trips to the grocery store, and give peace of mind during storms or bad flu seasons.

When possible, try to have foods from each of the following groups on hand:



- Grains (ex: rice, pasta, oatmeal)
- Dried or canned beans (ex: black beans, chickpeas)
- Tomato products (ex: pasta sauce, diced tomatoes)
- Canned soups or chili
- Peanut butter
- Garlic and onions
- Frozen or canned fruits and vegetables
- Root vegetables (ex: potatoes, carrots)

This variety of staples will allow you to make dishes like:

- Pasta, veggies, and sauce
- Beans, rice, and sautéed greens
- Fruit smoothies
- Oatmeal topped with berries
- Roasted vegetables with soup
- Veggie stir fry with rice

There are many more recipes that you can make from pantry staples on our recipe website, ClickNCook.org.



Nutrition Facts

Vegetarian Lentil Bolognese
Amount Per Serving

Calories 303

Calories from Fat 58

% Daily Value*

Total Fat 6.4g	10%
Saturated Fat 0.7g	4%
Polyunsaturated Fat 3.8g	
Monounsaturated Fat 1.4g	
Cholesterol 0mg	0%
Sodium 71mg	3%
Potassium 1188mg	34%
Total Carbohydrates 51g	17%
Dietary Fiber 11g	44%
Sugars 11g	
Protein 15g	30%
Vitamin A	223%
Vitamin C	36%
Vitamin D	0%
Calcium	7.8%
Iron	35%

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

Vegetarian Lentil Bolognese

This recipe is made from shelf stable ingredients and storage vegetables, meaning you can keep these ingredients on hand and have this recipe as a back-up any day. Lentils are a good source of protein so you don't need to worry about skipping the meat.

Ingredients:

- 1 tbsp vegetable oil
- 1 small onion minced
- 4 cloves garlic minced
- 2-3 medium carrots minced
- 2.5 cups low sodium tomato sauce
- 1 pinch red pepper flakes
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 cup water
- 3/4 cup red lentils

Directions:

1. Heat a large rimmed skillet over medium heat. Once hot, add oil, onion, and garlic. Sauté for 2-3 minutes, stirring frequently, until slightly softened.
2. Add carrots and stir. Cook for 3-4 minutes more, then add marinara sauce and stir.
3. Add red pepper flake, basil, oregano, water, and lentils. Bring mixture to a simmer, then reduce heat to low and continue cooking until lentils are tender - stirring occasionally - about 17-20 minutes. Add more water if mixture gets too thick.
4. Serve over pasta or steamed vegetables.

Makes 3 servings

LOOKING FOR RECIPE INSPIRATION?
Check out Click 'N Cook®,
our online recipe database
at ClickNCook.org



CLICK 'N COOK®

What Can You Do With ... Garlic?

Choosing: Choose garlic bulbs with dry skins and firm cloves. Store bulbs in a cool, dry place (not in the fridge).

Storing: Whole bulbs should last several months. Use individual cloves within 10 days.

Preparing: Separate the cloves you want to use from the bulb. Using the flat side of a large knife, press down on the cloves. This will loosen the papery skins so you can easily remove them. You can slice or mince the cloves with a knife. If you want pureed garlic you can put the peeled cloves into a plastic bag and smash them with a rolling pin.



Uses: Garlic is used as a way to add flavor to dishes. It is typically sautéed in a pan prior to adding the main ingredients. It can also be roasted, as an ingredient in dips, or used in a marinade.

Fun fact: Garlic can make your sweat and breath smell the next day. The compound that causes the strong smell of garlic is broken down in the body. The new compound that is made can't be digested and goes into the blood. It is then carried to the lungs and skin, where it leaves in breath or sweat.

Roasted Garlic

Roasting garlic reduces some of the bite while adding extra flavor. You can mash the roasted cloves and spread on bread, into mashed potatoes, or mixed into pasta dishes.

Ingredients:

- One or more whole heads of garlic
- Olive oil

Directions:

1. Preheat your oven (or toaster oven) to 400°F.
2. Keeping the head whole, remove the outer papery layers of the whole garlic bulb. Keep the skins of the individual cloves of garlic.
3. Using a sharp knife, cut off the top 1/4 to a 1/2 inch from the top of cloves.
4. Place the garlic heads on a baking pan, cut side up. Alternatively, use a muffin pan the garlic bulbs won't roll around.
5. Drizzle a few teaspoons of olive oil over each bulb.
6. Cover the top of each bulb with aluminum foil.
7. Bake at for 30-40 minutes, or until the cloves are lightly browned and feel soft.
8. Let the garlic cool off. Use a small knife to cut the skin slightly around each clove. Use a fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.



Anxiety, Stress, and Coping

Sudden changes in income, routines, safety, and diet can create stress and feelings of anxiety. Anxiety can cause people to sleep poorly, have stomach aches or nausea, change their eating patterns, be easy to anger, have a hard time concentrating, or turn to unhealthy habits to cope.

It is normal to be anxious. Here are a few tips from the CDC to help you support yourself and feel a little better.



- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about bad news repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy. Taking walks, going on hikes, and exercising at home are ways to get moving.
- Connect with others. Talk with people you trust about how you are feeling. Take this as an opportunity to catch-up with people you don't speak too as often as you'd like.



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

JOIN US ON



April 2020

National Garlic Month

National Peanut Butter and Jelly Day

April 2

National Empanada Day

April 8

National Rice Ball Day

April 19

National Raisin Day

April 30