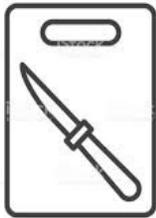


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FOOD SAFETY TIP



When **refrigerating** foods make sure to place raw meat in containers to prevent juices from dripping onto other foods. When **preparing** use one cutting board for raw meat and another one for fruits and vegetables (and make sure to wash your knife!). This will help to prevent cross-contamination.



National Public Health Week

The first week of April is Public Health Week! One of the goals of public health is to help the public reduce the risk of developing chronic diseases such as diabetes, heart diseases, and cancer. Adopting a healthier nutrition, food, and physical activity habits can help reduce the risk of these diseases.



How can you participate?

Set new health goals this year.

One could be increasing your consumption of fruits and vegetables. Include vegetables at every meal and try eating fruit as a snack. Incorporating fruits and vegetables into your life will help you live longer and stronger. Another goal you could consider is to try to stay active throughout the day. Physical activity helps improve mood, blood pressure and blood sugar levels.

One quick example on how to start making a healthier nutrition-focused change is: *Make 1/2 of your plate vegetables, 1/4 of your plate whole grains (ex: rice), and 1/4 lean protein (ex: chicken without skin or seafood)*

Vegetarian High Protein Food Sources

Did you know that protein is found in plants? Legumes such as black beans, chickpeas, kidney beans, and lentils are excellent sources of protein.

Nuts like peanuts, almonds, cashews, and seeds also provide protein. Nut butters like peanut butter or almond butter are useful spreads to use on breads or even as a dip for baby carrots to boost your protein intake.



You can increase your protein intake by including some at every meal. Nuts are great for a protein-packed snack. Dairy products like milk, yogurt, and cheese are protein-rich and common choices for breakfast. If you are not a big "meat eater", then beans are your best option to make sure you are not falling below protein recommendations. In fact, canned beans are packed with nutrients and are easy to incorporate at a meal- *just open, rinse, and serve!*

Turn to the next page for a recipe that uses a combination of beans and poultry to create a protein-rich dish

One Dish Rosemary Chicken and Navy Beans

Ingredients

- 2 teaspoons olive oil
- 1 1/2 teaspoons dried rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound chicken thighs, skinless
- 1 14.5-ounce can Navy beans, rinsed and drained.
- 1/4 cup pitted Kalamata olives, chopped
- 1 14-ounce can tomatoes, diced
- 1 2/3 cups water
- 1/8 teaspoon salt



Directions

1. Heat olive oil in a skillet over medium-high heat.
2. Combine rosemary, salt, and pepper. Sprinkle over one side of the chicken.
3. Place chicken in skillet, seasoned side down, and cook for 3 minutes.
4. Reduce heat to medium and turn the chicken. Add tomatoes and beans, cover and simmer 10 minutes or until chicken is done.
5. Stir in olives and serve.

Yield: 4 servings; 1 cup each

Recipe sourced from ClickNCook.org

Nutrition Facts

Amount Per Serving	
Calories 395	Calories from Fat 124
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 0.1g	
Polyunsaturated Fat 3.2g	
Monounsaturated Fat 7.1g	
Cholesterol 138mg	46%
Sodium 567mg	24%
Potassium 927mg	26%
Total Carbohydrates 33g	11%
Dietary Fiber 14g	56%
Sugars 2.9g	
Protein 37g	
Vitamin A	9.6%
Vitamin C	23%
Calcium	14%
Iron	26%

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

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



What Can You Do With ... Celery?

Choosing: Choose celery with straight, rigid stalks and fresh leaves. Celery should smell fresh. Avoid woody, brown, or limp stalks.

Storing: Store unwashed celery in a plastic bag in the refrigerator for up to 2 weeks.

Preparing: Rinse the stems thoroughly before preparing. Cut the root off the stem and throw away or save to add to stock. Cut into the desired lengths.

Cooking: Celery can be used either raw or cooked. Cooking methods include: microwaved, steamed, baked, or stir-fried.

Uses: Celery can be eaten in a variety of ways! Try raw celery sticks with a side of peanut butter or another flavorful dip. It can also be cooked with other vegetables to make a stew or used as an extra crunch in a salad.

Nutrition: One of the most important health benefits of celery is its anti-inflammatory and antioxidant properties. It is also a source of fiber, vitamin K, potassium and vitamin C.

Cooking fact: Studies have show that steaming celery for even as long as 10 minutes retains 83% to 99% of its antioxidants.



Tuna Veggie Antipasto

Ingredients

- 2 cups carrots, chopped
- 2 1/2 cups celery, chopped
- 1 5-ounce can tuna, packed in water, drained
- 1 15-ounce can beans, white, drained
- 2 tablespoons Parmesan cheese, grated
- 1/4 cup white vinegar
- 1 tablespoon vegetable oil
- 1/2 teaspoon dill, dried
- 1 teaspoon garlic, minced

Directions

1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.
2. Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables.
3. Drain and rinse beans. Break up tuna into smaller chunks.
4. Combine vegetables, beans and tuna; toss gently.
5. Marinate salad overnight to combine flavors.
6. Chill and serve as a light summer lunch or as a picnic side dish.

Yield: 6 servings; 1 cup each. Recipe sourced from ClickNCook.org

Nutrition Facts	
Amount Per Serving	
Calories 157	Calories from Fat 36
% Daily Value	
Total Fat 3.9g	6%
Saturated Fat 0.7g	4%
Trans Fat 0.1g	
Polyunsaturated Fat 1.9g	
Monounsaturated Fat 0.9g	
Cholesterol 12mg	4%
Sodium 455mg	19%
Potassium 523mg	15%
Total Carbohydrates 22g	7%
Dietary Fiber 5.5g	22%
Sugars 8.9g	
Protein 10g	
Vitamin A	186%
Vitamin C	9.8%
Calcium	8.9%
Iron	8.7%

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

Preparation Tip

Preserve the Nutrients in Your Veggies

Increasing vegetable intake is an excellent step towards improving your health. However, not many people know that the vitamins and minerals-the nutrients within veggies that help us stay healthy and strong- can sometimes be destroyed if the appropriate cooking method isn't used. Here are some tips on how to cook vegetables without destroying their natural vitamins and minerals:

- **Do not** overcook vegetables. Overcooking destroys nutrients and can lead to burnt or soggy vegetables.
- **Avoid** boiling vegetables. Many of the vitamins and minerals leak out into the water.
- Cook fresh or frozen vegetables only until tender, not longer. Use a microwave, oven, steamer, or wok.
- Sauté vegetables in a pan with a small amount of oil, water, or broth until tender-crisp.
- Keep cooking time, temperature, and the amount of liquid to a minimum.
- Cook vegetables whole to preserve nutrients or cut them into large uniform pieces that will cook evenly.



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April 2018

National Celery Month

National Fresh Tomato Day
April 6

National Raisin Day
April 30

National Egg Salad Week
April 17-23

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

JOIN US ON

