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## FOOD SAFETY

Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F.

## 2020-25 Dietary Guidelines for Americans

The U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) recently released the newest version of the Dietary Guidelines for Americans.

The Dietary Guidelines uses scientific evidence to make diet and nutrition recommendations to promote health and prevent disease in the general public. The information in the Dietary Guidelines is used to develop, implement, and evaluate Federal food, nutrition, and health policies and programs.



Similar to the 2015-2020 version, the guidelines recommend eating a balanced, nutrient-dense diet. The guidelines encourage people to eat more vegetables, fruits, legumes, whole grains, nuts, seafood, low-fat or nonfat dairy, and lean meat and poultry. Americans are advised to eat less saturated fat, sodium and alcohol, and to limit calorie intake and added sugars.

New this year is guidance for children under 2 and pregnant women. Here are some of those tips:

- Feed infants human milk for the first 6 months, if possible
- Introduce nutrient-dense complementary foods at 6 months
- Introduce potentially allergenic foods also around 6 months
- Introducing peanut-containing foods in the first year reduces the risk that an infant will develop a food allergy to peanuts
- Avoid added sugars for all children under 2
- Pregnant woman should try to consume between 8 and 12 oz of low mercury fish per week

If you are pregnant or have a child up to 5 and are struggling to eat enough nutritious food, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) may be for you. To find information on WIC in Massachusetts visit this website:

<https://www.mass.gov/wic-information-for-participants>

# Stuffed Red Peppers with Lentils, Beef and Mushrooms



## Ingredients

- 1 cup lentils dried and rinsed
- 2 tablespoons olive oil
- 8 mushrooms, chopped
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 lb lean beef, ground, cooked
- 1/2 teaspoon red pepper flakes (add more for heat)
- 1 8 oz can low sodium diced tomatoes with juice
- 6 bell pepper tops removed and scooped out
- 1/4 cup queso fresco (or cheese of choice)
- 1/4 cup fresh cilantro, chopped

## Directions

1. Preheat oven to 350 degrees.
2. Add lentils and 3 cups water to a medium pot.
3. Simmer for 20 minutes. Drain and set aside to cool.
4. In a large pan, heat olive oil. Add mushrooms and continue to cook for 5-7 minutes until soft.
5. Add onions and garlic and cook for another 3-4 minutes until soft.
6. Remove the onion mushroom mix from the pan and place in a bowl.
7. Using the same pan, add the ground beef and cook until browned.
8. Stir in the red pepper flakes and diced tomatoes with juice. Mix together and cook for 5 minutes.
9. Add the onion mushroom mixture and the cooked lentils to the pan and mix together.
10. Season with salt and pepper to taste.
11. Place bell peppers in a large baking dish. Scoop the filling into the bell peppers until full.
12. Place in the oven and roast for 25 minutes.
13. Remove the peppers from the oven and top with fresh cilantro and queso fresco..

*Makes 6 servings*

## Nutrition Facts

Stuffed Roasted Red Peppers with Lentils, Beef and Mushrooms  
Amount Per Serving

Calories 327 Calories from Fat 99

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
Cholesterol 53mg	18%
Sodium 148mg	6%
Potassium 926mg	26%
Total Carbohydrates 31g	10%
Dietary Fiber 7g	28%
Sugars 8g	
Protein 28g	56%
Vitamin A	24%
Vitamin C	178%
Vitamin D	0%
Calcium	8%
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](http://GBFB.org/clickncook)**



# What Can You Do With ... Canned Chicken?

Canned chunk chicken is a shelf-stable, fairly cheap way to keep protein on hand. Canned chicken is usually found right by the canned tuna.

*Choosing:* When possible, pick low sodium options. Choose cans that aren't severely dented.

*Storing:* Store at room temperature. Canned chicken can be eaten up to 5 years from the date on the can. Once the can is open, store any unused chicken in a separate container in the fridge for up to 5 days.

*Preparing and cooking:* Canned chicken is already cooked and shredded so preparing it is as simple as opening and draining the can.

*Uses:* Canned chicken is a quick way to add chicken into soups, stews, burritos or tacos. It can be a key ingredient in buffalo chicken dip or used in a chicken salad as shown below.

*Nutrition:* Canned chicken has a similar nutrient profile as fresh chicken—it's a great source of protein and B12. It does often have some salt added to it so look for low-sodium kinds or avoid adding any salt to it yourself.

## Chicken Salad With Peaches

### Ingredients

- 4 slices whole grain bread
- 1/2 cup cooked chicken diced (or canned chicken, drained)
- 1/2 cup peach slices drained and diced
- 1 small celery stalk
- 1/2 medium apple diced
- 1/4 small onion diced
- 1 1/2 tablespoons mayonnaise
- 1 tablespoon chopped walnuts (optional)

### Directions

1. Mix together the chicken, apples, peaches, celery, onion, walnuts and mayonnaise in a small bowl.
2. Spoon mixture evenly onto 2 slices of bread. Top each with a second bread slice and serve.



# How To Read a Recipe

- Recipes have two sections: a list of ingredients and a list of steps that teach the reader how to make the dish.
- The ingredients are always listed in order of use in the recipe. If you look at the recipe on page 2, you'll see that lentils are listed first in the ingredient list. They are also the first thing you use.
- It's always a good idea to read the recipe before you begin cooking.
- Reading the recipe before means you will know how long the recipe will take and if you need to do anything beforehand. Check to see if you need to marinate meat, chop or dice produce, or preheat the oven.
- There's no shame in looking up what a cooking term means. Recipes can be intimidating if you aren't sure what they are asking you to do. Look up a term to see if you can do it before giving up on the recipe.



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**Everyone has a role in ending hunger  
in our community. <sup>SM</sup>**

**National Soup Month**

**National Bean Day**

January 6

**National Milk Day**

January 11

**National New England Clam  
Chowder Day**

January 21