



IN THIS ISSUE

Chicken Kale Soup	2
What Can You Do With?	3
Fruity Oatmeal	3
What is Heart Healthy?	4

FOOD SAFETY

Do not rinse off your chicken before cooking. Ideally, defrost your chicken in the refrigerator.

American Heart Month

February is American Heart Month, a month to focus on heart health as a part of your regular routine. Heart disease is the leading cause of death in the US. This year, heart health is as important as ever. People with poor cardiovascular health are at an increased risk of worse outcomes if they get sick with COVID-19.



Here are 18 tips from the National Institute of Health's National Heart, Lung, and Blood Institute to move you towards a healthy heart:

1. Make a heart healthy snack.
2. Schedule your annual physical.
3. Get up and stretch during long periods of work.
4. Try to skip adding salt to your meals for one or two days this month.
5. Add an extra 15 minutes to your walks or start walking.
6. Get your blood pressure checked.
7. Try eating fruit instead of dessert.
8. Know your family health history.
9. Get up during commercial breaks and move around.
10. Aim for 7-8 hours of sleep each night.
11. Eat vegetarian one day this month.
12. Try taking the stairs or parking farther from the store.
13. See how many push-ups you can do in one minute. Try to improve next week.
14. Practice mindful meditation for 10 minutes a day.
15. Take dance breaks throughout the day.
16. Aim for filling half of your plate with fruits and vegetables.
17. Quit smoking.
18. Share a joke, video, or meme that makes you laugh.

Chicken Kale Soup



Nutrition Facts

Chicken Kale Soup

Amount Per Serving (1 1/2 cups each)

Calories 333

Calories from Fat 81

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 26mg	9%
Sodium 218mg	9%
Potassium 632mg	18%
Total Carbohydrates 52g	17%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 13g	26%
Vitamin A	52%
Vitamin C	66%
Vitamin D	6%
Calcium	12%
Iron	11%

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

Ingredients

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 2 medium carrot, chopped
- 1 teaspoon thyme, dried
- 2 cloves garlic, minced
- 4 cups chicken broth (or vegetable broth)
- 1 15-ounce can tomatoes, diced
- 1 cup chicken, boneless and skinless, cooked, cubed
- 1 cup rice, brown, cooked
- 2 cups kale, chopped

Directions

1. Heat oil in a medium saucepan over medium high heat.
2. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
3. Add thyme and garlic. Sauté for one more minute.
4. Add water or broth, tomatoes with their juice, cooked rice, chicken and kale.
5. Simmer for 5-10 minutes until heated through and serve warm.

Makes 4 servings

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



What Can You Do With ... Frozen Blueberries?

Frozen fruit is frozen at peak ripeness so it is tasty and full of vitamins and minerals.

Choosing: Look at the ingredients. Choose frozen blueberries that don't have any added sugar.

Storing: Store in the freezer. If defrosted, store for up to three days in the refrigerator.

Preparing: There's no need to wash store bought frozen blueberries before use.

Uses: Frozen blueberries are great for using in baked goods, smoothies, or as a topping on oatmeal, yogurt or pancakes. If using in baked goods, defrost first and drain any excess juice.

Nutrition: Blueberries can help reduce your risk of heart disease and lower your blood pressure. They are high in fiber, vitamin C, vitamin K, and manganese.



Fruity Homemade Oatmeal

Ingredients

- 3/4 cup rolled oats
- 1 cup frozen blueberries (or 1 apple, diced)
- 1/4 teaspoon cinnamon, ground
- 1 1/2 cups water

Directions

1. Put the water in the saucepan and bring to boil over medium heat.
2. Stir in oatmeal, blueberries or apples, and cinnamon.
3. Turn heat to low. Cook 5 minutes, stirring often.

Or, try in the microwave: Add all ingredients to a microwave safe bowl and heat on high for 2 minutes. Stir and cook for another 30 seconds, making sure it doesn't boil over. Stir, and continue cooking in 30 second increments until desired thickness.



What is 'Heart Healthy?'

Phrases like 'follow a heart healthy diet' or 'make a heart healthy snack' are hard to follow if you aren't sure what heart healthy means.



Here's how to move towards a heart healthy diet:

- Control your portions.
- Eat more fruits and vegetables.
- Choose whole grains instead of refined/white grains.
- Choose lean protein sources.
- Reduce your sodium intake.
- Limit unhealthy fats.
- Eat more nuts.
- Cut back on added sugars.

For more detailed guidance, look into the Dietary Approaches to Stop Hypertension (DASH) diet.

February 2021

70 South Bay Avenue
Boston, MA 02118
Phone: 617-427-5200
E-mail: nutrition@gbfb.org
www.gbfb.org

Written by:

Rachel Caty, MPH, RDN, LDN



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

Black History Month

American Heart Month

National PB&J Day

February 12

National Almond Day

February 16