

## American Heart Month and the DASH Diet

February is American Heart Month, a month to bring awareness to heart health. Heart disease is the leading cause of death in the US.

High blood pressure, or hypertension, is one risk factor for heart disease that you can control. The Dietary Approaches to Stop Hypertension (DASH) diet is a healthy eating plan designed to help treat or prevent high blood pressure. It emphasizes fruits, vegetables, and whole grains while limiting sodium, cholesterol, saturated fat, and sweets. The DASH diet has benefits beyond lowering blood pressure, making it an appropriate eating plan for most people.



Here are some recommendations, based on a 2,000 calorie diet, to help you get started:

- Grains: 6 to 8 servings a day. One serving is one slice of bread, 1oz dry cereal, or 1/2 cup cooked cereal, rice or pasta.
- Vegetables: 4 to 5 servings a day. One serving is 1 cup raw leafy green vegetable, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice.
- Fruits: 4 to 5 servings a day. One serving is one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/2 cup fruit juice.
- Fat-free or low-fat dairy products: 2 to 3 servings a day. One serving is 1 cup milk or yogurt, or 1 1/2 ounces cheese.
- Lean meats, poultry and fish: six 1-ounce servings or fewer a day. One serving is 1oz cooked meat, poultry or fish, or 1 egg.
- Nuts, seeds and legumes: 4 to 5 servings a week. One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons seeds, or 1/2 cup cooked legumes (dried beans or peas).
- Fats and oils: 2 to 3 servings a day. One serving is 1 teaspoon soft margarine, 1 teaspoon vegetable oil, 1 tablespoon mayonnaise or 2 tablespoons salad dressing.
- Sweets and added sugars: 5 servings or fewer a week. One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet, or 1 cup lemonade.

## Food Safety Tips

In the event of a power loss, keep refrigerator and freezer doors closed.

If the doors stay closed, food will stay safe for up to 4 hours in a refrigerator and 48 hours in a full freezer; 24 hours in a half-full freezer.



## Apply for SNAP Today

If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, to apply, or for support on your existing case.

CALL:  
(617) 598 5022  
OR VISIT:  
[GBFB.org/SNAP](http://GBFB.org/SNAP)

# Stuffed Roasted Peppers with Lentils, Beef and Mushrooms

Makes 6 servings, 1 pepper each



## 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.

## Nutrition Facts

Stuffed Roasted Red Peppers with Lentils, Beef and Mushrooms

Amount Per Serving

Calories 352	Calories from Fat 171
% Daily Value*	
<b>Total Fat</b> 19g	29%
Saturated Fat 6g	30%
Trans Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 71mg	24%
<b>Sodium</b> 176mg	7%
<b>Potassium</b> 840mg	24%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber 6g	24%
Sugars 6g	
<b>Protein</b> 27g	54%
Vitamin A	37%
Vitamin C	290%
Vitamin D	0%
Calcium	7%
Iron	25%

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

## LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at [clickncook.org](http://clickncook.org)

Recipe sourced from USA Pulses



## What can you do with: Cabbage



### February 17 is World Cabbage Day.

- **Choosing:** Choose cabbage heads that are dense and firm. It is okay if the outer leaves are dirty or wilted.
- **Storing:** Cabbage keeps well in a loosely sealed plastic bag in the refrigerator. A whole cabbage head will keep for about 2 weeks in the refrigerator and shredded cabbage will keep for 5-6 days.
- **Preparing:** Cabbage can be eaten raw or cooked and can be used in a variety of dishes.
- **Uses and Types:** Green cabbage has dark green outer leaves and pale to medium green inner leaves. Green cabbage has a mild flavor and crisp texture and makes a hearty coleslaw. Savoy cabbage has crinkly, thin leaves that are perfect for salads and coleslaw. Red cabbage is smaller and denser than green cabbage and has a slightly peppery taste. The leaves are a little tougher. Napa cabbage is oblong with thick stems and sweet, crunchy leaves. Napa cabbage is great in salads and stir-fries.
- **Nutrition:** Cabbage is a good source of fiber, folate, potassium, Vitamin C, and Vitamin K.

**A CLICK N' COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](http://CLICKNCOOK.ORG)

### Slaw with Bacon and Blue Cheese



#### Ingredients

- 1/2 small red onion
- 1 medium red cabbage
- 1 small red apple
- 3/4 cup chunky blue cheese dressing
- 2 tbsp lemon juice
- 4 slices bacon cooked
- 1/2 cup blue cheese, crumbles

#### Directions

1. Thinly slice the red onion. Soak in a small bowl of ice water 15 min.
2. Meanwhile, core and thinly slice the red cabbage and apple. Add both to a large bowl along with the dressing and lemon juice. Season with salt and pepper to taste. Toss until well combined.
3. Rinse and drain onion well and pat dry with paper towel. Add to cabbage and toss to combine. Cover and refrigerate. When ready to serve, crumble the bacon and gently fold into slaw along with the blue cheese crumbles.



## Gluten-Free Basics

Gluten is a protein found in wheat, barley, and rye.

About 1% of the population has celiac disease, an autoimmune reaction to gluten. Symptoms of celiac disease include stomach pain, diarrhea, and weight loss. In order to alleviate these symptoms and avoid causing damage to the small intestine, individuals with celiac disease should follow a gluten-free diet.

Some products are marketed as “gluten-free” but checking the ingredients is another good way to determine whether a food contains gluten.

There is a variety of naturally gluten free foods including:

- Beans, seeds, and nuts
- Fresh eggs
- Fresh meats, fish, and poultry (not breaded or marinated)
- Fruits and vegetables
- Most dairy products
- Several grains and starches such as amaranth, buckwheat, flax, quinoa, and rice
- Oats are naturally gluten-free but are often contaminated during the harvesting or processing stages. Many oats are labeled “gluten-free” if they are grown and processed separately.



**February 2022**

**Black History Month**

**National Cherry Month**

**National Snack Food Month**

February 2

**Kiwi Day**

February 6–February 12

**National Agriculture Week**

February 13–February 19

**Pancake Week**

February 17

**World Cabbage Day**

February 26

**World Pistachio Day**