

How to Build a Nutritious Plate

Building healthy habits can be easier than you think, and it can all start with what's on your plate!

The U.S. Department of Agriculture (USDA) has a free online tool designed to help you make smart food choices and determine what to put on your plate—including what to eat and how much to eat.

MyPlate is a plate graphic and accompanying app that helps you see how much you need from each food group!

MyPlate comprises five food categories, covering grains, vegetables, fruits, dairy, and protein.

The plate is divided into sections to aim for at each meal and includes approximately 30% grains, 30% vegetables, 20% fruits, and 20% protein. Dairy is a smaller portion and encompasses suggestions like a glass of low-fat/nonfat milk or a yogurt cup.

To build your MyPlate, follow these easy steps:

- Fill half your plate with whole, minimally processed fruits and vegetables.
- Next, have half your grains come from whole grains, such as whole wheat pasta or bread, brown rice, and oats.
- For the protein portion, aim for various protein sources in your diet, including seafood, meat, poultry, eggs, beans, nuts, seeds, and soy products.
- Choose a serving of dairy products, such as a glass of low-fat/nonfat milk.

Food Safety Tip

Many raw foods—notably poultry, meats, eggs, and unpasteurized milk—may be contaminated with disease-causing organisms. Thoroughly cooking these products will kill pathogens. If cooked chicken is still raw near the bone, put it back in the oven until it's done *all* the way through. Frozen meat, fish, and poultry must be thoroughly thawed before cooking.



If you need help with food, apply online for WIC today!

The Women, Infants, and Children (WIC) program provides monthly food benefits to pregnant women, postpartum women, and children under the age of 5 years. Apply online or contact your local WIC office for more information.

TO APPLY ONLINE,
VISIT:
mass.gov/forms/apply-forwic-online

Turkey Lettuce Wraps



What's better than one recipe covering multiple categories when building a nutritious plate? In just about 20 minutes, this turkey lettuce wrap will have you well on your way to meeting your daily protein and vegetable intake. This recipe is also customizable to your liking! Not a fan of group turkey? Try ground chicken instead!

Ingredients

- 1 tbsp olive oil
- 1 lb ground turkey
- 1/4 cup chopped onions
- 1 cup diced carrots
- 1 tbsp Hoisin sauce
- 2 tsp lime juice
- 2 tbsp reduced-sodium soy sauce
- 1 head iceberg lettuce
- 1/4 cup peanuts

Directions

1. Heat olive oil in a skillet over medium heat. Add the ground turkey, onion, and carrots. Cook for 10 min. until turkey is brown and carrots are tender, breaking up meat with a spoon or spatula.
2. Add the hoisin, lime juice, and soy sauce. Mix to combine.
3. Meanwhile, separate the lettuce leaves. Fill each lettuce leaf with turkey filling and top with peanuts.

Makes 4 servings

Nutrition Facts	
Turkey Lettuce Wraps	
Amount Per Serving	
Calories 428	Calories from Fat 252
	% Daily Value*
Total Fat 28g	43%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 12g	
Cholesterol 120mg	40%
Sodium 491mg	20%
Potassium 709mg	20%
Total Carbohydrates 13g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 33g	66%
Vitamin A	149%
Vitamin C	11%
Vitamin D	0%
Calcium	8%
Iron	18%

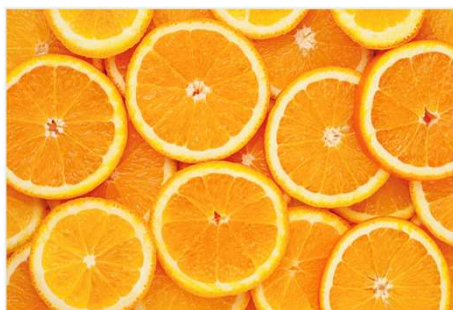
* Percent Daily Values are based on a 2000 calorie diet.

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Oranges



Choosing: Choose oranges that feel heavy for their size and have firm, finely textured skin. Skin color is not an indicator of flavor or ripeness.

Storing: Don't wash the oranges until before you eat them, as excess moisture will speed up the spoiling process. Store in the refrigerator to prolong the shelf life (up to 3-4 weeks).

Preparing: Peel and eat or cut the top and bottom of the orange with the knife, then slice off the skin on all sides of the orange before cutting into each slice and scooping the meat out.

Uses: Eat one by itself, add it to your favorite fruit salad, or bake it with fish such as salmon to add a bit of zest to a weeknight dinner!

Nutrition: One orange contains approximately 92% of your daily value (DV) of vitamin C, 9% DV of folate, and 5% DV of calcium and potassium.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Citrus Broiled Salmon



Ingredients

- 1 pound (4 4-ounce) salmon steaks
- 1/4 teaspoon salt
- 1 teaspoon red wine vinegar
- 2 medium lemons, cut into 1/4" round slices
- 1/4 cup green onion (scallions), sliced
- 1 teaspoon black pepper

Directions

1. Preheat broiler.
2. Season salmon with salt.
3. Broil salmon 10 minutes or until just done.
4. Remove steaks and sprinkle with vinegar.
5. Arrange lemon slices on top of the salmon and sprinkle with onions and pepper.
6. Broil another minute or two or until an inserted thermometer reads 145°F for 15 second.



Spotlight on Chickpeas: Health Benefits, Tips, and Recipes

Chickpeas — or garbanzo beans — are a great source of plant-based protein, complex carbohydrates, and dietary fiber, making them a filling, satisfying, and heart-healthy choice!

Chickpeas usually come prepared in two ways: canned or dried. Canned chickpeas are usually pre-cooked, and you can eat them straight out of the can or throw them on top of a salad for a great plant-based protein source! Just be sure to give them a good rinse before consuming them. Otherwise, you can turn canned chickpeas into a delicious hummus recipe that you can find on Click 'N Cook.

Dried chickpeas require a bit more preparation but are just as tasty! Dried chickpeas generally need to be soaked for about 8-12 hours before cooking and can easily be soaked overnight for preparation in the morning. Once the chickpeas are soaked, you'll need to rinse them, drain them, and add them to a pot. Cover the chickpeas with water and add about ½ teaspoon of salt. Bring to a boil, reduce the heat, cover them, and then cook them at a simmer until tender, about 90 minutes to 2 hours. Once the chickpeas are done, you can add them to a salad like this lemony kale and chickpea salad on Click 'N Cook.



May 2023

National Chocolate Parfait Day
May 1

National Enchilada Day
May 5

National Shrimp Day
May 9

National Hummus Day
May 13

National Chocolate Chip Day
May 15

National Barbecue Day
May 16