

HAPPY NATIONAL NUTRITION MONTH!

March is the month to celebrate healthy choices and accomplishments. Gearing up for Spring is the perfect time to look forward to a bountiful selection of seasonal produce. Cooking more is always a great way to control your own calories, carbohydrates, fat and salt. This month's newsletter covers all things for healthy, successful meals!

# march national nutrition month



## Smart Tips for Successful Meals

Investing in the right tools (list on the right) is the foundation to any kitchen. If you've seen a cooking demo, the most basic items you should always have is a big sturdy cutting board and a sharp knife. Although it's nice to have small appliances to do some chopping work, you can never go wrong with the basics.

## Keep a Well-Stocked Pantry

If you do not have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

### *Shelf Stable Products*

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as tomatoes, olives, artichoke hearts, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola, avocado oils
- Herbs and spices

### *Frozen Foods*

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries, pineapple and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood

## Invest in the Right Tools

- Chef knives
- Separate cutting boards for raw and cooked foods
- Baking sheets
- Roasting pans
- Stock pot
- Sauce pans
- Skillets (8in, 12in)
- Tongs and spatulas
- Slotted and mixing spoons
- Colander or strainer
- Mixing bowls in various sizes
- Measuring cups and spoons
- Vegetable peelers
- Potholders and towels

## Don't Stress

You do not need to be a master chef in order to whip up something tasty and nutritious. You can create healthy and tasty meals without a recipe.

For example:

- Pasta with sautéed veggies and baked fish
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa and whole grain toast

If you do not have an ingredient, try substituting with something similar:

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.
- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.
- Cauliflower can replace broccoli in casseroles and soups.

## Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.



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# Whole-Grain Veggie Burrito Bowl

## Ingredients

- 1 (3.5-ounce) bag boil-in-bag brown rice (such as Uncle Ben's)
- 2 tablespoons olive oil, divided
- 1 teaspoon ground cumin
- 3 garlic cloves, minced
- 3/4 teaspoon kosher salt, divided
- 1 (15-ounce) can unsalted black beans, undrained
- 1 tablespoon chopped chipotle chiles, canned in adobo sauce
- 1 cup chopped cherry or grape tomatoes
- 1/3 cup finely chopped onion
- 1/4 cup chopped fresh cilantro
- 1 1/2 tablespoons fresh lime juice, divided
- 1 jalapeno pepper, seeded and finely chopped
- 1 1/3 cups very thinly sliced red cabbage
- 3 ounces queso fresco, crumbled (about 3/4 cup)
- 1 ripe avocado, peeled and sliced



## How to Make It

1. Cook brown rice according to package directions. Drain. Heat a medium skillet over medium heat. Add 1 1/2 tablespoons olive oil to pan; swirl to coat. Add cumin and garlic; cook 1 1/2 minutes, stirring frequently. Stir in rice and 1/4 teaspoon salt.
2. Partially drain black beans. Place beans and remaining liquid in a small saucepan; stir in chipotle chiles and 1/4 teaspoon salt. Bring bean mixture to a boil; reduce heat, and simmer 5 minutes.
3. Combine remaining 1/4 teaspoon salt, tomatoes, onion, cilantro, 1 tablespoon lime juice, and jalapeño; toss to combine.
4. Combine remaining 1 1/2 teaspoons oil, remaining 1 1/2 teaspoons juice, and cabbage; toss well.
5. Divide rice mixture evenly among 4 shallow bowls. Divide bean mixture, tomato mixture, cabbage mixture, cheese, and avocado evenly over rice.

## Nutritional Information

Calories 380 Fat 18.1g Saffat 4.4g Monofat 9.6g Polyfat 1.6g Protein 13g Carbohydrate 44g Fiber 10g Cholesterol 15mg Iron 3mg Sodium 586mg Calcium 201mg Sugars 4g Est. added sugars 0g

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