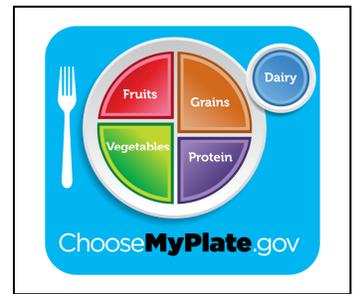




## "Bits and Bites"

March 2017

### NATIONAL NUTRITION MONTH



**Building a healthy plate is easy when you make half your plate fruits and vegetables. Make 2 cups of fruit and 2  $\frac{1}{2}$  cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.**

**Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana. Add fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.**

**Use veggies as pizza toppings. Try broccoli, spinach, peppers, tomatoes, mushrooms and zucchini.**

**Make a veggie wrap with roasted veggies and low-fat cheese rolled in a whole-wheat tortilla.**

**Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.**

**Grill vegetable kabobs packed with tomatoes, green/red peppers, mushrooms and onions.**

**Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.**

**Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.**

**Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.**

**Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.**

**Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts or fruit.**

**Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.**

**Brought to you by the Rural Health Education Network  
of Schoharie, Otsego, and Montgomery Counties**



## Quotes of the Month ...

**"The wise man should consider that health is the greatest of human blessings. Let food be your medicine."**



## Recipe for the Month

### Shepherd's Pie

**Shepherd's pie with a cauliflower topping instead of the traditional potato topping**

**Serves: 6+    Prep time: 20 mins    Cook time 30 mins    Total time 50 mins**

#### Ingredients

- 2 (or more) pounds of ground beef, turkey or other meat
- 2-3 heads of cauliflower or 3-4 bags of frozen cauliflower
- 1 bag of frozen mixed veggies (no corn! It's not a veggie!)
- 1-2 onions
- 1 egg
- 1 teaspoon each of basil, garlic, salt, pepper, oregano and a little cayenne
- 3-4 Tablespoons of butter
- 4 ounces of cream cheese (optional)
- Cheese to top (optional)

#### Instructions

1. Brown meat in large skillet and season to taste when cooked. Set aside.
2. Saute diced onion in skillet until somewhat soft. Set aside with meat.
3. Pour mixed veggies in the skillet to heat on low heat and in the meantime...
4. In large pot, boil several cups of water. Add cauliflower, cover, and cook until soft enough to mash.
5. Remove the pot from the heat, pour off the water, and add butter and cream cheese to the pot.
6. Add spices and mash. (I use a hand blender to make it really smooth).
7. Mixed veggies should be cooked by now.
8. Mix the meat, onions mixed veggies, raw egg and any additional seasonings and put in bottom of 9x13 baking dish.
9. Spread mashed cauliflower mixture over it until smooth.
10. Bake at 350 for approximately 30 minutes.
11. Add cheese and bake 5 additional minutes (optional).
12. Serve warm (or reheat later).

Source: Wellness Mama

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