

Peas and Carrots



Winter Edition M12--PY08

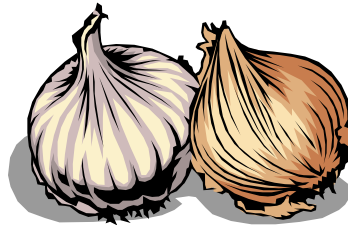
Whole Grain Goodness

Whole grains have recently gained publicity as being a healthy food. This is news for certain people but not for others. Some people grew up eating whole grains like oatmeal, shredded wheat, popcorn, and whole-grain bread because they “stuck to your ribs” and tasted good, rather than for their specific health benefits. Today, more people are aware that everyone can benefit from these healthy and delicious foods.

U.S. Dietary Guidelines recommend eating three daily servings of whole grains for a total of 48 grams a day. Most Americans do not eat nearly enough to satisfy that requirement. Fortunately, the buzz surrounding whole grains has spurred increased manufacturing of whole-grain cereals, breads, pasta, cookies, bagels, tortillas, and other types of foods. Types of whole grains include whole wheat kernels, barley, brown rice (including instant), oats and oatmeal, popcorn, wheat berries, wild rice, buckwheat, kasha, and quinoa. Be sure to read ingredient labels as the first ingredient of a whole-grain food must have the word “whole” in it, such as whole wheat, whole oats, or whole barley.

Benefits of eating whole grains include weight control and decreased risk of colon cancer, diabetes, heart disease, and blood pressure.

<http://allrecipes.com/HowTo/Hooked-on-Whole-Grains/Detail.aspx>



Tin Can Chili

This chili is low fat, high in fiber and loaded with lycopene!

1 can kidney beans, drained and rinsed
1 can black beans, drained and rinsed
1 large can petite diced tomatoes, NOT drained
1 can tomato puree
1 jar salsa
chili powder to taste

Optional Ingredients:

1 pound ground sirloin or lean ground beef, drained
dried or fresh chopped onions to taste
garlic powder to taste

If including sirloin or ground beef, brown meat until no longer pink then drain off any grease. Mix all ingredients in a large pot and let simmer for about one hour, stirring occasionally. Makes 6-8 servings but can be cut down by using only petite tomatoes and leaving out the tomato puree. You can also make a full batch and then freeze the remaining chili for later.



*“People
helping people
help
themselves”*

“Peas & Carrots” is created and developed by the
Indiana Family & Social Services Administration, Division of Aging

Bean Basics

Beans pack a big punch into a tiny package. They are high in protein, fiber, calcium, potassium and iron and can also lower cholesterol, reduce the risk of cancer and protect against ulcers. They are easy to prepare and a cheap and healthy way to eat.

You can either buy bulk beans or canned beans. You will find a large selection of bulk beans at health food or ethnic grocery stores. Buying beans this way gives you the most control over how your beans are cooked. Although canned beans offer the convenience of being fully cooked and ready to add to any recipe, they usually already contain salt and other spices or seasonings.

If you buy beans in bulk, you will need to soak them prior to cooking. For the best results, you will want to soak them overnight; but if you are pressed for time, you can do a quick soak about an hour beforehand. For a full soak, rinse beans in cold water, picking out any shrunken ones as well as pebbles or grass. Place in a pot with at least three cups of water for every cup of beans and refrigerate overnight. Discard any beans that float to the top. For a quick soak, rinse and pick through beans, then place them in a pot with enough cold water to cover them by two inches. Bring water to a boil, cap the pot with a snug-fitting lid, remove from heat and let sit for one hour. You can either keep the cooking water and proceed with your recipe or you can drain the beans and start again with fresh water.

<http://allrecipes.com/HowTo/Bean-Basics/Detail.aspx>

FIND THE FRUITS AND VEGGIES

R	D	P	F	M	S	G	R	F	K	R	S	D	M	Y
C	C	H	L	K	T	O	C	N	K	S	T	T	A	O
O	S	C	J	Y	W	R	I	Y	S	A	U	C	N	W
O	T	A	T	O	P	T	E	E	W	S	O	E	D	A
O	T	N	F	H	V	E	A	P	C	C	R	L	A	F
P	D	I	W	E	G	A	E	H	A	G	P	E	R	C
R	G	P	U	A	N	A	T	U	W	A	S	R	I	Q
G	F	S	B	R	R	N	L	O	Q	X	S	Y	N	X
T	G	B	P	S	F	I	E	H	P	F	L	E	O	H
I	A	C	I	J	F	E	P	L	X	A	E	X	R	L
C	K	V	Z	L	A	G	P	R	P	C	S	P	A	F
M	A	V	O	C	A	D	O	A	W	C	S	M	N	P
F	L	W	O	J	E	W	S	U	R	O	U	D	G	U
C	E	B	P	U	H	H	Q	N	N	G	R	J	E	J
R	Y	X	M	I	H	N	A	V	S	R	B	P	S	G

Avocado
Brussels Sprouts
Cabbage
Cauliflower
Celery
Fennel

Grapefruit
Mandarin Oranges
Pears
Spinach
Sweet Potato



**"Why not go out on a limb?
Isn't that where the fruit is?"
— Frank Scully**