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**Kitchen Table Chat:**

I am greeting everyone from the kitchen table of my home. I suppose all of you are finding comfortable work spaces at home to learn. I encourage you to use this time outside of school to get more acquainted with your kitchen. Spend some ample time shopping your pantry, fridge, and freezer to create some snacks or meals with your family. One of the best ways we can save time and energy is meal planning. This week our newsletter will consist of tools to help you plan a snack or meal, and how to plan a weekly meal. It does not have to be complicated and you already have plenty of tools at your disposal. If you have a parent or guardian that already prepares meals that would be a good place to start. If not this will help guide you to make some nutritious decisions throughout your week and beyond.

**Meal Planning Using MyPlate**

Try to include at least three of the five food groups in your meal.

Use MyPlate as a guide to what you should be eating and how much should go on your plate.

Since we are social distancing and staying home as much as possible. Write down a shopping list that utilizes ingredients from your pantry, fridge, or freezer rather than going to the store. Take this time to be thrifty and creative with ingredients.

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

— Ann Wigmore

**Spilling the Beans on Beans and Peas**

Beans and peas are special in that they can be classified as both a protein and a vegetable. They are typically placed in the category of plant proteins for the amount of protein and other essential nutrients like iron and zinc that they provide to the body. But they can also be counted as a vegetable because of the great source of dietary fiber and nutrients like folate and potassium they can provide.

So whatever your needs utilize beans, peas, and other legumes in your meals to get Protein and Vegetables on your plate.

Not only are they healthy for you, but these are typically a food staple in any household. Whether canned or dried.

Bean me up Scotty!

**Arachibutyrophobia** is the fear of getting peanut butter stuck to the roof of your mouth.
BREAKING DOWN RECIPES

3-Can Chili

Makes: 4 servings (1/4 cup per serving)
Preparation Time: 5 minutes

Directions:
1. Collect all the ingredients.
2. Pour the beans with liquid, drained corn, and tomatoes with liquid in a large pot over medium heat. Add a small amount of chili powder, and stir to mix.
3. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
4. Taste to determine if you want to add more chili powder.
5. Serve hot, with additional cheese if desired.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Try adding garlic powder, chopped, cooked onions, chopped green or red bell pepper in step #5 of the recipe.

Example

Things to remember when planning a meal:

Does the recipe provide enough servings for your family size?

How many servings does this recipe provide?

How much is one serving?

What are some optional items that can be added to this recipe?
Food Trivia:

In what country would you find shish kebab as an everyday food?

- Chile
- China
- Pilau
- Turkey

Beets grown on vines: Fact or Fiction

- Broccoli and cauliflower are types of cabbage: Fact or Fiction
- All true grains are grass: True or False

Nutrition Fun:

Complete the crossword puzzle below:

Across
1. This mineral carries oxygen through the blood.
2. What should we do before preparing foods?
3. Important to include in planning meals?
4. You find this when you go shopping?
5. Orane and Peas are an example of?
6. This food group has two categories plant and animal.
7. This is the official state fruit of Alaska.
8. This is how many times we can get a portion from a recipe?
9. This mineral is also considered an electrolyte. Eating a banana can give you lots of this.
10. What is the best way to fight COVID19?

Down
1. This item tells us how many times we can get a portion from a recipe?
2. This mineral is also considered an electrolyte. Eating a banana can give you lots of this.
3. What is the best way to fight COVID19?
4. This is how many times we can get a portion from a recipe?
5. This mineral is also considered an electrolyte. Eating a banana can give you lots of this.
6. This is how many times we can get a portion from a recipe?
7. This mineral is also considered an electrolyte. Eating a banana can give you lots of this.
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10. This is how many times we can get a portion from a recipe?

Rise and Shine Cobbler:

Ingredients:
- 1 cup peaches (canned, drained and sliced)
- 1 cup pear halves (canned, drained and sliced)
- 6 prunes (pitted, each cut in half)
- 1/4 teaspoon vanilla extract
- 1 orange

Directions:
1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Recipe Source: California Department of Health Services, Kids...Get Cooking! California Children's 5-a-Day Power Play Campaign via MyPlate Kitchen

People who love to eat are always the best people.

Julia Child