



# Family Nutrition In Action

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## Add Flavor: Small Changes for a Big Difference

*"Enjoy the Taste of Eating Right"* with some of these simple tips to enhance the flavor of your favorite foods!

- **Smoky:** Grill or roast vegetables in a very hot (450°F) oven or grill for a sweet, smoky flavor. Lightly oil and sprinkle with herbs.
- **Savory:** Add mushrooms to salads, soups, sandwiches, and stir fry.
- **Sweet:** Try adding snap peas, bell peppers, sweet potatoes and corn to your dishes.
- **Tangy:** Squeeze lemon, lime or orange over any food.
- **Spicy:** Add a dash of hot pepper sauce, fresh jalapeños, or chipotle peppers

SOURCE: EATRIGHT.ORG



For more information, contact your local County Extension Office:



## ENJOY THE TASTE OF EATING RIGHT

When people choose what to eat, foods that we enjoy are the ones we eat the most. It is tempting to prepare healthy foods your family likes over and over again but there are many more to try! This March, during National Nutrition Month®, try new flavors and food combinations to *"Enjoy the Taste of Eating Right."*

Try some of these easy tips to enjoy foods that are tasty and good for you and your family!

### At the Grocery Store

Buy one new fruit, vegetable or whole grain to try each week. If you let your child pick out the new food item, they will be more likely to try it! To save money, look for foods that are on sale or have coupons available.

### Eating out

Try a restaurant that prepares dishes from around the world. If you dine at the same restaurant, mix up your meal routine and try a new menu item.

### Cooking at home

Change your routine and grill or roast the vegetables you typically steam. Mash the potatoes you often bake. Sauté or grill the chicken you always fry.

Make your favorite meals taste even better. Try fresh ginger or oregano on chicken. Sprinkle curry powder or dill on fish. Cinnamon tastes great on carrots. Add garlic powder or parsley to potatoes.

Use oregano for Italian cooking, curry for Indian dishes and cilantro or cumin for Mexican recipes.

## THE CORNER STORE

### OATS

To make half your grains whole each day, oats are great to add to any meal. They have a sweet flavor and contain B vitamins, iron, and fiber. Oats are higher in protein and healthy fats, and lower in carbohydrates, than most other whole grains.

#### HOW TO BUY:

- Old-fashioned rolled oats are whole oats that are rolled flat.
- Quick oats are also rolled oats but have been ground to allow for faster cooking.
- Steel-cut oats are whole raw oats, cut into smaller pieces (looks similar to a grain of rice).

#### MEAL IDEAS:

- Enjoy granola with fruit and low-fat or fat-free yogurt for a parfait.
- Mix oats, milk and spices together and store in the fridge overnight. Oatmeal will be waiting for you in the morning. Just heat and eat!
- Try adding oats to meatballs or using oats as a crust for chicken or fish.
- Oats taste great in sweet treats, such as a crunchy fruit cobbler, oat muffins, or oatmeal raisin cookies.

#### STORAGE:

- Store oats in sealed containers up to 1 month.
- Refrigerate oats for 1 to 3 months or store in the freezer.

SOURCE: WHOLE GRAIN COUNCIL, UNIVERSITY OF ILLINOIS EXTENSION, NORTH DAKOTA STATE EXTENSION



## Oatmeal Pancakes

Serving size: 8

#### Nutrition Facts:

per serving  
Calories: 200  
Fat: 9 g  
Carbohydrates: 24g  
Sodium: 240mg  
Fiber: 1 g

- 1 1/2 cup skim milk
- 1 cup rolled oats
- 1/4 cup oil
- 2 eggs
- 1 cup flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon or nutmeg (Optional)

1. Combine milk and oats in a medium bowl; Let sit for 5 minutes.
2. Add oil and eggs; Mix well.
3. Stir in flour, sugar, baking powder, cinnamon or nutmeg, and salt. Stir the flour mixture into rolled oat mixture.
4. Cook pancakes in a nonstick skillet until golden brown on both sides.
5. Serve with fresh fruit on top.

SOURCE: UNIVERSITY OF ILLINOIS EXTENSION

### Give your Oatmeal a Taste-lift!

- ◆ Banana Chocolate Chip Oatmeal:  
Add sliced bananas and a few chocolate chips.
- ◆ Tropical Oatmeal:  
Add shredded coconut, dried or fresh pineapple and mango.
- ◆ Apple Pecan Pie Oatmeal:  
Add cinnamon, vanilla extract, chopped pecans, and diced apples.



**UF** | **IFAS Extension** *The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.*

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