

Did You Know?

January is the Month to Celebrate:
Martin Luther King Jr. Day– 16th
Chinese New Year– 23rd
Oatmeal Month
Slow Cooking Month

Happy New Year!

Start the New Year off right with a warm bowl of oatmeal!

January is National Oatmeal Month! Not only are oats a whole grain, they are very easy to make!

Oats are a great source of B vitamins, Vitamin E, calcium, magnesium, zinc, and fiber!

Since oats contain fiber, they are an excellent choice for breakfast to help you stay full until your next meal!

Enjoy oatmeal as a hot cereal or use oats in recipes such as oatmeal pancakes, oatmeal cookies, granola etc.



Top your warm oatmeal (made with either low fat milk or water) with your favorite fresh/dried fruits and/or sliced/chopped nuts.

Sprinkle a little brown sugar and/or cinnamon on top. Mix it all together and enjoy!



FRUIT OF THE MONTH

Clementines



VEGETABLE OF THE MONTH



Carrots

HEALTHY FACTS

Clementines are easy to peel and are packed with Vitamin C and fiber!

Did you know: Clementines are seedless and are made up of 14 wedges!

Carrots are an excellent source of Vitamin A, which is necessary for healthy eyesight and skin.

Did you know: Carrots are not always orange, they can be found as purple, white, red or yellow!

A COMPLETE LUNCH INCLUDES:

PROTEIN, GRAINS
FRUIT, VEGETABLE

LOW FAT MILK

Take All 5!

RIDDLE ME THIS...

I am a vegetable that is good for your eyesight. I grow under the ground and have a green top. What am I?

©2011

Celebrate National Slow Cooking Month!

Dinner time during the cold winter months calls for a meal that fills and warms you up.

January is the perfect month to experiment with different recipes in the slow cooker to create one-pot wonders. Slow cookers do all the work, while you enjoy all the results. You can cook a variety of meals such as stews, soups, casseroles, chili etc.

Check out the Recipe Corner for a Chicken and Sweet Potato Stew recipe.

RECIPE CORNER CHICKEN & SWEET POTATO STEW— 6 SERVINGS

Ingredients:

- 6 bone-in chicken thighs, skin removed, trimmed of fat
- 2 pounds sweet potatoes, peeled and cut into spears
- 1/2 pound white button mushrooms, thinly sliced
- 1 cup dry white wine
- 2 tsp chopped fresh rosemary, or 1/2 tsp dried rosemary, crushed
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 1 1/2 TBSP white-wine vinegar

Directions: Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 1 month.

SOURCE: Eatingwell.com