

February 2013

Nutrition Education Project



Have a Heart Healthy Valentine's Day!



Happy Valentine's Day!

February is a month full of fun activities - we celebrate Valentine's Day, American Heart Month and Physical Activity Month. Read the tips and recipes below for inspiration to make your month healthy, delicious and nutritious!

Celebrate Valentine's Day with fresh, delicious fruits and vegetables

Leave the candy out of Valentine's Day this year and send "heart healthy" snacks with your child for classroom parties:

 Friendship Fruit Salad: Toss together blood oranges, peeled sections of red and pink grapefruit, red grapes, red apple slices, strawberries, pomegranates, dried cranberries, or other red fruit

 Friendship Veggie Plate: Toss together hearts of romaine, sliced red peppers, radishes, artichoke hearts, hearts of palm, beets and tomatoes

 Valentine's Day Kabobs: Alternate red fruit or vegetable pieces with cubes of skim milk mozzarella cheese on a tooth pick or skewer

 Edible Valentines: Spread a whole wheat tortilla with low-fat cream cheese and decorate with dried cranberries, raisins, dried coconut, strawberries

 Pink Valentine Punch: Mix seltzer with a splash of cranberry juice and a sprinkling of frozen raspberries

Celebrate by doing heart healthy physical activities with your family!

 Put on some music and dance around the house

 Walk around the yard or neighborhood

 Vacuum the house or wash the windows

Pink Party Salad

of servings: 6

Ingredients:

4 potatoes - washed and cut in half
3 cups beets- cooked, peeled and cut small
1 cup peas, green, fresh or frozen
3 eggs, hard boiled
1 apple
1 Teaspoon lemon juice
2 Tablespoons olive-oil
3 Tablespoons vinegar
1 Tablespoon sugar



Instructions:

1. Boil the potatoes in 2 cups of water in a large pot. Cover and cook over medium heat for about 20 minutes, until the potatoes are tender.
2. When cool, cut potatoes in small pieces and place in a big bowl.
3. Add beets and mix with the potatoes.
4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop 2 eggs and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar.
8. Mix, chill and serve.

Nutrition information per serving:
Calories 140, Carbohydrate 22g,
Dietary Fiber 6g, Protein 5g
Recipe Source: SNAP-Ed