



# Nutrition News March 2020



## It's National Nutrition Month®! Eat Right, Bite by Bite

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bites!) of nutrition is a step in the right direction. Remember! Small changes, keep things simple, and don't change everything at once. Here are some simple ways to start.

**Set healthy, realistic goals.** You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

**Know when you have had enough to eat.** Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters, slow down and give your brain a chance to get the word.

**Get a personalized eating plan.**

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for a plan that will give you the amounts of each food group you need daily. If you have special nutrition needs, consult a registered dietitian nutritionist for a customized plan.



## What's In Season?

Artichokes, Avocados, Broccoli, Chives, Citrus, Horseradish, Kiwi, Mango, Morels, Mushrooms, Parsnips, Pears, Pineapple, Radicchio, Sweet Onion, Sprouts, and Turnips.

## One Pan Mexican Quinoa

Servings: 4

Ingredients:

- 1 Tbsp Olive Oil
- 2 Cloves Garlic, Minced
- 1 Jalapeño, Minced
- 1 Cup Vegetable Broth
- 1 Can (15 oz) Black Beans
- 1 Can (14.5 oz) Fire-Roasted Diced Tomatoes
- 1 Cup Corn Kernels, Frozen, Canned or Roasted
- 1 Tsp Chili Powder
- 1/2 Tsp Cumin
- Kosher Salt and Black Pepper, to Taste
- 1 Avocado, Halved, Seeded, Peeled and Diced
- 1 Lime, Juiced
- 2 Tbsp Cilantro, Chopped



Directions:

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeño, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
3. Serve immediately.

<https://www.yummly.com/recipe/One-Pan-Mexican-Quinoa->

## Quinoa Fun Facts

Quinoa is pronounced KEEN-wah. It is classified as a whole grain but is basically a seed. It is a relative of spinach, beets, and chard. It is grown for its edible seeds rich in protein, dietary fiber, B vitamins, and manganese, phosphorus, magnesium, and folate. It is prepared and eaten similar to rice. Quinoa has been cultivated for about 5,000 years and is native to South America.



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