

Chartbusters Menu- Messages 2010-11

September

Eat peaches for energy! Besides being a good source of vitamins A and C, this super sweet fruit fuels your body with potassium, fiber, and some energy releasing B vitamins.

Try Peaches:

- On top of your breakfast cereal
- Stewed with a little brown sugar and cinnamon- a great topping for pancakes, waffles, and French toast
- As a sweet satisfying snack
- In a fruit crisp or cobbler

Peaches can be combined with savory ingredients like onions, jalapeno peppers, garlic, and ginger to make peach chutney- a flavorful condiment for roasted meats.

October

Look good- eat tomatoes! They are high in vitamins A and C which are important for healthy looking skin.

Try Tomatoes:

- Plain raw
- Marinated
- Stewed
- Grilled
- Roasted

For a tasty salsa snack at home, chop up a fresh tomato and put it in a small bowl. Mix in a little garlic powder, onion powder, dried parsley, and lemon or lime juice. Enjoy with baked corn chips.

November

Be strong- eat broccoli! Broccoli contains several nutrients important for strong bones, including vitamins C and K, calcium, iron, magnesium, and potassium.

Try Broccoli:

- Dipped raw into light dressing or dip
- Chopped in a healthy green salad
- Added to pasta, casseroles, or stir-fry dishes
- As a tasty pizza topping
- Steamed, boiled, or sautéed as a colorful side dish

For a quick and easy after school snack, top a toasted whole grain bagel or English muffin half with a little tomato sauce, shredded part skim cheese, and raw or frozen chopped broccoli. Heat in a microwave oven until the cheese is melted.

December

Choose sweet potatoes for a nutrient packed energy boost. They're loaded with complex carbohydrates and fiber, and provide a great source of vitamins A, C, and B6.

Try eating sweet potatoes in ways you might typically enjoy white potatoes:

- Baked whole in their skin
- Baked sweet potato fries
- Boiled
- Mashed

Desserts made with sweet potatoes are autumn favorites but can be enjoyed year round as a special occasional treat. Try making sweet potato pie, bread, muffins, or pudding.

January

Keep healthy- eat oranges! One orange or ½ cup of orange juice provides you with a full day's supply of vitamin C- a nutrient important for your immune system.

Try Oranges:

- As a handy snack- just peel and enjoy!
- Cut up in salads
- Drink the juice
- A colorful plate garnish with a refreshing taste

To make a tasty dressing for salads or cooked veggies, pour equal amounts of orange juice and oil in small jar. Add a pinch or two of salt-free seasonings like pepper, onion powder, and chili powder, and shake it up. Keep refrigerated until ready to use.

February

A little bit of carrot packs a real vitamin A punch. If you garnish your food with just 2 tablespoons of fresh shredded carrot, you'll get 1/3 of your daily requirement for this important nutrient.

Try Carrots:

- Dipped raw into light dressing or dip
- Oven roasted carrot sticks or baby carrots instead of French fries
- Add shredded carrots to salads, sandwiches, or as a garnish for tacos
- Steamed or boiled, and sprinkled with your favorite salt-free seasoning

You can enjoy sweet, crunchy carrots at breakfast too! Try dipping them in peanut butter or low fat vanilla yogurt with your morning meal.

March

Jump start your metabolism with a breakfast including nutritious whole grains. Hot hearty oatmeal, cold whole grain cereal, and whole wheat pancakes, waffles, and French toast are excellent choices to give you plenty complex carbohydrates, fiber, and other nutrients you need for sustainable energy.

For Whole Wheat Options Try:

- Baked corn chips
- Barley
- Brown rice
- Corn tortillas
- Oats
- Popcorn
- Whole grain cereal
- Whole wheat bread, bagels, and rolls
- Whole wheat pancakes, waffles, and French toast
- Whole wheat pasta
- Whole wheat pasta
- Whole wheat pizza crust

For a healthy diet, make half your grains whole.

April

Garbanzo beans, also known as chick peas, are high in protein, complex carbohydrates, iron, and fiber- a winning combination if you're looking for a satisfying energy food.

Try Garbanzo Beans:

- In a salad
- In place of meat in a casserole or stew
- In hummus dip with fresh veggies or whole wheat crackers or pita bread
- Cooked, ground, shaped into balls, and fried as "falafel"

In India, unripe chickpeas are often picked out the pod and eaten raw as a snack and the leaves are eaten as a green vegetable in salads.

May

Looking for a food to give you sustainable energy? Go for red beans, they're packed with complex carbohydrates, fiber, protein, iron, and magnesium.

Try Red Beans:

- In salads
- Added to soups and casseroles
- In chili, tacos, or burritos
- Red beans and rice

You can make an easy bean dip by putting equal amounts of refried beans, shredded low fat cheddar cheese, and salsa in a microwave safe bowl. Heat on high until hot and the cheese is melted. Stir and enjoy with baked corn chips.

June

Eat more dark green vegetables like collards! They're packed with nutrients like vitamins A, C, and K, and folate to keep you looking and feeling good.

Try Collard Greens:

- Boiled and drizzled with olive oil and lemon juice
- Steamed with black-eyed peas and brown rice for a Southern inspired meal
- Sautéed with garlic and crushed chili peppers
- Fresh raw chopped added to a salad

In Brazil and Portugal, collards are commonly eaten in soup or as a side dish sautéed with oil, garlic, and onion.