

NUTRITION To Go

Loaves & Fishes



FOOD PANTRY

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Si necesitas ayuda más de dos veces al mes, por favor visita <https://foodfinder.brafb.org>



The Benefits of Breakfast

A balanced breakfast, including protein, fats and moderate carbohydrates, helps keep your blood sugar levels stable throughout the morning and may prevent mood swings that come with blood sugar changes. People who eat breakfast also tend to have lower blood pressure and cholesterol! We hope these easy, quick prep breakfast recipes can help you fit breakfast in on those busy school/work mornings! Let us know if you try them!

Los beneficios del desayuno

Un desayuno balanceado, que incluya proteínas, grasas y carbohidratos moderados, ayuda a mantener sus niveles de azúcar en la sangre estables durante toda la mañana y puede prevenir los cambios de humor que vienen con los cambios de azúcar en la sangre. ¡Las personas que desayunan también tienden a tener presión arterial y colesterol más bajos! ¡Esperamos que estas recetas de desayuno fáciles y rápidas puedan ayudarlo a encajar el desayuno en esas mañanas ocupadas de la escuela / trabajo! ¡Háganos saber si los prueba!

Sheet Pan Eggs

Serves 8

Ingredients:

12 eggs
1/2 cup milk
salt, to taste
pepper, to taste
topping of your choice

Escanéa por un video de como hacer huevos en el horno

Method:

1. Preheat the oven to 450°F (230°C).
2. In a bowl, whisk together the eggs and milk until smooth.
3. Pour the eggs onto a greased sheet pan and sprinkle in your favorite toppings.
4. Bake for 15 minutes or until the eggs are cooked through.
5. Slice the omelette and serve immediately or put into a storage container and freeze for up to 1 month.
6. Enjoy!



Overnight Oats

Serves 4

Ingredients:

1 cup vanilla Greek yogurt
2-4 TBS honey or maple syrup
1 cup milk
1 1/2 cups old-fashioned oats
1/4 tsp sea salt
1 tsp pure vanilla extract (optional)
1/2 tsp cinnamon (optional)

Method:

In a large bowl, mix together yogurt, honey and vanilla. Stir until the mixture is smooth. Add milk and stir until combined. Add oatmeal, sea salt, and cinnamon and stir until mixture is uniform throughout. Place in the refrigerator to chill overnight (or for at least 6 hours). Serve with fresh berries, a drizzle of nut butter or some raisins.

Eating together is worth the effort

Work, after school activities, and busy schedules can make it really hard to eat dinner together. But sharing a daily family meal has so many benefits. Family dinners improve kids' and teens' nutrition; youth that share in family meals tend to eat more fruits and vegetables, less saturated fat, fewer snacks and less soda. Beyond nutrition, family dinners can also help prevent mental health problems in youth and may prevent weight struggles when kids become adults. Family meals are a great opportunity to teach children how to prepare healthy food, which will help with healthy eating into adulthood. Finally, family meals are a great time for children to confide in their parents and discuss struggles they may be having, contributing to a higher self-esteem. We hope these quick meal ideas will make it easier for your family to share meals together.



En este mes, las bolsas de papel puede contener guisantes amarillos. Escanéa por una receta de sopa de guisantes amarillos.

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Slow Cooker Split Pea Soup

- 1 pound dried green or yellow split peas
- 1 small onion, chopped
- 2 medium carrots, peeled and diced
- 2 celery stalks, diced
- 2 tablespoons olive oil
- 2 bay leaves
- 1 teaspoon salt
- Freshly ground black pepper
- 6 cups water



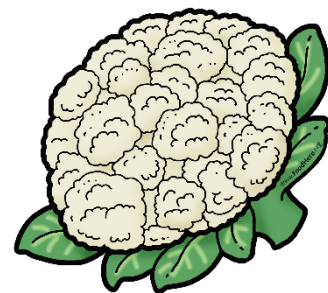
YELLOW SPLIT PEAS

Place the split peas in an even layer in the insert of a slow cooker. Add the onion, carrot, celery, oil, bay leaves, salt, and season with pepper. Add the water (no need to stir), cover, and cook until the peas are soft, 5 to 6 hours on high or 8 to 10 hours on low. Stir the soup to incorporate the peas and broth, taste, and season with salt and pepper as needed.

Sheet Pan Dinner:

Roasted Garbanzo Beans, Tomatoes and Cauliflower

- Ingredients:
- cooking spray
 - 1 tablespoon oil
 - 2 cloves garlic, minced
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 4 cups sliced cauliflower
 - 2 cups cherry tomatoes
 - 1 (15 ounce) can garbanzo beans, drained
 - 1 lime, cut into wedges
 - 1 tablespoon chopped fresh cilantro (optional)



Preheat the oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil and grease with cooking spray. Combine oil, garlic, salt, and pepper in a bowl. Add cauliflower, tomatoes, and garbanzo beans; toss until well coated. Spread in a single layer on the prepared baking sheet. Add lime wedges. Roast in the preheated oven until vegetables are caramelized, about 25 minutes. Remove lime wedges and top with fresh cilantro.