

March 2014

March: Enjoy the Taste of Eating Right!

March is National Nutrition Month. This annual campaign created by the Academy of Nutrition and Dietetics promotes healthy eating and the role of registered dietitian nutritionists. This year's theme, "Enjoy the Taste of Eating Right," reflects the ongoing body of research showing that taste tops nutrition as the main reason why one food is purchased over another. Closely aligned with Dairy Council of California's own nutrition philosophy, the entire month will feature ways to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines for Americans.



Here are some simple techniques to enhance flavor while experimenting with nutritious foods:

- * Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling.
- * Pep it up with peppers. Use red, green and yellow peppers of all varieties—sweet, hot and dried. Or add a dash of hot pepper sauce.
- * Try roasting vegetables in a very hot (450°F) oven or grill for a sweet, smoky flavor. Brush or spray them lightly with oil so they don't dry out. Sprinkle with herbs.
- * Caramelize sliced onions to bring out their natural sweetness by cooking them slowly over low heat in a small amount of oil. Use them to make a rich, dark sauce for meat or poultry.
- * For fuller flavors, incorporate more whole grains such as brown rice or quinoa, or experiment with amaranth and wild rice.
- * Add a tangy taste and creamy texture by substituting yogurt in soups, salad dressings, sauces and desserts.

Keep in mind the average adult has 10,000 taste buds, and people sense the same foods differently!

eatright.org

Recipe of the Month

Easy Chicken Enchiladas

Ingredients:

- 7-ounce can diced green Chiles
- 16 ounces fat-free Sour cream
- 1 can low-fat cream of chicken Soup
- 3-4 cups cooked Chicken (or Turkey), shredded or cut into ½-inch chunks
- 10 flour (whole-wheat) Tortillas
- 3 cups low-fat shredded Jack or Cheddar cheese (plus a little extra to sprinkle on top)
- Optional garnishes: chopped Tomatoes, shredded Lettuce

Directions:

Mix together chiles, ¾ cup sour cream (save rest for garnish) and soup. Spread ¼ of this sauce mixture in bottom of greased baking pan. Combine another ¼ of sauce mixture with chicken. Fill a tortilla with a scoop of chicken mixture and a handful of cheese. Roll enchilada-style. Place enchilada in baking dish and repeat to fill remaining tortillas. Cover enchiladas with remaining sauce and cover baking pan with foil. Bake at 350 degrees for 30-35 minutes. Remove foil, sprinkle with remaining cheese and bake another 5 minutes. Garnish with tomatoes, lettuce and sour cream if desired.

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Move of the Month

Alternating Lateral Raise

Hold dumbbells extended at your sides and slowly lower one dumbbell to your hip, keeping your stomach tight! Bring the dumbbell back up and lower the opposite arm. Repeat.

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Photo: gtafitness.com