



# Family Nutrition In Action

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## Breakfast Sandwiches: The Options are Endless!

Pick from some of the following ingredients to make YOUR perfect breakfast sandwich:

- **Breads:** whole grain bagel, low-fat muffins, whole grain tortilla, or hamburger bun
- **Fruits:** apples, bananas, strawberries, or peaches
- **Vegetables:** peppers, onions, mushrooms, or zucchini
- **Protein:** egg, lean ground beef, low fat ham, or turkey bacon
- **Cheeses:** low-fat or fat-free mozzarella, American, or cheddar

*SOURCE: CLEMSON UNIVERSITY COOPERATIVE EXTENSION*

*For more information, contact your local County Extension Office:*



## NOW SERVING:

# BREAKFAST!

Are you a breakfast skipper? Although breakfast is the most important meal of the day, it is the most often missed. Breakfast means “breaking the fast,” or refueling your body after going without food all night. Food is the fuel that keeps your body going. This fall, try some of these easy tips so you and your family avoid running your “engine” on empty!

### Build a great breakfast

- ◆ Variety is key!  
Choose foods from 3 or 4 food groups to create a balanced, healthy breakfast. One example may be a piece of whole grain toast, lean ham, strawberries, and low-fat milk.
- ◆ Enjoy some protein.  
Low-fat yogurt, a piece of cheese, or a hard-boiled egg all would add protein to a breakfast meal.
- ◆ Get enough fiber.  
Try whole grain cereals, whole grain breads or oatmeal to add fiber, vitamins and minerals to your breakfast.

### Keep breakfast easy and enjoyable

- ◆ Plan your breakfast menu once a week. Keep the menu simple and pick a few choices.
- ◆ Set the table the night before. Put cereal, bowls, spoons, glasses, or other items on the table.
- ◆ Allow time for breakfast by waking up 10 minutes earlier.

### Grab-and-go breakfast ideas

- ◆ Make extra muffins, waffles, or pancakes and freeze them. Warm them in the microwave or toaster.
- ◆ Mix cereal or granola into a container of yogurt.
- ◆ Grab a frozen sandwich, filled with peanut butter, meal, fruit slices, or jam.

*SOURCES: CLEMSON COOPERATIVE EXTENSION,  
NORTH DAKOTA STATE UNIVERSITY EXTENSION*



## THE CORNER STORE HERBS

Adding herbs to your food is a quick way to move your meal from ordinary to extraordinary! Herbs are leaves of low-growing plants. They can be used fresh or dried. Dried forms may be whole, crushed, or ground. Herbs flavor foods, which will help you and your family cut back on salt, fat, and sugar.

### HOW TO USE:

- Delicate herbs - Basil, Chives, Cilantro, Mint  
Add 1 to 2 minutes before the end of cooking. Or sprinkle them on the food before it is served.
- Less delicate herbs - Oregano, Rosemary  
Add to foods in the last 20 minutes of cooking.

### MEAL IDEAS:

- *Basil*: Add to pasta sauce, peas, and zucchini.
- *Chives*: Try in dips, potatoes, and tomatoes.
- *Cilantro*: Enjoy in salsas and tomatoes.
- *Mint*: Add to carrots, fruit salads, and water.
- *Oregano*: Sprinkle on peppers or tomatoes.
- *Rosemary*: Use on chicken, fish, pork, vegetables, and in bread.

### STORAGE:

- Store fresh herbs in an open or mesh plastic bag for a few days.
- Store dried herbs in a tightly covered container for 1 to 2 years. Place in a dark place away from sunlight, such as inside a cupboard or drawer.

SOURCES: UNIVERSITY OF NEBRASKA LINCOLN,  
ACADEMY OF NUTRITION AND DIETETICS

## Green Beans with Tomatoes and Basil

Servings: 6  
Cost per serving: \$0.66

### Ingredients:

- 1 pound green beans
- 1 tablespoon olive oil
- 1 onion, small
- 1 14-oz can tomatoes
- 1 tablespoon basil (fresh or 1/2 teaspoon dried)
- 1 tablespoon parsley (fresh or 1/2 teaspoon dried)

### Steps:

1. Cook green beans in a large saucepan of boiling water for 5 minutes; Beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Chop onion and add to oil. Cook 2-3 minutes until softened.
3. Drain and chop tomatoes. Add tomatoes, basil and parsley to frying pan. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes.

SOURCE: SNAP-ED CONNECTION

### Nutrition Facts:

(per serving)  
Calories: 60  
Fat: 2g  
Carbohydrates: 9g  
Sodium: 100mg  
Fiber: 3g  
Protein: 2g

## 3 Tips to be an Active Family

1. Set specific activity times to be active together.
2. Include your kids in yard work and other active chores around the house.
3. Turn off the TV. Instead, play an active game or dance to favorite music.

SOURCE: CHOOSEMYPLATE.GOV



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/

TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.