

## Did You Know?

February is the Month to Celebrate:

Groundhog Day– 2nd  
Valentines Day–14th  
President's Day– 20th  
Black History Month  
Heart Healthy Month

## Be Heart Smart

February is Heart Healthy Month! Improve your heart health today by changing a few eating habits.

### Easier said than done, right?

Here are a few topics you can focus on to start: Limit unhealthy fat and cholesterol, eat more fruits and vegetables, increase your whole grain intake, reduce sodium intake, and watch portion sizes.



### Now, where to go from here?

For a heart healthier diet, try these easy substitutions:

- ◆ Frozen fruit bars, instead of ice cream bars
- ◆ Broth based soups loaded with vegetables, instead of cream based soups
- ◆ Salsa or low-fat yogurt to top your baked potato, instead of butter or sour cream

See the American Heart Association and Eat Better America for more tips!

You will find a heart healthy lifestyle is not only possible, but enjoyable as well.

SOURCE: Mayo Clinic, American Heart Association, Eat Better America.



# Maschio's Food Services Cafeteria Connection

FEBRUARY 2012

"Healthy Meals Grow Healthy Kids!"



### FRUIT OF THE MONTH

**Bananas**



### VEGETABLE OF THE MONTH

**Baby Red Potatoes**

### RIDDLE ME THIS...

I am America's most popular fruit. I am tough on the outside but soft on the inside. I am yellow. What am I?

banana

### HEALTHY FACTS

*Bananas make a delicious snack or addition to any meal, and are a great source of Vitamin C, Vitamin B6, fiber, and potassium.*

*Did you know?: Bananas are the most popular fruit in America, and the average person eats 33 pounds of bananas a year!*

*Red baby potatoes are available year round, and are packed with fiber, Vitamin C, Vitamin B6, and potassium.*

*Did you know?: A majority of the nutrients in the potato are found in the skin!*

### A COMPLETE LUNCH INCLUDES:

PROTEIN, GRAINS  
FRUIT, VEGETABLE

LOW FAT MILK

Take All 5!

### SUPER BOWL SUNDAY

#### Healthy Party and Tailgating Ideas

We all know that eating tons of delicious food is half the fun of watching the Super Bowl.

*Did you know that the average sports fan can eat about 1,200 calories in one sitting...yikes!*

Enjoy your Super Bowl this year with an assortment of healthier options including wraps or stews made with beans, fresh fruit and vegetables with low-fat dips and salsas, low-fat snacks such as popcorn and baked chips, lean meats, seafood, low-fat cheeses, whole-grain breads and crackers, and salads made with light dressings.

Also check out the Recipe Corner for a *Southwestern Layered Bean Dip* recipe!

SOURCE: Eatingwell.com and WebMD.com



### RECIPE CORNER SOUTHWESTERN LAYERED BEAN DIP— 12 (1/2 CUP) SERVINGS

#### Ingredients:

1 16-ounce can nonfat refried beans, preferably "spicy"  
1 15-ounce can black beans, rinsed  
4 scallions, sliced  
1/2 cup prepared salsa  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder

1/4 cup pickled jalapeño slices, chopped  
1 cup shredded Monterey Jack, or Cheddar cheese  
1/2 cup reduced-fat sour cream  
1 1/2 cups chopped romaine lettuce  
1 medium tomato, chopped  
1 medium avocado, chopped  
1/4 cup canned sliced black olives, (optional)



**Directions:** Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeños in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese. Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes. Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using).

**Make Ahead Tip:** Prepare through Step 1, cover and refrigerate for up to 1 day. To serve, continue with Steps 2 & 3.

SOURCE: Eatingwell.com