



Put Your Best Fork Forward During March, National Nutrition Month

Do you make every bite count? Try the tips below to add more nutrition to your day.

■ Do you include a variety of **vegetables** on your plate?

Plan meals to include different vegetable groups throughout the week: dark green, red and orange, beans and peas, and starchy veggies. Stir chopped spinach into scrambled eggs or soup. Roast carrots for an easy side dish. Add black beans to a bagged salad for a quick meal.

■ Do you choose naturally sweet **fruit** for snacks and salads or include them in main dishes?

Top your morning toast or cereal with sliced or chopped fruit. Make your own flavored yogurt by mixing fresh or frozen fruit into plain yogurt.

■ Do you make half of your **grains** whole grains?

Check food labels on bread or cereal boxes to see if the first ingredient is whole grain, such as whole wheat or whole-grain oats. Cut your favorite snack mix with a whole grain, such as popcorn. If new to whole-grain pasta, try it with flavorful sauces to help you get used to the change.

■ Do you mix up your choices in the **protein** group?

Families spend the largest percentage of their food budget on meat, poultry and seafood, according to a recent report. Replace half (or all) of the meat in a recipe with beans or legumes for a healthful way to save money. Try lentils in burgers, white beans in lasagna or spaghetti, or black beans in burritos.

■ Do you choose low- and fat-free **dairy** items to get the most nutrition for your calories?

Make a dip for raw veggies or whole-grain crackers from low-fat plain yogurt and taco or ranch seasoning.

Put your best fork forward by choosing a variety of healthful foods this month and beyond.

Visit www.ag.ndsu.edu/foodwise for recipes and more tips.



eat right. Academy of Nutrition and Dietetics
www.eatright.org

PUT YOUR
BEST FORK FORWARD

National Nutrition Month® 2017



Source: Adapted from the 2017 National Nutrition Month campaign created annually by the Academy of Nutrition and Dietetics.

I always run out of time to prepare food after I get home from work. I grab take-out food too often for my budget. I have some time on Sunday afternoons to do some cooking, but I could use some ideas.

With a little planning, you can get more mileage out of your meal preparation with “planned-overs.”

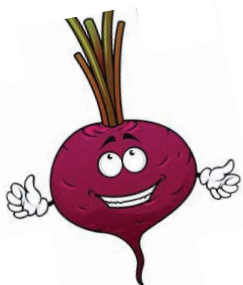
- **Make a beef roast and enjoy part of it with potatoes and carrots.** Use the remaining meat for stir-fry, chili or quesadillas (such as this month’s recipe). Or try shredding the beef and mixing it with barbecue sauce. Serve on whole-wheat buns.
- **Make a double batch of bowtie pasta and serve with spaghetti sauce for the first meal.** Refrigerate the remaining pasta. On the next night, add mayonnaise, chopped vegetables and canned tuna or planned-over roasted chicken to make a main-dish pasta salad.
- **Hard-cook several eggs.** Peel and add chopped celery, onion and mayo to make egg salad sandwiches. Or slice some eggs on a chef’s salad.

FoodWi\$e Tip of the Month

When cooking food ahead of time, keep food safety in mind. Be sure to refrigerate leftovers within two hours of preparation. **Cool food quickly with these tips:**

- Divide large batches of soup, chili or stew into shallow containers. The food should be no more than 2 to 3 inches deep in the pan.
- Cut larger cuts of meat, such as roast beef, into thin pieces. Slice roasted chicken or turkey into smaller pieces. Poultry legs and wings may be kept whole.

Use refrigerated leftovers within four days, or you can freeze them in freezer containers or freezer bags for three to four months. Be sure to thaw frozen foods in the refrigerator at 40 F or lower.



Just for Fun

Why did the people dance to the vegetable band?

Because it had a good “beet”!



Use “planned-over” roast beef to create these tasty quesadillas.

Beefy Quesadillas

- 2 Tbsp. vegetable oil, divided
 - ½ onion, sliced
 - ½ green bell pepper, sliced
 - 4 whole-wheat tortillas
 - ½ pound roast beef, cut into ¼-inch-thick pieces
 - 1 c. shredded Mexican cheese blend
 - Salsa (optional, as dip)
1. Heat half of oil in skillet over medium heat; cook and stir onion and green bell pepper in the hot oil until onions are softened, five to 10 minutes. Season mixture with salt and transfer to a bowl.
 2. Brush one side of each tortilla with remaining oil. Place one tortilla, oil side down, in the same skillet; sprinkle with half the beef, half the onion mixture and half the shredded cheese.
 3. Cook each quesadilla over medium heat until cheese melts and the tortilla is browned, three to four minutes per side.

Makes four servings.

Each serving has 350 calories, 23 grams (g) protein, 24 g carbohydrate, 19 g fat, 0 g fiber and 300 milligrams sodium.

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

