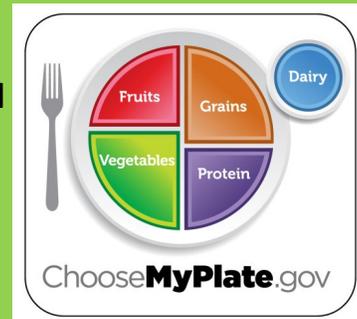


Spring NEWSLETTER

Make the Healthy Choice in Each Food Group

- **Make half your plate fruits and vegetables.**
 - ⇒ Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables in your meals.
 - ⇒ Eat fruit in meals or snacks. Whole fruit is a healthier choice than even 100% juice. It has more fiber and less calories.
 - ⇒ Fresh, frozen and canned fruits and vegetables all count. Choose low-salt canned veggies and fruit canned in its own juice.
- **Make half your grains whole grains.**
 - ⇒ Eat whole grain choices instead of refined grains– such as eating whole wheat bread instead of white bread or brown rice instead of white rice.
 - ⇒ Check the ingredients list to find whole-grain foods.
- **Eat a variety of protein foods such as seafood, beans and peas, and nuts as well as meat, poultry and eggs.**
 - ⇒ Trim or drain fat from meat and remove skin from poultry to cut fat and calories.
 - ⇒ Twice a week, make seafood the protein on your plate.
- **Switch to skim or 1% milk for the same calcium and less saturated fat and calories.**



Pork, Potato and Green Bean Stew

Ingredients

- 1 pound boneless pork, cut into 1" cubes (Protein)
- 1 medium onion, chopped (Vegetable)
- 1 small red pepper, chopped (Vegetable)
- 4 medium potatoes, cut into ½" cubes (Vegetable)
- 3 cups frozen or fresh green beans (Vegetable)
- 1 teaspoon garlic powder
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Italian seasoning
- ¼ teaspoon pepper

Sauce

- 1 cup cold water
- 2 Tablespoons flour
- 1 Tablespoon beef or chicken bouillon granules

1. Fry pork, onion and peppers until pork is fully cooked.
2. Put unpeeled potato cubes in glass bowl with small amount of water. Cover and cook potatoes in the microwave until crisp-tender.
3. Add the green beans to the meat in the fry pan. Add seasonings, stir, then cover and simmer until beans are crisp-tender.
4. Add drained, cooked potatoes to meat mixture.
5. In small bowl, mix water, flour and bouillon. Add to fry pan. Heat and stir until sauce thickens.

To make a **MyPlate** meal serve with the following:

- Skim milk (Dairy)
- Whole grain bread (Grain)
- Fruit (Fruit).