

Maggie's Health Tips



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March is National Nutrition Month

March is a great month to learn how eating healthy foods can keep you healthy for years to come. My USDA Team Nutrition friends put together some good information below on how your plate should look when you sit down to eat with family and friends.

What's MyPlate All About?



Here are some recipes from the *Kids State Dinner Cookbook - Healthy Lunchtime Challenge* produced by the USDA.

Alexandra's Refreshing Watermelon Salad

Makes 4 servings • 215 calories • 11g fat • 27g carbohydrates • 6g protein

INGREDIENTS

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon, cubed
- ½ cup red grapes, halved
- ¼ cup walnuts, chopped
- ¼ cup Feta cheese
- 4 whole-grain dinner rolls
- 2 teaspoons butter

PREPARATION

1. In a large salad bowl, mix all ingredients together. Arrange the salad mixture on a platter and serve with wholegrain dinner rolls spread with grass-fed butter, if possible. Enjoy!!!

One Bag Bluegrass Bake

Makes 1 serving • 459 calories • 26g fat • 28g carbohydrates • 30g protein

INGREDIENTS

- 4 ounces trout fillets or any local flaky fish, like salmon
- 1 tablespoon grated lemon zest
- ½ lemon, thinly sliced
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- Kosher salt and freshly grated pepper
- ½ red or yellow bell pepper, julienned
- ½ cup zucchini, peeled and julienned
- 1 garlic clove, peeled and minced
- 2 sprigs thyme
- ½ cup navy or white beans, rinsed and drained

PREPARATION

1. Preheat oven to 400°F. In a large mixing bowl, gently toss all ingredients except navy beans, yogurt, and rice. On a large piece of parchment paper or aluminum foil, add the fish and beans. Fold the parchment or foil over and crimp and fold so it's sealed. Bake in the oven for 25 minutes. Let bag sit for 5 minutes before opening. Serve with yogurt and cooked brown rice.

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