

April Nutrition Education



- April 17th- Food Sampling 1-3 pm
- April 19th- Food Sampling 1-3 pm
- April 24th- Food Sampling 1-3 pm
- April 25th- Food Demonstration 2-3 pm
- April 26th- Food Sampling 1-3 pm



Apple and Celery Salad

Ingredients:

- 1 tablespoon **orange juice**
- 2 tablespoons light mayonnaise
- 2 cups **apples** (diced)
- 1 cup **celery** (diced)
- 1/2 cup **raisins**
- 1/2 cup **peanuts** (chopped)



Directions:

1. In a large bowl, mix orange juice with mayonnaise.
2. Add apples, celery, raisins, and peanuts to the dressing mixture and stir well.
3. Serve at room temperature or chilled.

Makes 6 servings.

Buffalo Chili

Ingredients

- 1 lb. **ground bison**
- 1 **onion**, chopped
- 1 cup **carrots**, chopped
- ½ head of **cauliflower**, stemmed and cut into small florets (about 3 cups)
- 1 **green bell pepper**, chopped
- 2 teaspoons of cumin
- 3 tablespoons of chili powder
- 1 tablespoon of apple cider vinegar
- 1 (15 oz) can **diced tomatoes**
- 1 (15 oz) can **kidney bean** (rinsed and drained)
- ½ cup of loosely packed cilantro leaves, chopped

Directions

1. Heat a large Dutch oven or pot over high heat. When the pot is very hot, add bison and brown it, stirring often for 5 minutes. Add carrots and onion, and cook, until both begin to soften, about 5 minutes. Add ½ cup water to deglaze the pan, scraping brown bits from the bottom of the pan as the water evaporates.
2. Add cauliflower, bell pepper and garlic and cook until vegetables begin to soften, about 5 minutes. Add cumin, chili powder, vinegar, tomatoes and beans along with 1 cup water. Bring to a boil; reduce to a simmer, cover and cook, stirring occasionally, until vegetables are fork tender, about 45 minutes. Serve garnished with chopped cilantro.

For more information, contact:

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TIP: Give your water some personality! Water is a refreshing choice. Jazz it up by adding slices of fruit like strawberries and lemon or fresh herbs like mint, rosemary or basil.