

# March Nutrition Education



- March 13<sup>th</sup>- Food Sampling 1-3 pm
- March 15<sup>th</sup>- Food Sampling 1-3 pm
- March 20<sup>th</sup>- Food Demonstration 2-3 pm
- March 22<sup>nd</sup>- Food Sampling 1-3 pm
- March 27<sup>th</sup>- food Sampling 1-3 pm
- March 29<sup>th</sup>- Food Sampling 1-3 pm



## Apple Spice Bake Oatmeal

### Ingredients:

- 1 egg, beaten
- 1/2 cup applesauce
- 1 1/2 cups non-fat or 1% milk
- 1 teaspoon vanilla
- 2 tablespoons oil
- 1 apple, chopped (about 1 1/2 cups)
- 2 cups rolled oats
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- TOPPING
- 2 tablespoons brown sugar
- 2 tablespoons chopped nuts



### Directions:

Preheat oven to 375 degrees. Lightly oil or spray an 8" x 8" baking pan.

Combine the egg, applesauce, milk, vanilla and oil in a bowl. Add the apple.

In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well.

Pour mixture into baking dish, and bake for 25 minutes. Remove from oven and sprinkle with brown sugar and nuts.

Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles.

Serve warm. Refrigerate leftovers within 2 hours.

## Southern stuffed Baked Potato

### Ingredients:

- 6 medium potatoes
- 1 pound ground beef or shredded pork
- 1 cup onion, chopped
- 1 garlic clove, chopped or 1/2 tsp. garlic powder
- 1 16oz. can red kidney beans, rinsed and drained
- 1 cup barbecue sauce pepper, to taste
- 



### Directions

1. Bake potatoes at 400 F for 1 hour or until tender.
2. In large skillet, brown ground beef with onion and garlic. Drain fat.
3. Add beans, barbeque sauce and pepper.
4. Simmer, stirring occasionally to prevent burning, about 40 minutes or until the mixture has thickened.
5. Cut large 'X' in the top of each potato. Spread the "X" opening apart and spoon beef mixture over the potato.

### Toppings

- 6 Tbsp. plain yogurt
- 3/4 cup chopped green onion
- 3/4 cup chopped tomato

1 potato with divided toppings. Makes 6 servings.

### For more information, contact:

Nutrition Educator

Spirit Lake Food Distribution

P.O. Box 414

1314 Dakota Drive

Fort Totten, ND 58335

701-766-4527 or 701-766-4684

[nutrition-ed@gondtc.com](mailto:nutrition-ed@gondtc.com)

Follow us on Facebook

 @spiritlekefdp

**TIP: Liven up your meals with vegetables and fruits. They are low in fat and calories, while providing fiber and other key nutrients, they also add color, flavor & texture.**