



February Nutrition Education

- **February 7th - Food Sampling** 9am- 2pm
- **February 8th – Food Sampling** 9am- noon
- **February 12th – Food DEMO** 1:00pm- 3pm
- **February 14th – Food Sampling** 10am- 3pm
- **February 19th – Food DEMO** 1:00pm- 3pm
- **February 21st – Food Sampling** 10am- 3pm
- **February 26th – Food DEMO** 1:00pm- 3pm
- **February 28th – Food Sampling** 10am- 3pm

Whole grain pancakes

Ingredients

- 1 cup whole wheat flour
- ½ cup oats
- ¼ cup cornmeal
- 3 tablespoons flaxseed meal
- 3 tablespoons brown sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 egg, beaten
- 2 cups buttermilk *or* 2 tablespoons lemon juice combined with enough milk to measure 2 cups
- Cooking spray

Instructions

1. If using milk and lemon juice as substitute for buttermilk, combine this mixture first and set aside for five minutes.
2. In a large bowl, combine first seven ingredients and stir. Pour in buttermilk or milk/lemon juice mixture and egg. Stir until smooth.
3. Heat a large skillet over medium heat and coat with cooking spray. Drop batter by large spoonful's onto skillet and cook until bubbles form and edges are dry. Flip and cook until browned on other side. Repeat with remaining batter.
4. Top with yogurt and berries.

Whole Wheat Chili Mac

Ingredients

- 2 cups whole wheat pasta
- 2 teaspoons oil
- 1 onion, chopped
- 2 green bell peppers, chopped
- 2 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (8 ounce) can tomato sauce
- 2 teaspoons chili powder, or more to taste
- 1 teaspoon ground cumin
- 1/4 teaspoon pepper
- 1 (15 ounce) can white beans, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (12 ounce) can whole kernel corn, drained
- 3/4 cup shredded reduced-fat cheddar cheese

Instructions

1. Cook pasta according to package directions.
2. Heat oil in a large skillet over medium heat; cook and stir onion, green bell peppers, and garlic in the hot oil until onion is softened, 5 to 10 minutes.
3. Mix tomatoes and their juices, tomato sauce, chili powder, cumin, and black pepper into onion mixture; bring to a boil. Add white beans, black beans, and corn; reduce heat to low, cover skillet, and simmer chili for 30 minutes.
4. Stir pasta into chili, cover skillet, and simmer 5 minutes or until pasta is heated. Top with cheddar cheese to serve.

For more information, contact:

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Healthy Tip: Whole grains contain fiber and nutrients which are good for your heart! Make sure at least half of your daily servings of grains are 100 percent whole grains. Some examples of whole grains are brown rice, oatmeal, whole wheat, and wild rice.