

October Nutrition Education



- October 9th - Food Sampling 1pm- 3pm
- October 11th - Food Sampling 1pm-3pm
- October 16th - Food Sampling 1pm-3pm
- October 18th - Food Sampling 1pm-3pm
- October 23rd - Food Sampling 2pm-4pm
- October 25th - Food Sampling 1pm-3pm
- October 30th - Food Sampling 1pm- 3pm

Mexican Goulash



Ingredients:

- 1 pound of ground beef
- 1 can of pinto bean, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can of whole kernel corn, drained and rinsed
- ½ can tomato sauce
- ¼ cup of onion, chopped
- 2 cans diced tomatoes
- 1 ¼ cups macaroni, uncooked
- 2 cups water
- ¼ teaspoon chili powder
- Pepper to taste

Directions:

1. In a large skillet, brown ground beef and onion. Drain fat.
2. Add tomatoes, corn, macaroni, pepper, beans, tomato sauce and chili powder.
3. Cover and simmer for about 20 minutes or until macaroni is tender.

Peter Pumpkin Squares

Ingredients



- 1 can pumpkin
- 1 ½ cups brown sugar, packed
- 4 eggs
- ¾ cups oil (cooking)
- 1 ½ cups flour (all-purpose)
- 1 ½ cups rolled oats
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- Margarine or butter (to grease the pan)

Directions

1. Preheat oven to 350°
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil.
3. In a large bowl, mix flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix and flour mix together and stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased pan.
7. Bake for 30 mins.

For more information, contact:

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TIP: Do you eat too fast? Consider the “fork trick” to prevent overeating. Use your non-dominant hand when you eat. It naturally slows you down because you have to try and steady your food to get it to your mouth. And eat until you’re comfortably full. In other words, stop eating at the start of feeling full.