

PATCH Food Program Newsletter



Issue Number 9, February 2018

Recipe

Salmon and Squash

- 4 Skinless Salmon Fillets, 5-6 oz.
- 2 Small Zucchini, Sliced into Half Moons
- 2 Small Yellow Squash, Sliced into Half Moons
- 1 Clove Garlic, Minced
- 2 Tb. Olive Oil
- 1 ½ Tb. Lemon Juice, Fresh
- 2 Large Roma Tomatoes, Diced
- 1 tsp Dried Thyme
- ¾ tsp Dried Oregano
- Salt and Pepper

1. Preheat oven to 400F. Line baking sheet with foil.

2. Toss zucchini and squash together with garlic, 1 TB olive oil, salt, and pepper. Divide into the 4 piles.

3. Brush salmon with olive oil and season bottom of salmon with salt and pepper. Put salmon on the veggies. Drizzle with lemon juice.

4. Toss together tomatoes, thyme, oregano, and remaining olive oil.

Put mixture on salmon.

5. Bake for 25 minutes.

**Eat Smart
to Play Hard**



**Drink milk
at meals**



Physical Activity Corner

Cupid's Arrow

To make Cupid's Arrow, use construction paper to make a 2 hearts for the arrow head and 2 V's for the arrow tail. Use a straw for the arrow body. Use clear tape to sandwich the hearts to one end of the straw and the V's at the other end.

To make the targets, use paper plates. Number the plates and put them on the floor. You can make the game more challenging by changing the target distance.

The object of the game is to hit the different targets using Cupid's arrow.

Cooking with Your Children

Heart Shaped French Toast

Begin by gathering the ingredients: slightly stale bread, egg, milk, and cinnamon. To make the heart shapes, you can have your children use a heart-shaped

cookie cutter or with supervision use a plastic butter knife to cut out the heart shape. To make the French Toast batter by using one egg, a TB of milk, and a dash of cinnamon. Dip the heart-shaped bread in the egg mixture and place it on a greased pan on medium for about 45 seconds on each side.

Serve the French Toast with a side of fruit purees like strawberries, raspberries, or guava.

Health Facts

Hypertension, also known as high blood pressure affects 1 in 3 adults in the US. Hypertension can cause damage towards your heart and blood vessels. With a diet rich in fruits and vegetables and low in fat and sodium, the risk of hypertension can be reduced.

You can find more information at: <http://www.eatright.org/resource/health/wellness/preventing-illness/understanding-a-silent-killer>

Need a laugh?

If anyone has any good fish puns, please let minnow.

Want to get your engine going?



Eat Fruits and Veggies!