

PATCH Food Program Newsletter



Issue Number 11, April 2018

Recipe

Greek Yogurt Mac & Cheese

- 2 Cups Whole Grain Pasta
- 2 Cups Cheddar Cheese
- ½ Cup Plain Greek Yogurt
- 2 Cups Fresh Spinach
- ¼ tsp. Garlic Powder
- ¼ tsp. Onion Powder
- Salt & Pepper, to taste

1. Cook pasta according to box.
2. Put spinach at bottom of strainer and drain pasta over the spinach to make it wilt. Save ½ cup of pasta water and place on the side.
3. Put pasta and spinach back into the pot. Add ¼ cup of the pasta water, cheese, yogurt, garlic powder and onion powder into the pot.
4. Stir until smooth and creamy. Add salt and pepper. If needed, use remaining water to thin out the mac & cheese.

Physical Activity Corner

Let's learn the Chicken Dance:
Have the children "Follow the



Leader" as you teach them the moves to the dance.



Cooking with Your Children

Frozen Yogurt Cups

Gather the ingredients: Low-Fat yogurt, diced fruits, and granola. Line a muffin tin with cupcake liners. Allow children to fill the cup with a layer the granola and yogurt then top it off with fruit pieces. Place the yogurt bites in the freezer for about 1 hour or until yogurt has harden. You can store the frozen yogurt cups in a freezer bag or plastic storage container in the freezer until ready to enjoy.

Nutrition Facts

Eggs are a great source for protein. The egg white provides riboflavin which gives the body fuel and selenium which is an antioxidant. The yolk provides Vitamin A and D, potassium, and choline.

Fun Fact: Brown eggs and white eggs come from different breeds of hens and do not differ

nutritionally. Brown eggs cost more due to the cost of their diet.

Local Spotlight

Hawaiian Maid and Ka Lei Eggs are local brands that produce farm fresh eggs. These eggs are produced on the Mikilua Poultry Farm in Waianae on the Island of Oahu.

These eggs participate in the USDA's voluntary program of egg grading. This program ensures that the eggs meet the USDA's standards of quality and size and the egg facility along with the equipment, sanitation, and storage of eggs meet all requirements.

These eggs have been awarded the Hawaii Seal of Quality, which is given to Hawaii's agriculture producers that have Hawaii-grown and Hawaii-made products.

You can find these island fresh eggs at your local Foodland, Times Supermarket, Marukai, CVS, Walmart and more!

Food For Thought

If you tell an egg a joke, will it "crack up"?

Want to get your engine going?

