

PATCH Food Program Newsletter



Issue Number 12, May 2018

Recipe

Turkey Tacos Verde

- 2 tsp. Canola Oil
- 1 Small Green Bell Pepper, Diced
- 1 ¼ lb. Lean Ground Turkey
- 1 (10 oz.) Can Verde Sauce or Green Enchilada Sauce
- 1 tsp. Chili Powder
- 1 tsp. Ground Cumin
- 12 (5") Corn Tortillas
- 3 Cups Lettuce, Chopped
- 1 ½ cups Tomatoes, Chopped

1. Heat large skillet over Medium-High. Add oil and bell peppers. Cook for 5 minutes or until soft.

2. Add turkey and break into pieces using spatula or wooden spoon. Cook until meat is no longer pink.

3. Lower heat to Medium. Stir in Verde sauce, chili powder, and ground cumin. Turn off heat.

4. Warm tortillas on the stove top or microwave.

5. Build taco: add ¼ cup turkey filling, ¼ cup lettuce, and 2 Tb. tomatoes.

Want to get your engine going?



Eat Fruits and Veggies!



Physical Activity

Beat the heat on a hot summer day with a Sponge Toss. The supplies you will need are: 2 Big buckets of water, Big sponges (the type you use to wash cars), and water. Have children dunk the sponge into the water and toss it to one another. They can also wash the outdoor toys with the water and sponges or "paint" the sidewalk with the water.

Lunch Time

Not sure what to put in your pita pocket? Here are a few ideas:

- Chicken Salad, Grapes, Lettuce
- Peanut Butter, Bananas, Apples
- Scrambled Eggs, Spinach, Cheese
- Turkey, Avocado, Cucumbers
- Shredded Pork, Cole Slaw, Tomatoes

Give these ideas a try and see if you can find new things to fill up your pita pockets.

Health Facts

Gluten is a protein that is found in grains such as wheat, rye, and barley and foods made from grains. Gluten also causes the elastic texture of dough.

People who are on a gluten-free diet may have celiac disease, which is when the body's immune system damages the lining of the small intestine when gluten is consumed, Non-Celiac Gluten Sensitivity, or a Food Allergy.

For more information:

<http://www.eatright.org/resource/homefoodsafety/four-steps/separate/food-allergies-celiac-disease-and-gluten-sensitivity>

How to Cook...

Kohlrabi is similar to a radish or turnip and can be added to your salads raw. They can also be pureed and added to a soup or roasted with other vegetables like potatoes and squash. Kohlrabi can also be enjoyed steamed and added to pasta dishes or a stir-fry.

Eat Smart
to Play Hard

