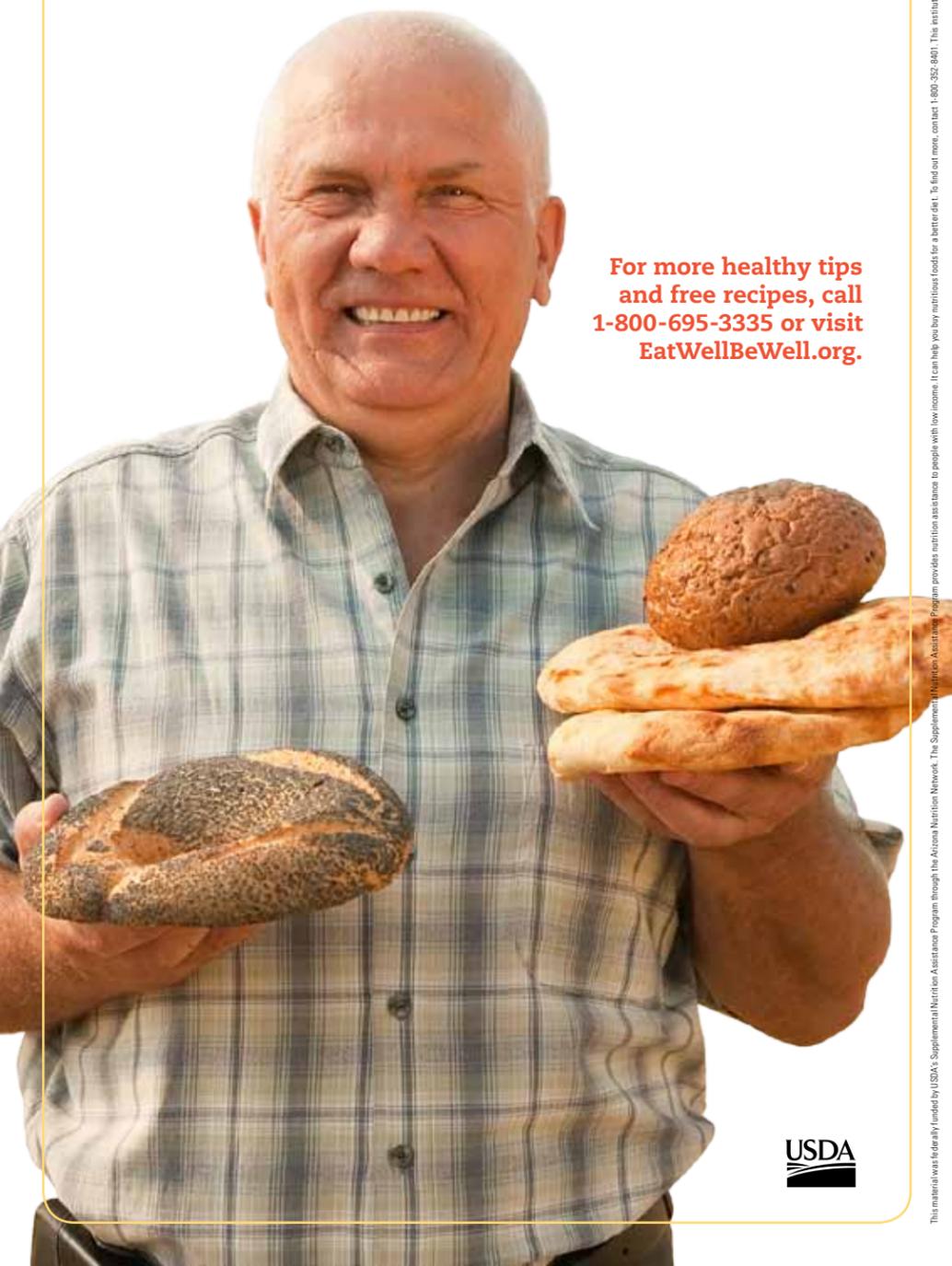




whole grains

FUN FOOD NEWS
Free Recipes Inside!



For more healthy tips and free recipes, call 1-800-695-3335 or visit EatWellBeWell.org.



This material was developed by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-3401. This institution is an equal opportunity provider and employer. ASN 1/11

Apple Bread Pudding



Ingredients

- | | |
|---|--------------------------------------|
| 1 can sliced apples, drained (a 20-ounce can or about 2 cups) | 3 Tablespoons sugar |
| 2 whole wheat bread slices, cut into 1-inch cubes | 1 cup canned evaporated low fat milk |
| 1 large egg | 1 teaspoon vanilla extract |
| | ¼ teaspoon ground cinnamon |
| | ¼ cup raisins (optional) |

Directions

1. Wash hands with warm water and soap. Preheat oven to 350°F.
2. Lightly grease an 8-inch square baking dish.
3. Combine apples, optional raisins and bread and place in greased baking dish. Set aside.
4. Beat egg and sugar in a medium bowl thoroughly. Gradually beat in milk. Stir in vanilla and cinnamon. Pour over fruit and bread mixture. Let stand about 30 minutes to soften bread.
5. Place baking dish in a large pan. Pour enough hot water to fill the outside pan with about 1 inch of water.
6. Bake about 30 minutes or until done. To check if the pudding is cooked, put a knife in the pudding and pull it out. If the knife is clean, the pudding is cooked. If there is pudding stuck to the knife, it is not done.
7. Serve warm or cool. Refrigerate extra servings.

Makes 6 servings, approximately 1/2 cup each

Nutrition Facts

per serving	
calories	170
carbohydrates	34 gm
protein	5 gm
total fat	2 gm
saturated fat	0 gm
trans fat	0 gm
cholesterol	42 mg
fiber	4 gm
sodium	106 mg
calcium	172 mg
folate	20 mcg
iron	1 mg
total sugars	26 gm
calories from fat	11 %

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.

Rice and Bean Bake



Ingredients

- | | |
|--|---|
| Cooking spray | 4 cups cooked white rice |
| 1 can (14 ounces) tomatoes with green chiles | 1 can (15 ounce) beans, drained and rinsed |
| 2-3 Tablespoons chopped jalapeño peppers | 6 ounces reduced fat cheddar cheese, grated |
| 1 cup fat free sour cream | |

Directions

1. Wash hands thoroughly with warm water and soap. Wash fresh vegetables before preparing.
2. Preheat oven to 350°F. Lightly coat 2-quart baking dish with non-stick cooking spray.
3. In small bowl, combine tomatoes, jalapeños and sour cream. Set aside.
4. Mix cooked white rice and beans.
5. Layer half of rice and beans, half of tomato-sour-cream mixture, and half of cheese. Repeat layers.
6. Bake for 35-40 minutes or until cheese is lightly browned and casserole is bubbly.

Makes 8 servings

Nutrition Facts

per serving	
calories	275
carbohydrates	41 gm
protein	13 gm
total fat	6 gm
saturated fat	3 gm
trans fat	0 gm
cholesterol	18 mg
fiber	5 gm
sodium	210 mg
calcium	216 mg
folate	83 mcg
iron	1 mg
calories from fat	20 %

Recipe provided courtesy of Food and Health Communications

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.

MAKE HALF YOUR GRAINS WHOLE

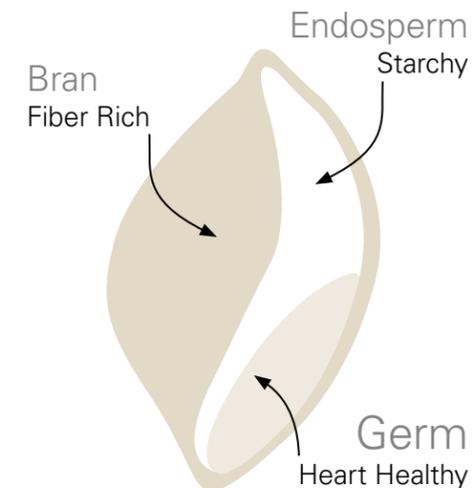
Read the ingredients list to make sure the first word listed is "whole" or look for "100% whole grain" on the label to ensure it's a whole grain food. Sometimes reading labels can be tricky. Double-check the ingredients list if the label makes any of these claims: "100% wheat," "multi-grain," "seven grain," or "made with whole grains," because it may not be a whole grain food.

EAT MORE GRAINS TODAY

- Choose 100% whole wheat breads, tortillas and bagels
- Try plain popcorn or brown rice cakes
- Select whole wheat pasta
- Add barley or brown rice to soups and casseroles
- Use half whole wheat flour in your baked goods
- Pick whole wheat cereals or oatmeal
- Use whole corn meal for corn cakes, breads and muffins
- Mix ¾ cup uncooked oats in your meatloaf, meatballs or burgers

WHOLE GRAIN GOODNESS

What is a whole grain? A "whole grain" means the entire grain, not just a part of it. A whole grain has three parts and keeps all three parts, even after they are processed. They give you lots of energy, too!



WHOLE GRAINS: FOR ENERGY & MUCH MORE

Whole grains are good for you for so many reasons. They are full of vitamins and minerals, and can help reduce high blood pressure, high cholesterol, type 2 diabetes and even some types of cancer. Many whole grains are high in the following nutrients:

- Fiber: Helps to keep the digestive tract healthy.
- B vitamins: Improves immune system by building nervous system, muscles and tissue.
- Vitamin E: An antioxidant that protects our bodies against disease.
- Iron: Important in building red blood cells.