

November 2016

*Healthy Way to Grow: Reno, NV.*

# Focus on Healthy Eating this November!

## Nutrition & Physical Activity Books:

- *I Know An Old Lady Who Swallowed a Pie* by Alison Jackson and Judy Schachner
- *Giving Thanks: A Native American Good Morning Message* by Chief Jake Swamp, illustrated by Erwin Printup, Jr.

**Recipe of the Month:** During Sweet Potato Awareness Month this November, make this Sweet Potato and Black Bean Salad your whole family is sure to love!

### **Ingredients**

- 2 medium sweet potatoes, peeled and cut into ½-inch chunks
- Juice and zest of 2 limes
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon honey
- 2 tablespoons canola oil
- ½ of one chipotle in adobo sauce, finely chopped (optional)
- 2 scallions, finely chopped
- ½ cup corn
- 1 (15 oz.) can of black beans, rinsed and drained
- ¼ cup cilantro, finely chopped



Recipe and Photo Credit:  
[www.kidshealth.org](http://www.kidshealth.org)

### **Directions**

- Place potatoes into a medium saucepan and cover with cold water. Bring to a boil and cook until just tender, about 6 minutes. Do not overcook. Drain and allow to cool.
- While potatoes are cooking, make dressing. In a large bowl, whisk together lime juice, zest, salt, pepper, honey, canola oil, and chipotle.
- Add potatoes, scallions, corn, beans, and cilantro. Toss gently. Serve at room temperature or refrigerate.

**Family Wellness Tips:** Celebrate National Eating Healthy Day on November 2<sup>nd</sup> and all month long! Visit [www.heart.org/NationalEatingHealthyDay](http://www.heart.org/NationalEatingHealthyDay) for resources including activities, ways to help others to join in and delicious recipes. Here's a few tips on snacking in color to get you started:

- **Make it easy to grab.** After you buy groceries, prep a week's worth of fruit and veggie snacks. Think carrot sticks, washed grapes or cherry tomatoes, or bite-size melon chunks. Put them in clear containers or plastic bags so they are easy to spot in the fridge.
- **Offer healthy options.** Instead of asking kids what they'd like for a snack, give them healthy choices. For example, offer a banana with peanut butter or celery sticks with guacamole.
- **Be patient.** Our tastes change over time. Keep offering fruits and vegetables in different ways, and don't give up! Kids may need to see and taste a new food several times before they know if they like it.
- **Have fun.** Spear some fruit and veggie chunks on a kebab or create fun shapes with cookie cutters. Keep everything colorful and bite-size.

