



Kinship Link

Volume 16, Issue 6

June 2020

Pro Kinship for Kids

Inside this issue:

Smart Tips to Power Up with Breakfast continued 2

Smart Tips to Build a Healthy Salad 2

Pro Kinship for Kids
Lower level Our Saviors
Lutheran Church
1400 S. State Street
P.O. Box 666
New Ulm, MN 56073
Phone 359-2445 or
1-800-642-5779
Website:
www.prokinship.org

Newsletter by
Kari Beran, Director



Smart Tips to Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries, and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries, and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg, and low-fat shredded

cheese.

- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

If your taste buds just don't crave traditional breakfast foods, try these choices.

- ♦ Peanut butter and banana sandwich on whole-grain bread.
- ♦ Leftover veggie pizza.
- ♦ Deli turkey, a slice of low-fat cheese, and lettuce wrapped in a whole wheat tortilla.
- ♦ Leftover rice mixed with low-fat yogurt, dried fruit, and nuts. Sprinkle with cinnamon.
- ♦ Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded

Cheddar cheese.

Powering up with a healthy breakfast and gets you off to a great start!



Here is a new recipe to try too for breakfast.

Microwave Denver Scramble Slider (Makes 1 serving)

- * 1 tablespoon chopped onion
- * 2 tablespoons chopped red or green bell pepper
- * 1 egg
- * 1 tablespoon water
- * 1 thin slice deli ham (chopped)
- * 1 slider-size bun or whole wheat English muffin (split and toasted)

Smart Tips to Power Up with Breakfast continued

Directions:

1. Place pepper and onion in an 8 ounce ramekin or custard cup, or small bowl. Microwave on high for 30 seconds and stir.
2. Add egg, ham, and water. Beat until egg is blended.
3. Microwave on high for 30 seconds and stir. Microwave until egg is almost set, 30 to 45 seconds longer.
Note: Scrambled eggs will continue to cook and firm up after removed from the microwave.
4. Season with salt and pepper if desired. Serve in bun.

Smart Tips to Build a Healthy Salad

Pack more nutrition into your day with a colorful, nutrient-dense salad. Keep basic ingredients on hand at home for a quick addition to any meal. Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations.

Whether you're at home or find yourself at a salad bar while dining out, mix and match ingredients to explore new combinations. Assemble your salad by selecting one or more ingredients from the groups listed below. The number of items chosen and the amounts may vary, depending on whether the salad is eaten as the main dish or a side dish to go with a meal.

Consider flavor, texture, and color. Add a small amount of salad dressing and enjoy!

Step One: Build your Base

Select one or more of these leafy green vegetables as the base of your salad. Arugula, Kale, Raddichio, Boston bibb lettuce, Iceberg lettuce, Red leaf lettuce, Escarole, Mixed greens, Romaine, Green leaf lettuce, Napa Cabbage, or Spinach

Step Two: Boost the Nutrients with Extra Vegetables and Fruits

Adding extra vegetables to a salad helps add to the texture and flavor, as well as boost the nutrients. Be creative by chopping, dicing, shredding, or slicing a variety of different colored veggies, such as:

Artichoke hearts, Beets, Bell pepper, Bok choy, Broccoli, Cauliflower,

Carrot, Celery, Corn, Cucumber, Mushrooms, Onion, Radishes, Red Cabbage, Snap or snow peas, Tomatoes, Water Chestnuts, Zucchini

Fruits may also work well in salads and add a little sweetness to the combination. Examples include: Apple, Fresh Berries, Dried Cherries, Grapes, Mandarin Oranges, Melon, Pear, Raisins

Step Three: Consider Adding Protein to Make it a Main Dish

Adding some type of protein food to your salad can make it a hearty main course.

Cooked Meat, Poultry, and Seafood:
Beef, Boiled egg, Chicken, Ham, Salmon, Shrimp, Tuna, Turkey

Vegetarian options include:
Black beans, Chickpeas, Edamame, Kidney beans, Navy beans, Tofu

*Nuts and seeds can also be sources of protein for vegetarians

Step Four: Dress Your Salad

Dress your salad with a small amount of dressing.

For options lower in saturated fat, consider oil and vinegar, or yogurt-based dressings instead of traditional creamy options. Salsa can also be a fun way to top a salad.

Garnish with a snip of fresh herb, if desired.

Sprinkle on Extras (optional):

These tasty toppings carry a larger amount of calories in a small portion

size. Use them sparingly to top off a salad.

You can also get creative by adding cooked grains to your salad. These foods can help balance out your meal. Plus, they add additional flavors and texture to your salad.

Grains:

Bulgur, Farro, Quinoa, Wheat berries

Nuts and Seeds:

Almonds, Cashews, Peanuts, Pecans, Pistachios, Pumpkin seeds, Sunflower seeds, Walnuts

Cheese:

Blue, Cheddar, Feta, Mozzarella, Parmesan

Other:

Avocado, Bacon bits, Croutons, Olives, Tortilla strips

Combination Ideas to try to just get you started:

- ◆ Romaine, grape tomatoes, cucumber, carrots, avocado, and shrimp
- ◆ Mixed greens, chicken strips, melon, walnuts, and feta cheese
- ◆ Spinach, red onion, mandarin oranges, and sliced almonds
- ◆ Shredded Napa cabbage, water chestnuts, carrots, cashews, and wheat berries

The tastes, combinations, and textures are endless! Let your mind run wild and be creative.

