



Kinship Link

Volume 17, Issue 8

August 2021

Pro Kinship for Kids

Inside this issue:

Smart Tips to Build a Healthy Salad continued 2

Ways to Make Your Own Convenient and Ready-to-Eat Snacks 2

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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 amount 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.

- Kale
- Arugula
- Boston Bibb Lettuce
- Escarole
- Green Leaf Lettuce

- Iceberg Lettuce
- Mixed Greens
- Napa Cabbage
- Raddichio
- Red Leaf Lettuce
- Romaine
- Spinach

Step Two: Boost the nutrients with extra vegetables and fruit

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
- Broccoli
- Corn
- Radishes
- Water Chestnuts
- Beets
- Cauliflower
- Cucumber
- Red Cabbage
- Zucchini
- Bell Pepper
- Carrot
- Mushrooms
- Snap or Snow Peas
- Bok Choy
- Celery
- Onion
- Tomatoes

Fruits may also work well in salads and add a little

sweetness to the combination. Examples include:

- Apple
- Mandarin Oranges
- Fresh Berries
- Melon
- Dried Cherries
- Pear
- Grapes
- 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

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 be a fun way to top a salad.

Smart Tips to Build a Heathy Salad continued

Garnish with a snip of fresh herbs, such as cilantro, parsley, or basil, if desired.

Sprinkle on Extras (Optional)

These tasty topping carry a larger amount of calories in a small portion size. Use them sparingly to top off a salad.

Cooked Grains: Bulgur, Farro, Quinoa, Wheat Berries

Unsalted 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:

◇ Romaine lettuce, corn, salsa, chopped avocado, with grilled

chicken and lime juice

◇ Chickpeas, diced cucumber, tomato and onion, with an herb vinaigrette

◇ Arugula, sliced red pears, walnuts, blue cheese, and honey Dijon dressing

◇ Mixed greens, roasted beets, oranges, and pistachios



Ways to Make Your Own Convenient and Ready-to-Eat Snacks

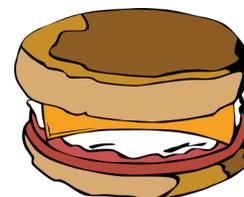
- * Make your own trail mix by combining whole grain cereal, unsalted nuts or seeds, and dried fruit. (Tip: portion into 1/4 cup servings)
- * Blend your own smoothie by adding 1 cup fat-free milk, and frozen fruit into a blender.
- * Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- * Bake vegetable chips, like kale or beets.
- * Roast chickpeas (or garbanzo beans) and season with spices.
- * Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables.
- * Mash an avocado with salsa and eat with whole-grain tortilla chips, or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy!
- * Cut up fruit to make kabobs and serve with low-fat yogurt dip.
- * Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- * Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- * Top graham crackers with nut or seed butter or dunk them into low-fat vanilla yogurt.
- * Cut a whole wheat pita into wedges and serve with 2

tablespoons of hummus or bean dip.

- * Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, 1/2 cup diced fresh veggies, and 1 ounce low-fat mozzarella cheese.
- * Create a scrumptious yogurt parfait by layering 6 ounces of fat-free yogurt with 1/2 cup fresh or frozen fruit, then sprinkle 1/4 cup (or less) low-fat granola on top.
- * Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and 1/4 cup dried fruit.
- * Dress up a salad with a hard cooked egg, or edamame, tomato, and 2 tablespoons reduced-fat dressing.
- * Whip up a quesadilla in the microwave using a whole wheat tortilla, 1/4 cup black beans, 1-2 tablespoons low-fat cheese, and 1 ounce of salsa.

1 thin slice deli ham (chopped)
1 slider-size bun or whole wheat English muffin (split and toasted)

1. Place pepper and onion in an 8 ounce 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.



Try this quick recipe for another snack option:

Microwave Denver Scramble Slider

Ingredients:

- 1 tablespoon chopped onion
- 2 tablespoons chopped red or green bell pepper
- 1 egg
- 1 tablespoon water

