

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

Holidays

Did You Know?

Recent scientific research shows that cranberries and cranberry products contain significant amounts of antioxidants and other phyto nutrients that may help protect against heart disease, cancers and other diseases. Cranberries contain the most antioxidant phenols compared to the 19 commonly eaten fruits.

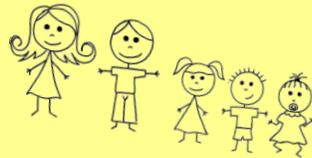
Plum Pudding is a traditional holiday food in England. It doesn't contain any plums so how did it get its name?

Nutrition Nugget

If you have trouble getting your children to try new foods remember that children tend to be new food phobic by nature. Introduce new foods slowly, when your child is hungry, but don't force them to try it. They may need to first look at it the first few times before they try it. Be a good role model and be willing to try new foods.

Family Play Time

Think of all the ways you can celebrate the season and be active at the same time. Depending on the weather, there are lots of fun options, such as building a snowman, making snow angels, sledding or walking around town to see the holiday lights. Indoors you can play Wii or Twister. Include activity in your holiday parties and include skating, sledding or a scavenger hunt.



Cooking School

The holidays are a perfect time to get children involved in cooking. Children are more likely to eat food they help prepare. Preparing meals together means quality time as a family. It gives you an opportunity to talk about the importance of good food and it helps develop skills in science, language, counting fractions, measuring, fine motor skills and reading.



White Chili

- 3 (15-oz.) cans great northern, pinto or cannellini beans, drained
- 2 ½ cups chopped cooked turkey
- 1 cup chopped red, green, and or yellow sweet pepper
- 4-6 jalapeno chili peppers, stemmed and chopped, canned or fresh
- 2 gloves garlic
- ½ teaspoon salt
- ½ teaspoon dried oregano, crushed
- 3 ½ cups chicken broth
- Shredded Monterey Jack Cheese/Broken tortilla chips



In a crock pot combine the above ingredients except for cheese and tortilla chips. Cover, and cook on low-heat setting for 8-10 hours or high-heat for 4 to 5 hours. Ladle the soup into bowls. Top each serving with cheese and tortilla chips, if desired.

Ham and Cheese Rollups

- 4 – 10 inch whole wheat tortillas
- ½ cup grated Parmesan cheese, divided
- ¼ pound thinly sliced deli ham
- ¼ pound thinly sliced provolone cheese
- ¼ pound thinly sliced hard salami
- 1 cup (4 oz.) shredded part-skim mozzarella cheese
- Marinara sauce, optional



Sprinkle some Parmesan cheese on each tortilla. Layer tortillas with ham, provolone cheese, salami and mozzarella cheese. Fold in sides of tortillas; roll up. Place seam side down on baking sheet. Brush with olive oil; sprinkle with remaining Parmesan cheese. Bake at 425° F for 9 to 12 minutes or until golden brown. Serve with Marinara sauce if desired.

ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt and Sheridan Counties.

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What Can I Do Today?

This time of year when there are so many special foods that we love it is easy to eat more food than we need. Try taking smaller portions. Take the time to fully enjoy your food. Use a smaller plate, bowl or glass; they help avoid eating oversized portions.