2011 North Coast District Walk to Bethlehem

September's Challenge:

Fill Half Your Plate with Fruits and Veggies

Try some of these suggestions from "Fruits and Veggies More Matters" to add fruits and veggies to foods that you already like!

If you like this…	You'll LOVE this!
Apple fritter donut →	Pancakes made with natural applesauce mixed in and sprinkled with cinnamon, chopped apples and walnuts
Toaster Waffles →	Whole grain toaster waffle "burritos"—top toasted waffle with sliced bananas/ strawberries and roll to eat on the go
Cereal with 1% or fat free milk →	Cereal with 1% or fat-free milk, fresh blueberries, strawberries, or sliced peaches
Trail mix made with low-fat granola →	Trail mix made with low-fat granola, almonds and dried and almonds cranberries
Peanut butter and jelly sandwich on white bread →	Peanut butter and sliced banana (or apple) on whole grain bread
Turkey wrap with lettuce and mayo →	Turkey wrap with lettuce, sliced avocado, tomato
Macaroni and cheese →	Kicked up mac'n'cheese with peas and corn *(see recipe inside!)*
Chips with ranch dressing →	Carrot coins, cucumber slices and bell pepper strips with ranch dip (mix fat-free Greek yogurt with ranch dressing mix to add a dairy serving and blast the fat)
Canned chicken noodle soup →	Chicken noodle soup with veggies (*see recipe inside)*
Buttered noodles →	Cheesy pasta primavera *(see recipe inside)*
Grilled chicken and mayonnaise	Grilled chicken, made-over potato salad and potato salad grilled grapes *(see recipe)*
Pie (two crusts, canned filling) →	Simple homemade peach and blackberry cobbler made with frozen fruit *(see recipe)*

For more ideas, visit: www.fruitsandveggiesmorematters.org

Greetings everyone---

Hope that you're having fun as you get ready for the Walk to Bethlehem! I know I am!

This month's focus is nutrition…. adding fruits and veggies to your diet, making half your grains whole grains, and adding dairy to your diet.

This flyer includes tips and some tasty recipes to try.

Remember---our walk starts Labor Day weekend.

We're going to walk **a lot farther** this year so that we can visit Imagine No Malaria net distribution sites in Africa. Our trip will take us **16784** miles---that's a long way, but I know that as a district, we can make it!!

Remember each check on the tally equals one mile. Worship, Bible Study, working at community meals, flu shots, health screenings, eating healthier and exercise all count.

Check out the Walk to Bethlehem web page on the district web site: www.northcoastdistrictumc.org/

Have fun!

Blessings,

Linda

Rev. Linda McCowen RN
Parish Nurse,
North Coast District UMC
5246 Broadway Ave. Ste 300
Cleveland, OH 44127
216-441-4527
fax 216-441-4590
lmccowen@ncdistrictumc.org
www.ncdistrictumc.org

Your body is a temple of the Holy Spirit

Potato Salad Cha Cha Cha

Tasty and colorful, this potato salad gets a south-of-the border make over.

Serves 6

Ingredients

1 1/3 pounds (4 medium) potatoes, cut into ¾-inch cubes
3 Tbsp. vegetable oil
2 ½ Tbsp. lime juice
1 ½ Tbsp. bottled mild jalapeño sauce
1 ½ tsp. chili powder
½ tsp. salt (optional)
15 oz. can black beans, rinsed and drained
7 oz. can whole kernel corn, drained
1 cup diced tomatoes
½ cup sliced green onions

Directions

- In large saucepan, cook potatoes, covered, in 2 inches boiling water 10 to 12 minutes or until just tender.
- Drain and cool.
- Meanwhile, in large bowl, whisk together oil, lime juice, jalapeño sauce, chili powder and salt, if desired.
- Add potatoes and remaining ingredients. Toss gently to mix thoroughly

Nutrition Information per serving (* Optional ingredients not included in dietary analysis.)

calories 239	protein 7g	% of calories from fat 29%
total fat 7.9 g	saturated fat 0.8g	total carb 37g
Dietary fiber 8 g	sodium 469 mg	cholesterol 0mg

Grandma's Chicken Vegetable Soup

Each serving provides: An excellent source of vitamins A and C and potassium, and a good source of folate, magnesium and fiber.

Serves 4

Ingredients

1 - 14 ½ oz. can reduced-sodium chicken broth
½ cup water
1 lb. (3 medium) potatoes, cut into ½-inch cubes
1 medium carrot, cut into ¼-inch slices
1 lb. boned and skinned chicken breasts, cut into 1-inch chunks
1 medium zucchini, cut into ¼-inch slices
3 green onions, sliced
2 tsp. dried basil
1/8 tsp. salt
1/8 tsp. black pepper

Directions

- In 3-quart saucepan over medium heat combine broth and water. Cover and bring to boil.
- Add potatoes and carrot; cover and cook 5 minutes.
- Add chicken, zucchini, onions and basil; bring to boil, Reduce heat, cover and cook until chicken is opaque throughout, about 7 minutes.
- Season with salt and pepper.

Nutrition Information per serving

calories 240	protein 28g	% of calories from fat 12%
total fat3.1 g	saturated fat 1g	total carb 25g

Peach & Blackberry Cobbler

Serves 8

Prep Time: 10 minutes Bake Time: 30-35 minutes

Ingredients

2 (10 ounce) packages organic frozen sliced peaches, thawed, drained
1 (10 ounce) package frozen blackberries, thawed, drained
1 cup cane sugar
¼ cup whole wheat flour
1 teaspoon ground cinnamon
1½ cups buttermilk biscuit mix
6 tablespoons organic milk
1½ tablespoons butter, softened

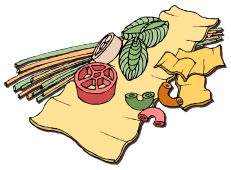
Directions

- In large bowl, combine peaches, blackberries, sugar, flour and cinnamon.
- Transfer to a greased 8×8-inch baking dish.
- In small bowl, combine remaining ingredients. Drop by teaspoonfuls onto peach mixture.
- Bake in a preheated 400°F oven 30-35 minutes or until golden brown and bubbly.

Nutrition Information per serving

calories	280	total fat	3 g	saturated fat	1g	total carb	61g
dietary fiber	5g	sodium	370 mg	cholesterol	5 mg		

Kicked-up Mac & Cheese



Serves 4

Ingredients

1 package (14.5 oz.) macaroni and cheese dinner
1/2 c Milk
1/2 c butter, divided
1 can (15.25 oz.) sweet peas, drained
1 can (15 oz.) whole kernel sweet corn, drained
1 jar (4 oz.) diced pimentos, drained
1 1/2 c panko bread crumbs

Directions

- Prepare macaroni and cheese with milk and 1/4 cup butter, following package directions.
- Gently stir in peas, corn and pimentos.
- Place in a 3-quart casserole dish.
- Melt remaining 1/4 cup butter, mix with breadcrumbs and sprinkle evenly over casserole.
- Place under broiler about 2 minutes or until top is lightly browned.

Nutrition Information per serving

calories	280	total fat	3 g	saturated fat	1g
total carb	61g				

Fruits & Veggies-More Matters(r) recipe appear courtesy of Produce for Better Health Foundation (PBH). Credit: Recipe courtesy of Seneca. This recipe has not been reviewed to meet PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

2011 North Coast District
Walk to Bethlehem

Are you looking for ways to increase your physical, spiritual and emotional health? Join us on an "imaginary" trip to **Bethlehem!** Beginning Labor Day weekend, our team will log activities each week with the goal of accumulating enough "miles" to reach **Bethlehem** by Christmas. There is a lot to learn along the way about new cultures, new food, and missionary work while incorporating exercise and spirituality

Exercise 30 Minutes Per Day: Although the program is called " Walk to Bethlehem" all forms of physical activities count: swimming, biking, walking, running, yoga, aerobic exercise. The goal is to exercise 30 minutes

The Healthy Eating Challenge: Can you eat 5 servings of fruits and vegetables each day? Can you make half of the grains you eat whole grains? Can you change your portions so that at each meal half of your plate is fruit or vegetables, a quarter is protein, and a quarter is grains?

Spiritual Life: Make time for Bible study, worship, journaling, daily devotions or other spiritual pursuits and you will earn miles on your walk!

Mission Outreach: Serving in love earns miles for our walk. Any kind of volunteer activity, such as serving dinner to low income families, working at the Cleveland Food bank, or volunteering at Cornerstone of Hope

Bonus Points: Earn bonus points for things like getting a health screening, obtaining a flu shot, quitting smoking, or losing 5 pounds. Bonus points will be announced as the walk progresses.

Our Walk Begins the week of Sunday, September 4th!

Pick up your Tally Card in The Parlor
or download a copy from the church website.
Return your completed card each week.
(There will be a box in the parlor.)
Or sign up by e-mail: office@brecksvilleumc.com

Pasta Primavera

Serves 4

Pasta, vegetables and a sprinkle of cheese makes this a kid-friendly classic that adults will love too!

Ingredients:

8 oz spaghetti, uncooked, whole wheat

1 Tbsp olive oil

1 tsp ($\frac{1}{2}$ clove) garlic, minced

4 cups assorted cooked vegetables

1 can (15 $\frac{1}{2}$ oz) diced tomatoes, no-salt-added

1 can (5 $\frac{1}{2}$ oz) 100% tomato juice, low-sodium

$\frac{1}{4}$ tsp black pepper

$\frac{1}{4}$ cup Parmesan cheese

- In a 4-quart saucepan, bring 3 quarts of water to a boil over medium heat.
- Add spaghetti and cook according to package directions. Drain.
- Meanwhile, combine olive oil and garlic in large sauce pan. Cook until garlic is soft, but not browned (approximately 30 seconds).
- Add mixed vegetables and cook until vegetables are soft, but not browned (approximately 3 to 5 minutes).
- Add diced tomatoes, tomato juice and pepper. Bring to a boil. Reduce heat and simmer for 5 minutes.
- Add spaghetti and Parmesan cheese. Toss until the pasta is hot and well mixed.
- Serve.

Nutritional Information per Serving-
Calories: 380Carbohydrates: 68gTotal Fat: 6gCholesterol: 5mgSaturated Fat: 1.5gDietary Fiber: 11g% of Calories from Fat: 14%Sodium: 150mgProtein: 14g