



April Newsletter Items

There are so many choices when it comes to drinks, but not all drinks are created equal. We know that pop has a lot of sugar, around 8 teaspoons per one 355ml bottle! Iced tea and other drinks can have just as much sugar. Here are some healthy tips:

- Limit children to one serving of 100 per cent real fruit juice a day. That's ½ cup or 125 ml.
- Children do not need sports drinks, even if they play a lot of sports. Water will do the trick, and it's cheaper!
- Milk is an excellent drink choice, and so is chocolate milk. The only difference between the two is chocolate milk has some added sugar – around the same amount as found in 100 per cent fruit juice.

Spicy Mexican Triangles

Preheat oven to 350°F

Portion: 2 triangles

Cost per serving: \$0.36

Preheat oven 350F

3 x 6-inch whole-wheat tortillas 3 x 15-cm

1 tsp canola oil

1/2 cup onion, chopped

2 cups refried brown beans

pinch chili powder

1/2 cup fresh tomato, diced

1 cup salsa

1 cup cheddar or mozzarella cheese, grated

1. With a pizza cutter, cut each tortilla into 6 pie-shaped triangles. Place on the sheet pan and bake for 10 minutes. Cool.
2. Heat the oil in a large pan, add the onion, and cook until soft.
3. Add the refried beans and chili powder; mix thoroughly.
4. Place the tomato in a bowl and add the salsa. Mix thoroughly.
5. Spread 2 tbsp of the bean/onion mixture on each tortilla triangle. Top with 1 tbsp of the tomato/salsa mixture. Sprinkle the top of each tortilla triangle with 1 tbsp of the cheese.
6. Bake for 10–15 minutes, until the cheese is melted and the beans are heated through.

Offer this recipe as a snack or in a larger quantity as a complete meal. The spicy topping can be served hot or cold. Beans are a major part of the Mexican diet. Refried beans are speedy and an excellent source of inexpensive plant protein.

Crunchy Nova Scotia Honey Granola

Preheat oven to 325F Yield: 30

Portion: 1/4 cup

Cost per serving: \$0.48

4 cups old-fashioned rolled oats

1/2 cup oat bran

1/2 cup flax flour or flax meal

1/2 cup skim-milk powder

1/2 cup canola oil

1 cup honey, liquid

1 tbsp almond extract

1 tbsp vanilla extract

1/2 tsp salt

2 cups cranberries, dried

1. In a large bowl, combine the oats, oat bran, and flax flour.
2. In a medium bowl, whisk the skim-milk powder, oil, honey, almond extract, vanilla extract, and salt. Pour the mixture over the oats and stir until well combined.
3. Divide the mixture between the 2 sheet pans (greased) and spread in an even layer.
4. Bake for 20 minutes; stir. Continue baking for another 20 minutes, until the oats are slightly golden brown. The oats may feel soft but will crisp as they cool.
5. Cool completely. Stir in the dried cranberries.
6. Store the cooled granola in an airtight container; it should keep for at least 3 weeks.

Homemade granola makes an excellent topping for fruits and smoothies.

April 7 is World Health Day. Organized by the World Health Organization, World Health Day 2010 focused on urbanization and health. With the campaign "1000 cities - 1000 lives", events were organized worldwide calling on cities to open up streets for health activities. For more info on this year's event, go to www.who.int/world-health-day

Active Living Tip

Spring is in the air So let the yard work begin! Make sure everyone in the family helps. Kids love to dig, rake, shovel, and pick up sticks.