



March Newsletter Items

March is Nutrition Month! Kids are more likely to eat their meals and snacks if they are offered a variety of fun foods. But fun food doesn't have to mean unhealthy. Healthy foods can be made more fun by adding color and shapes. Give children choices, but make sure the choices are equally nutritious – the choice is between an apple or yogurt. Sometimes having non-traditional foods can make meals fun. Pizza for breakfast? Why not!

Crusty Homemade Vegetable Pizza

Preheat oven to 375°F Yield: 8

Portion: 1 slice

Cost per serving: \$0.62

Pizza Dough

2/3 cup all-purpose flour

1/3 cup whole-wheat flour

1 1/2 tsp quick-rising yeast

1/2 tsp salt

1/2 cup warm water

1/2 tsp white granulated sugar

1 tbsp canola oil

1. In a bowl, combine the all-purpose flour, whole-wheat flour, yeast, and salt.
2. Combine the warm water, sugar, and oil. Add to the flour mixture. Using a wooden spoon, stir until the dough begins to come together and forms a ball. You may need to add a little more flour, tablespoon by tablespoon, until the dough becomes less sticky.
3. Turn the dough out onto a lightly floured board and knead gently until the dough feels more elastic; shape into a ball.
4. Place the ball in a lightly greased bowl; leave at room temperature until it doubles in size.
5. Lightly grease the pizza pan. Using your fingertips, spread the pizza dough to the outside edges of the pan.

Topping for Pizza

1/2 cup prepared tomato sauce (low sodium)

1 1/2 cups mozzarella cheese, grated

1 cup fresh spinach

1 roasted red pepper, sliced

1 cup mushrooms, sliced

1. Spread the pizza with the tomato sauce.

2. Sprinkle half of the cheese over the pizza.
3. Wash the spinach and pat dry with a paper towel; lay the spinach evenly over the pizza.
4. Top with the remaining cheese. Distribute the red-pepper slices over the pizza. Spread the sliced mushrooms over the pizza.
5. Bake for 20–30 minutes, until the cheese is melted and slightly golden.
6. Cut into 8 slices.

A speedy version of this recipe can be made with frozen ready-to-use pizza dough. Allow the dough ball to thaw and roll to fit the pizza pan. Frozen pizza dough may not have the natural flavour of homemade pizza dough and will probably be higher in sodium and lower in fibre. Select a tomato sauce that contains less than 480 milligrams of sodium per 1/2-cup serving.

Cheesy Mexican Enchiladas

Preheat oven to 350°F

Yield: 12

Portion: 1 enchilada

Cost per serving: \$0.58

1 tsp non-hydrogenated margarine
1 1/2 cups squash, mashed (see below)
1/2 tsp allspice, ground
1/2 lb (2) medium onions, chopped
1/2 cup canned black beans, rinsed and drained
1 1/2 cups medium cheddar cheese, grated
pepper, to taste
12 x 6-inch whole-wheat tortillas 12 x 15cm
1 x 14-oz jar salsa

1. Lightly grease the sheet pan with the margarine.
2. Combine the mashed squash, allspice, onions, black beans, and cheese in a large bowl. Season with the pepper; blend thoroughly.
3. Spread a tortilla with 1 tbsp of the salsa. Place 1/4 cup of the squash mixture in the centre of the tortilla. Tuck in the end and roll up.
4. Repeat until all of the tortillas have been filled. Place on the sheet pan and bake for 20 minutes, until slightly brown.

To prepare mashed squash (can be done ahead of time): Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The

remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

March is Nutrition Month across Canada. In celebration of healthy eating, dietitians across Canada organize events and raise awareness to reinforce the importance of nutrition in achieving health and wellbeing. Get more info about Nutrition Month, and recipes, at <http://www.dietitians.ca/>

Physical Activity Tip

Make screen time active time! Challenge the family to see who can do the most push-ups, jumping jacks or leg lifts during commercial breaks. Another option is to “beat your best” and see how much you improve every week.