



# Maschio's Food Services Cafeteria Connection

## February 2011

**Did You Know?**  
February is the month to celebrate:  
Black History Month  
Ground Hog Day 2/2  
Valentine's Day 2/14  
President's Day 2/21  
Heart Healthy Month



**"Healthy Meals Grow Healthy Kids"**

### Celebrate Valentine's Day by Keeping Your Heart Healthy!

#### Heart Facts:

- Strongest muscle in your body and is about the size of a fist!
- Very important job: sends blood all around your body to provide it with the oxygen and nutrients it needs through blood vessels.
- Your heart beats over 100,000x per day:  
**How a heart beats?:** Before each beat, your heart fills with blood. Then its muscle contracts to squirt the blood along. When the heart contracts, it squeezes — try squeezing your hand into a fist. That's sort of like what your heart does so it can squirt out the blood. Your heart does this all day and all night, all the time. The heart is one hard worker!

#### How to Keep Your Heart Healthy:

-Exercise is very important in keeping your heart healthy and strong. The more you exercise the stronger your heart becomes! You should exercise for at least 60 minutes a day. Your heart likes exercises that keep it beating fast like running, jump roping, playing basketball, tennis, soccer, swimming etc.

-Choose a variety of heart healthy foods from the food groups such as fruits, vegetables, lean meats, beans, whole grains, low-fat milk, and avoid foods high in trans- fat and saturated fats (unhealthy fats) and sugar. Visit [mypyramid.gov](http://mypyramid.gov) for more information about the food groups and how much you should eat from each group per day.

-Live Tobacco Free

-Smoking causes the blood vessels to narrow and makes your heart work harder than it should.

-Smoking makes it hard to breath and hard to play sports and get the exercise you need.

#### WORD SCRAMBLE

XEREESCI

ERTAH

ENTNIEVLA'S YAD

GERNAO

Exercise, Heart, Valentine's Day, Orange

#### FRUIT OF THE MONTH Oranges



#### VEGETABLE OF THE MONTH Snow Peas



#### Healthy Facts

-Oranges are a great source of Vitamin C, but they also are a great source of calcium, folic acid and other nutrients.

Eating a whole orange, as opposed to drinking the juice, provides fiber that is not present in the juice alone.

-Snow Peas are an excellent source of Vitamin C and a good source of manganese and iron.

Snow peas, also called Chinese pea pods, at one time were only seen in Chinese restaurants. Now, they're available everywhere.

#### RECIPE CORNER:

**Sweet & Sour Shrimp With Oranges- Makes 4 servings.**

- 1 medium onion, coarsely chopped
- 1/2 cup fresh squeeze orange juice
- 1 medium green bell pepper, coarsely chopped
- 1/4 tsp. ground ginger
- 3/4 cup ketchup (no salt added)
- 3 oranges, peeled, cut into bite size pieces
- 1/2 lemon, peeled and juiced
- 1 tbsp. cornstarch
- 20 small to medium cooked shrimp, with tails and shells removed (7 ozs.)
- 3 tbsps. brown sugar
- 3 cups cooked rice (no salt added)
- Chopped cilantro or parsley

#### DIRECTIONS

In large non-stick skillet, spray with no-stick cooking spray, cook onion and green pepper over medium-high heat until tender but not browned.

Add ketchup, lemon peels, and lemon juice. Blend cornstarch and sugar with orange juice and ginger; add to sauce. Cook, stirring until thickened. Add orange pieces and shrimp; heat. Serve over hot-cooked rice. Sprinkle with chopped cilantro. Serve with lemon wedges, if desired.

**Nutritional analysis per serving:**  
Calories 365, Fat 1g, Calories from Fat 3%, Carbohydrates 77g, Cholesterol 81mg, Fiber 4g, Sodium 110mg, Protein 14g, Potassium 691mg.