

Did You Know?

November is the Month to Celebrate:

- National Sandwich Day– Nov. 3rd
- Veterans Day– Nov. 11th
- Mickey Mouse Birthday– Nov. 8th
- Thanksgiving– Nov. 24th
- National Apple Month

BUILD A BETTER SANDWICH



Celebrate National Sandwich Month by creating a healthy sandwich!

Sandwiches are an easy meal that have endless combinations.

Here are a few ideas to start your creation:

Start off with 100% Whole Wheat Bread, 100% Whole Grain Bread, or Wraps. Toast or Press your sandwich for a different taste!

For the "meat" of the sandwich choose grilled chicken, low-fat low sodium turkey breast, deli ham, grilled vegetables, eggs, extra lean ground beef, water-packed tuna, grilled fish, beans etc.

Add a slice of low fat cheese, fresh leaves of lettuce, sliced carrots, cucumbers, tomatoes, zucchini, or any of your favorite vegetables!

Add sliced apples, berries, sliced peaches (grilled) for a sweeter sandwich!

Top off the sandwich with olive oil & vinegar, low fat dressing, mustard, salsa, fruit salsa, or avocado (a great substitute for mayonnaise)!

Remember, the combinations are endless, so let your imagination run wild and create your sandwich today!

DID YOU KNOW?

Today's "Sandwich" is named after John Montague, the 4th Earl of Sandwich. He liked playing cards so much he didn't want to be interrupted – so he had meat between two pieces of toasted bread to stay in the game and keep his playing cards from getting greasy!

FRUIT OF THE MONTH



GRAPES

VEGETABLE OF THE MONTH



BABY SPINACH

APPLES – FUN FACTS

- Apple trees can live to be 100 years old!
- Apples can be as small as a cherry or as large as a grape-fruit
- Most apples have only five seeds, but some may have as many as 10 and others may have no seeds at all

Source: motts.com

A COMPLETE LUNCH INCLUDES:

- PROTEIN, GRAINS
- FRUIT, VEGETABLE
- LOW FAT MILK

Take All 5!

HEALTHY FACTS

Grapes are loaded with vitamin C, manganese, and vitamin K!

Freeze grapes for a fun treat!

Spinach is a nutrient dense food that is packed with iron, Vitamin A, C, K, folate, potassium, magnesium, and manganese!

RECIPE CORNER

PARMESAN SPINACH CAKES– 4 SERVINGS, 2 SPINACH CAKES EACH

Ingredients

- 12 ounces fresh spinach
- 1/2 cup part-skim ricotta cheese, or low-fat cottage cheese
- 1/2 cup finely shredded Parmesan cheese, plus more for garnish
- 2 large eggs, beaten
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

Directions :

1. Preheat oven to 400°F.
2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.

Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full)

Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

Source: Eatingwell.com

WORD SCRAMBLE:

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