

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Celebrate a World of Flavors during National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics to spotlight healthy and informed food choices. For the month of March, everyone is invited to rethink their plate and “Celebrate a World of Flavors” with their favorite food and recipes from cultures around the globe. There are many healthy recipes that offer foods from each food group, making it easy to plan meals that are flavorful, balanced, and nutritious.

Celebrate a World of Flavors

“Celebrate a World of Flavors” by exploring new recipes and trying new herbs and spices on your favorite foods. The CNP website (<https://uwyocnp.org>) and the MyPlate Kitchen website (www.myplate.gov) are full of flavorful recipes from around the world. Many recipes use everyday ingredients that can be changed based your budget or personal food preferences. Choosing a variety of foods from

all food groups (fruits, vegetables, grains, dairy or dairy alternatives, and protein foods) can help you use your usual ingredients in new ways. Here are a few ideas to spice up your meal planning routine:

Incorporate different flavors each week into your meal planning:

- Add flavor to your next lunch or dinner with a spicy lentil stew.
- Swap out the traditional tomato sauce with spinach pesto on pizza or pasta.
- Try a new take on eggs with a Breakfast Bruschetta.
- Top your favorite breakfast dish or tacos with Mango Salsa.
- Play around with CNP Seasoning mixes to add a twist to your favorite dishes.

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World of Flavors, Continued

Choose healthier snacks that include foods from multiple food groups, such as:

- Hummus with veggies or whole grain crackers
- Quesadillas with beans and veggies
- Peanut butter yogurt dip with fruit

All these recipes, tips on healthy living, and physical activities are available on our website: uwyo.cn.org.

Look to all our social media platforms for regular content posting and updates.

Facebook: @ UWCNP

Instagram: @ centsible_nutrition_program

Pinterest: @ uwyo.cn.org

TikTok: @ centsiblenutrition

Source

Academy of Nutrition and Dietetics.
Celebrate a World of Flavors. (2022).

Join CNP!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyo.cn.org/cnp-online-classes/>.



Mango Salsa

Ingredients

- 3 tomatoes
- ½ onion
- 1 mango
- 2 Tablespoons cilantro
- Salt and lemon juice to taste

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash tomatoes, onion, mango, and cilantro. Chop the tomatoes. Dice the onion. Chop the mango into small cubes. Chop the cilantro.
3. Mix together all ingredients in a bowl. Toss well to blend.
4. Chill at least one hour before serving to allow flavors to blend.
5. Enjoy with vegetables, whole-grain chips, whole-wheat crackers, or on tacos and burritos.

Makes 8 Servings

Variations

- Black Bean Mango Salsa- Add 2 cups cooked black beans or 1 15-ounce can, rinsed and drained.
- Peach Salsa- Use canned (and drained), frozen (and thawed), or fresh peaches instead of mangoes.



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