



# Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

## A Rainbow of Benefits

All fruits and vegetables are great for us. Eating a variety throughout the day ensures that we get the nutrients we need for our overall health. Check out some of the benefits below:

- Red fruits and vegetables, from canned tomatoes to fresh watermelon, contain lycopene, which is great at reducing cancer risk.
- Orange and yellow fruits and vegetables, like carrots or squash, contain carotenoids that are great for eye and heart health.
- Green fruits and vegetables like kiwi, canned chilies, and dark leafy greens are great sources of folic acid, which helps produce healthy red blood cells.
- Blue and purple fruits and vegetables, like blueberries and red onion, contain anthocyanins, which may help improve memory and moderate blood sugar levels.
- White and brown fruits and vegetables, like onions and mushrooms, contain allicin, which can help regulate blood pressure.

MyPlate recommends half our plate be fruits and vegetables. Adults should aim for 3 ½ to 5 cups of fruits and vegetables daily.

## Fruit Crisp

### Ingredients

#### Filling

- 2 15-ounce cans or 4 cups sliced fruit
- 1 Tablespoon cornstarch or flour
- 1 Tablespoon fruit juice liquid or water

#### Topping

- 1½ cups coarsely crushed whole-wheat cereal or ¾ cup oats
- ¼ cup sugar
- ½ cup flour
- 3 Tablespoons margarine, melted
- ⅓ cup chopped nuts or seeds (optional)
- Nonstick spray

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F and spray an 8x8-inch baking pan with nonstick spray.
3. Arrange fruit in baking pan. (If using canned fruit, drain fruit and save 1 Tablespoon of liquid in a small bowl.)
4. Mix cornstarch or flour with 1 Tablespoon fruit juice or water until a slurry is formed. Pour over fruit.
5. Mix cereal crumbs or oats, sugar, flour, and margarine. Stir in nuts or seeds.
6. Sprinkle evenly over fruit. Bake for 20 minutes.
7. Cut into nine pieces. Serve.

**Makes 3 cups | 6 servings**



# Bison Green Chili

## Ingredients

- 1 Tablespoon canola oil
- 1 pound ground bison
- 1 small onion, diced
- 4 garlic cloves, minced (1 teaspoon powder)
- 6 Tablespoons flour
- 4 cups water, divided
- 1 4-ounce can green chilies, drained and chopped
- 1 15-ounce can tomatoes (undrained)
- Black pepper to taste

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Heat oil over medium-high heat in skillet or electric skillet.
3. Add ground bison and break it into small pieces using a sturdy spatula or spoon.
4. Cook until bison is browned on all sides and reaches an internal temperature of 160°F.
5. Add onions and garlic. Cook until brown.
6. In a separate bowl, whisk flour and 1 cup of water until smooth.
7. Slowly add the flour mixture to the bison, stirring constantly. Add in the rest of the water and stir to combine.
8. Add the chilies, tomatoes with liquid, and black pepper. Simmer for 1 hour.

Makes 6 cups | 6 servings

## About CNP

The Cent\$ible Nutrition Program (CNP) is a free\* resource that can help you eat better for less. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active.

Class highlights include:

- A free cookbook with 200+ easy, delicious recipes
- 8 kitchen tools
- Cooking a new recipe each lesson
- Hands-on activities

\* CNP is free for those who income qualify. Visit [uwyocnp.org/](https://uwyocnp.org/) for more information.

## Contact Us

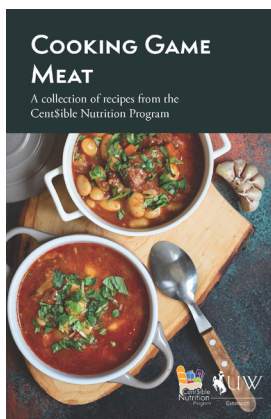
Wind River Reservation CNP Educators:  
<https://uwyocnp.org/wrir/>

Phone: 1-877-219-4646

Email: [cnp-info@uwyo.edu](mailto:cnp-info@uwyo.edu)

Website: [uwyocnp.org](https://uwyocnp.org)

Facebook: [facebook.com/UWCNP](https://facebook.com/UWCNP)



## Cooking with Game Meat

Looking for recipes that work well with bison, deer, or other game? Connect with your local CNP Educators to receive a recipe booklet of easy, low-cost game meat recipes. Game meat booklets will also be available for distribution during the March mobile pantry delivery.



This newsletter is created in partnership between the Cent\$ible Nutrition Program, the Food Bank of Wyoming, and the mobile food distribution on the Wind River Reservation.