



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

Build a Healthy Plate with My Native Plate

Building a healthy plate starts with My Native Plate. My Native Plate is a visual tool that can help you build healthy eating habits. It is based on the USDA's MyPlate, but takes into consideration traditional foods and food habits of Indigenous Americans. By using My Native Plate as a guide, you can make your own healthy plate that fits your preferences. To get started, consider these key ideas:

- Make half your plate vegetables. Fresh, frozen, and canned are all good choices.
- Make a quarter of your plate grains and/or starches. Choose whole grains.
- Make a quarter of your plate protein. Vary between plant and animal proteins.
- Add a side of fruit. Fresh, frozen, canned, and dried are all good choices.
- Choose foods low in added sugar, saturated fat, and sodium.

Want to know more about My Native Plate? Visit <https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/nutrition/my-native-plate/> or sign up for Cent\$ible Nutrition Program classes on the Wind River Reservation. If you have questions about your plate and any health concerns, always talk with your healthcare provider to find an eating pattern that's right for you.

Green Bean & Rice Casserole

Ingredients

- ½ cup onion, chopped
- 2 teaspoons of canola oil
- ½ cup brown rice, uncooked
- 1 ½- 2 cups broth or water
- 1 15-ounce can low-sodium green beans, drained
- 1 15-ounce can low-sodium diced tomatoes
- ¼ cup shredded cheese (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a medium-sized pan, sauté onions for 3-5 minutes or until they begin to brown.
3. Add rice and broth or water. Cover and cook on medium high until rice is soft, about 20-30 minutes.
4. Preheat oven to 375°F.
5. Spray a small baking dish with nonstick spray.
6. Add green beans and tomatoes to cooked rice. Mix together.
7. Spread rice mixture in the baking dish. Top with shredded cheese.
8. Bake for 20 minutes or until cheese is melted and beginning to brown.
9. Freeze left-overs in 1 cup portions.

Makes 6 servings





Chicken & Pea Mac & Cheese

Ingredients

- 1 box pre-packaged mac and cheese
- ½ pack cheese packet
- ¼ cup low-fat or fat-free milk
- 2 Tablespoons tub margarine
- 1 cup cooked or canned peas
- 1 5-ounce can chicken, drained

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook noodles as directed on package.
3. After draining noodles, return to heat, stir in milk, margarine, and 1/2 cheese packet.
4. Stir in cooked/canned peas and canned chicken.
5. Heat through and serve.

Makes 4 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/ for more information.

Contact Us

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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.