



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter



Taco Pasta Skillet

Ingredients

- 1 pound ground meat (beef, game, etc.)
- 1½ cups pasta, uncooked
- 1 15-ounce can or 2 cups tomato sauce
- 1 14.5-ounce can diced tomatoes with juices
- 1 15-ounce can corn, drained or 2 cups other vegetables, fresh, frozen, or canned
- 1 teaspoon taco seasoning, chili powder, or other seasoning
- ½ cup shredded cheese

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook ground meat in a large skillet, electric skillet, or stock pot.
3. Drain off fat.
4. Cook pasta according to package directions. Stop cooking 1-2 minutes early, so pasta isn't quite tender. Drain and rinse pasta under cold water.
5. In the skillet, combine meat, pasta, tomato sauce, diced tomatoes, corn, and seasoning.
6. Cover and simmer for 10-15 minutes, or until heated through and pasta is tender. Stir frequently to prevent sticking.
7. Top with cheese and let it melt before serving.

Makes 4-6 servings



Fruit Parfait

Ingredients

- 2 cups low-fat vanilla yogurt or soy-milk yogurt
- 1 cup sliced fruit, fresh, canned, or frozen and thawed (bananas, berries, cantaloupe, grapes, oranges, peaches, mixed fruit, etc.)
- ½ cup granola, crushed cereal, or chopped nuts

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Put a small amount of yogurt in the bottom of two glasses. Add a small amount of fruit. Add two more layers to each glass: first yogurt, then fruit.
3. Top parfaits with granola, crushed cereal, or nuts.

Makes 2 servings

Incorporating Calcium in Your Diet

Building and maintaining healthy bones is a lifelong process. Getting enough calcium every day is one of the most important things you can do for your bones. Dairy products are a primary source of calcium in the American diet. Dairy includes milk, yogurt, and cheese.

The *Dietary Guidelines for Americans* recommends 3 cups per day of fat-free or low-fat dairy products. For some people however, dairy may be hard to digest. This is called lactose intolerance. Lactose is a sugar found in dairy products. Lactose is digested by an enzyme called lactase. People with lactose intolerance do not produce enough lactase.

Individual tolerances to lactose can vary. Some people with lactose intolerance can enjoy some dairy products without symptoms. For example, yogurt may be an option. The live cultures used in making yogurt contain the lactase enzyme, making it easier to digest. Greek yogurt contains the lowest amount of lactose. Another option is Kefir, a type of fermented milk beverage. The fermentation process breaks down the lactose. Additionally, hard cheeses that are aged, like cheddar, Parmesan, and Swiss are typically lower in lactose. Milk is also available in a lactose-free version.

If dairy isn't an option, you can still get the calcium you need for healthy bones. Look for nondairy sources of calcium such as:

- Green vegetables, like kale and broccoli
- Canned fish with bones (salmon, sardines, etc.)
- White beans
- Calcium-fortified soy milk and yogurt
- Calcium-fortified foods like juices, cereal, and bread

Some traditional foods with calcium include:

- Amaranth grain
- Dandelion greens
- Trout
- Prairie turnip
- Chokecherries

Sources: Boston Children's Hospital, Mayo Clinic, Purdue Extension Education



About CNP

The Cent\$ible Nutrition Program (CNP) is a free* resource that can help you eat healthy on a budget. 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/cnp-qualify/ for more information.

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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.