



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter



Salmon Fried Rice

Ingredients

- 3-4 green onions, sliced
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 10-ounce can of salmon
- 3 cups cooked rice
- 1½-2 cups of canned vegetables (peas, carrots, green beans, etc.)
- 2 Tablespoons low-sodium soy sauce

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If rice is not cooked, follow directions on package and cook it first. Drain and rinse under cool water. Set aside.
3. In a skillet or electric skillet, cook green onions in oil until tender. Add egg and cook to a scrambled egg consistency. Remove from pan.
4. Increase heat to high. Add rice, eggs, canned salmon, vegetables, and soy sauce. Stir constantly until rice is heated through.

Makes 5-6 servings

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Loaded Chili Nachos

Ingredients

- ½ pound lean, ground meat (bison, beef, game, turkey, etc.)
- 1 small onion, chopped
- 2 cups cooked or canned beans (kidney, pinto, black, etc.)
- 16-ounce can tomato sauce
- 1 14.5-ounce can diced tomatoes
- 1-2 Tablespoons chili powder
- 4 cups corn chips
- 1 cup cheese, grated
- Toppings: jalapeños, avocado, cilantro, tomatoes, olives, onions, etc.

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook ground meat and onion together in a saucepan. Drain off fat. Return to saucepan.
3. Add beans, tomato sauce, diced tomatoes, and chili powder to the saucepan.
4. Cook over medium heat until heated through.
5. Divide chips on 4-6 plates and place them in a single layer.
6. Top with chili mixture and sprinkle cheese over the top.
7. Serve hot with your favorite toppings.

Makes 4-6 servings



Heart Healthy Foods

February is American Heart Month. Keep your heart healthy this month and all year long with our tips for a heart-healthy lifestyle.

- **Move often-** aim for 20-30 minutes a day, 5 or more days a week.
- **Decrease salt intake-** Try swapping out salt for herbs to boost flavor in your meals.
- **Reduce stress in healthy ways-** Being active, getting plenty of sleep, and participating in activities that you enjoy can help manage stress.
- **Decrease saturated fat intake-** Try using healthy oils, like olive and canola oil, and choosing low-fat dairy and protein foods.
- **Add heart-healthy foods to your plate-** Eat a variety of foods from the 5 MyPlate food groups.
 - » Vegetables like spinach, collard greens, broccoli, and carrots
 - » Fruits like apples, bananas, oranges, and grapes
 - » Whole grains like oatmeal and brown rice
 - » Fat-free and low-fat milk, yogurt, and cheese
 - » Lean protein foods like salmon, lean meat, nuts, tofu, and beans
 - » Foods with healthy fats, like salmon, tuna, avocados, seeds, nuts, and canola, olive, and sesame oil
 - » Foods low in sodium and saturated fat.

Every bite can make a difference today and in the future.

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/cnp-qualify/ for more information.

Contact Us

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We're Hiring!

The Cent\$ible Nutrition Program (CNP) is a grant-funded nutrition education program for people with limited resources in Wyoming. Position duties include providing cooking and nutrition education classes and partnership building with community agencies on the Wind River Reservation. Visit jobs.uwyo.edu, position #241969 or scan the QR code!



FOOD  **BANK**
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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.