

Go Green With Your Diet!

Let's talk about some green plants to focus on this month other than shamrocks! Green fruits & vegetables provide our bodies with high amounts of vitamins, minerals, and fiber which help to promote good heart health and reduce our risk for certain diseases. Try filling your plate with some green goodness this March!

Kale



is a dark, leafy green vegetable that you can eat raw or cooked. It is high in: **Vitamin A** (healthy eyes & skin), **Vitamin C** (immunity & wound healing), and **Vitamin K** (healthy bones & blood clotting). Try sautéing kale with olive oil & lemon juice or baking it to make crispy kale chips!

Broccoli



is a versatile vegetable that is high in **Vitamin C** (immunity & gum health), **Vitamin K** (bone & blood health), & **fiber** (helps with digestion and heart health). Try serving raw broccoli with lowfat ranch dressing or hummus. Or sauté it with olive oil & garlic as a side dish for dinner!

Recipe of the Month: Shepard's Pie



Recipe Source: my plate.gov

Ingredients

- 2 large potatoes (diced)
- 1/3 cup milk, skim
- 1/2 pound ground turkey, 85% lean
- 2 tablespoons flour
- 1 pkg frozen mixed vegetables (10 oz)
- 1 can vegetable stock, low sodium (14.5 oz)
- shredded cheese (optional)

Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional).

Edamame



are immature soybeans that are encased in pods. Edamame are high in **folate** (needed for making DNA & new cells), **manganese** (healthy brain & nerve function), & **omega-3 fatty acids** (reduces cholesterol and inflammation). Try boiling or steaming edamame and serving with a pinch of salt. P.S: Don't eat the pod!

Avocados



are creamy, delicious fruits that contain one large seed in the center. Avocados provide a ton of **potassium** (healthy blood pressure, nerve, & muscle function), **heart healthy fats** & **fiber** (helps with digestion and lowers cholesterol). Try adding them to salads, tacos, and sandwiches (to replace mayo)!

Scan this code to connect with the NEP team and get a chance to win some AWESOME PRIZES!



SCAN ME



1. Open your camera application & scan this code.
2. Follow the link at the top of your phone to view NEP's homepage.
3. Click orange tab: "Click here to find out more about our participating partners "
4. Find your associated partner/location.
5. Complete a short pre-survey.
6. Enjoy the lesson!



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).