

The Healthy Living Beet: April Issue

SPECIAL SPOTLIGHT



This month, be sure to check out Rylie Rowland's article titled "Healthy eating for athletic teenagers!"

Highlights:

- April Learning Opportunity Alert! UGA Dietetic Intern Alexa Burnett will be sharing with us about Sports Nutrition on April 27th at 5pm on zoom. Click [HERE](#) to register.
- Reporting Deadline: Don't forget to log your sharing and learning activities by June 10th! Click [HERE](#) for the reporting site.

Lettuce Share

Click these links to check out this month's tools:

[EFNEP](#)

[Food Safety](#)

Rice Bowl Southwestern Style



Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 tablespoons salsa, shredded cheese or low-fat sour cream

Directions

1. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet). Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.
2. Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
3. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
4. Refrigerate leftovers within 2 hours.

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Meal Prepping

Meal prepping is the act of preparing a meal or ingredient to provide convenience later. Meal prepping can range from preparing all of your weekly meals on one day to preparing just a few ingredients to create ease later in the week. Meal prepping can help you save money by planning out meals and cooking at home, save time throughout the week by prepping grab-and-go meals, and eat healthier by choosing nutritious ingredients. Some people meal prep all of their meals, either breakfast, lunch, or dinner for the week, on one day. For example, on Sunday before the beginning of the week, they will cook big batches of one meal and measure out servings in individual containers to provide grab-and-go meals throughout the week. This is a great option if you typically eat one of those meals out at a restaurant and need the convenience of a grab-and-go meal throughout the week, but this option can take up a lot of time on one day. If you don't have the time to cook out meals or you aren't a fan of leftovers, prepping ingredients may be a better option. Meal prepping ingredients can look like chopping up vegetables or fruit, cooking a grain like pasta or rice, or cooking a protein option (meat, eggs, etc). These ingredients go in separate containers, and throughout the week you can use those ingredients to make a meal. With cooked meat, cooked grains, and vegetables, you can easily throw together a nutritious and delicious meal in a fraction of the time. Another option for meal prepping looks like doubling a recipe and freezing half for later in a freezer safe bag or container. It's important to follow food safety guidelines when meal prepping. [Foodsafety.gov](https://www.foodsafety.gov) is a great website to see how long leftovers or prepped ingredients can last safely. The website contains a "[Cold Food Storage Chart](#)" with all different foods and how long they last in the refrigerator to help prevent spoilage. Meal prepping in any form can help you save time in the kitchen and eat healthier throughout the week.

Source: [Budget](#)
Source: [Tips](#)

