

The Healthy Living Beet: February Issue

SESAME NOODLES WITH BROCCOLI AND CHICKEN

Prep time: 10 minutes Cook time: 30 minutes Makes: 8 cups

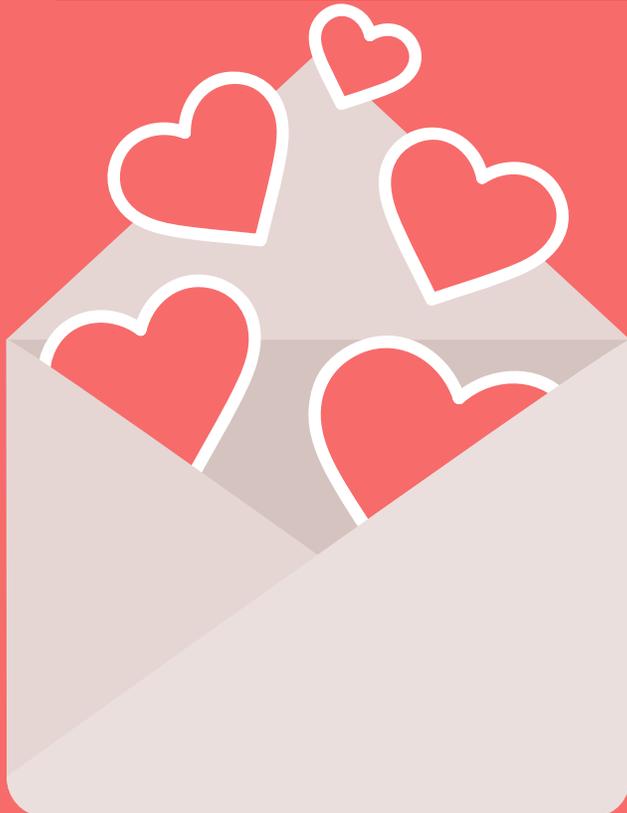
INGREDIENTS

- 8 ounces whole-wheat spaghetti noodles
- 1 Tablespoon sesame seeds
- 2 Tablespoons sugar
- 3 Tablespoons low-sodium soy sauce
- 2 Tablespoons rice or cider vinegar
- ¼ cup vegetable oil
- 3 cloves minced garlic or 3/4 teaspoon garlic powder
- 1 ½ cups bite-sized cut broccoli (fresh or frozen)
- 1 ½ cups cooked, diced chicken breast

Source: [Food Hero](#)

DIRECTIONS

1. Wash hands with soap and water.
2. Cook pasta according to package directions. Set aside.
3. While pasta is cooking, toast sesame seeds in a small skillet over medium heat. Stir often until they turn light brown.
4. In a small bowl, mix together sugar, soy sauce and vinegar. Set aside.
5. Heat oil in large skillet over medium heat (300 degrees F in an electric skillet). Add garlic and broccoli and cook until soft.
6. Add chicken and cook until heated through.
7. Add drained pasta and soy sauce mixture and mix well. Sprinkle sesame seeds on top.
8. Refrigerate leftovers within 2 hours.



Highlights:

- Don't forget your next report is due March 10, 2021!
- A Healthy Living Ambassador Learning Opportunity will be offered March 18th at 6pm. Click here to register: <https://tinyurl.com/HLMarch>

Lettuce Share

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

[CDC](#)

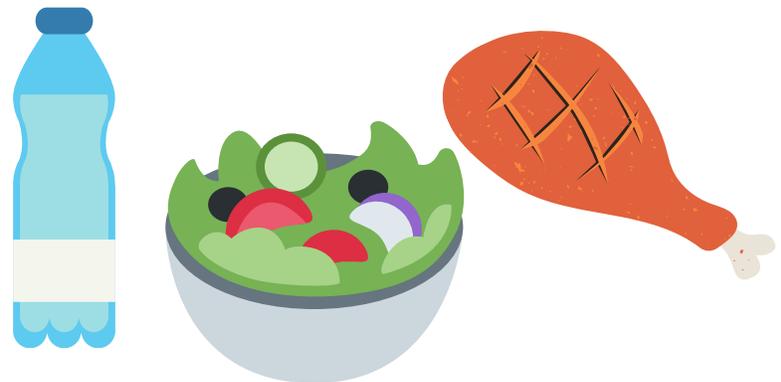
[Dietary Guidelines](#)

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Choosing Healthy Options at Fast Food Restaurants

Fast-food restaurants often offer a variety of options quickly and conveniently. Whether you're eating breakfast, lunch, or dinner on the go, it's important to think about choosing healthier options. While it may seem overwhelming or challenging, here are a few tips on eating healthy at fast-food restaurants. The first tip is to follow MyPlate. MyPlate can guide each meal, whether at home or on the go, by recommending how to fill our plates with grains, protein, vegetables, fruits, and dairy. Thinking of each food group in MyPlate when ordering out can help create a balanced meal. When choosing a grain, look for whole grains if they are available. When choosing a protein, select grilled over fried. Grilled options are oftentimes lower in calories, saturated fat, and sodium compared to fried options. Most fast-food restaurants display calorie information directly on their menus; however, if they aren't available on the menu, calories and other nutrition information will be available online. If you have time, making a plan for what you will order before going to the restaurant can help you make a healthier choice. It's easy to be swayed into choosing less healthy options by low prices, pictures, and other marketing tactics. Being an informed customer can help in making the healthier choice.

When it comes to choosing a side, fruit, salad, or a small side of fries are healthier options than a large side of fries, tater tots, or other fried options. When choosing a drink, look for water, 100% fruit juice, or low-fat or fat-free milk over sugar-sweetened beverages. Sugar-sweetened beverages like sodas, sweet tea, and lemonade add extra sugar and calories to your meal. The last tip for ordering healthy options at fast-food restaurants is to split the meal with a family member or friend or save half for later. You can take leftovers home and chill in the refrigerator right away, saving some of the food for another meal. This not only cuts down on the cost for meals, but cuts down on calories. Many fast-food restaurant meals are very high in calories, and saving or splitting a meal is a great option for you to enjoy the food without overeating. Making small changes to what you order when eating out can help you eat healthier on the go.



We  **Ambassadors**