



January, 2010

Weber-Morgan Wellness Newsletter

Supporting the Health and Wellbeing of our Community



WEBER-MORGAN
HEALTH DEPARTMENT

Fun Bean Fact:

Black-eyed peas are traditionally served as part of the New Year's festivities in southern states to usher in a year of good luck and prosperity!

Fruit and Veggie of the Month

The bright colors and vibrant flavors of citrus fruits are a welcome change from the weather outside. Why not break away from the oranges and try a pummelo? Pummelos are by far the largest citrus fruit, growing about the size of a small melon, and closely resembling a green grapefruit. The flavor is similar to grapefruit as well, though sweeter and less acidic. Sometimes referred to as the "Chinese grapefruit," pummelos are especially popular for Chinese New Year. One fourth of an average sized pummelo is only about 60 calories, yet it contains 130% of your daily vitamin C! Pummelos are available in most grocery stores next to the other citrus fruits.

"Beans, beans, the magical fruit..." Did you know that Beans are included in the vegetable category of the food guide pyramid? Why? Because they provide many of the same benefits and then some! Beans are loaded with fiber, protein, and phytochemicals. Eating beans four times a week decreases your risk for heart disease by 19% compared to eating beans only once a week. They can also help fight against cancer and significantly lower your cholesterol! How's that for magical! The 2005 Dietary Guidelines for Americans recommends eating three cups per week. To keep the side effects to a minimum, start off slow and work up to a larger amount.

Hearty Bean and Pasta Stew

Source: Zonya Focco, RD at www.zonya.com

- 2 med onions, chopped
- 1 green bell pepper, seeded and chopped
- 2 T olive oil
- 1 tsp. minced garlic (or 2 cloves)
- 1 can (14.5 oz) diced tomatoes, no salt
- 1 can (14.5 oz) low sodium chicken broth
- 4 cups low-sodium vegetable juice
- 2 cups water
- 1 can (15 oz) each pinto, garbanzo, & kidney beans, rinsed & drained
- 2 T low-sodium chicken bullion
- 1 T dried oregano
- 2 tsp dried basil
- ¼ tsp. red pepper flakes
- 25 grinds fresh ground pepper
- 4 cups whole-wheat small pasta, dry
- Reduced fat mozzarella & parmesan cheese

Heat oil in large pot and sauté onion and pepper 3 minutes on medium. Add tomatoes, broth, vegetable juice, beans and water. Add bullion and herbs and bring to a boil. Add pasta and simmer 12 minutes. Serve sprinkled with mozzarella and parmesan with whole-grain bread and green salad. Serves 12.

Black Eyed Chicken

Source: www.fruitsandveggiesmatter.gov

Make this salad ahead of time as it does take a while to chill.

- 1 can (16 oz) black eyed peas, rinsed & drained
- 2 cups cooked chicken breast, chopped
- 1 cup diced celery
- 1 cup red bell pepper, chopped
- 1 cup green bell pepper, chopped
- ½ cup fresh cilantro
- 3 T fat-free Italian salad dressing
- 2 T Dijon mustard
- 6 cups lettuce leaves (chose darker varieties, not iceberg!)

Combine all ingredients except lettuce in a bowl. Stir well. Cover and chill for 4 hours. Serve on lettuce leaves. Serves 6.

