

# New Year, New Family Habits

## Simple ideas to make healthy eating easier

(Family Features)

When your family is transitioning back into a regular routine in the new year, it's the perfect time to recommit to healthy eating habits throughout the day. Getting the whole family on board may be easier than you think - just keep the focus on flavor and fun.

If you're short on ideas to jumpstart better family eating, try these tips:

Keep it simple. Busy families often rely on the convenience of boxed meals, but you can get the same easy, delicious meal in a much healthier way. Everything cooks in one pot for easy clean-up, and this Cheeseburger Mac recipe swaps ground beef for leaner ground turkey. Not only is this an easy weeknight dinner, but leftovers can be packed in a thermos for lunch on chilly days.

Have fun. Try using creative shapes, textures and colors to make mealtime and lunchboxes more fun. Use cookies cutters to easily create butterflies, flowers, dinosaurs and more. Allow your kids to get involved in packing their own lunchboxes or helping with a meal. If your kids have a love of space or are learning about it in school, this bento box is definitely out of this world. Grapes create the dark backdrop while Swiss cheese is the perfect



place for a moon landing. Clementine crescent moons and mini sweet pepper planet rings round out the meal.

Make a family promise. To keep the momentum going, rely on a resource like the Power Your Lunchbox Promise website, which offers everything from healthy lunchbox ideas to after-school snacks and dinners. All meal ideas have been approved by a registered dietitian, meet USDA guidelines and are kid-friendly. What's more, for every Power Your Lunchbox Promise made on the website, health-conscious companies supporting the initiative will make a \$1 donation to Feeding America's programs that support families and children. Learn more at [poweryourlunchbox.com](http://poweryourlunchbox.com).

### Cheeseburger Mac

Recipe courtesy of Produce for Kids

- 1 tablespoon olive oil
- 1 pound lean ground turkey
- 1 small onion, finely chopped
- 1 cup mini sweet peppers, chopped
- 1 1/2 teaspoons paprika
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1 1/2 cups water
- 1 cup milk
- 3 tablespoons tomato paste
- 1 1/2 cups whole-grain dry macaroni
- 1 cup shredded low-fat cheddar cheese

In large skillet over medium high heat, heat oil. Add turkey, onion and peppers. Cook 7-10 minutes, or until turkey is cooked through.

In small bowl, mix paprika, sugar, salt and chili powder. Add to turkey and stir. Add water, milk, tomato paste and pasta. Mix well. Bring to boil, reduce heat and simmer 10 minutes, or until pasta is cooked and liquid is absorbed. Remove from heat and top with cheese.

### Space Exploration Bento Box

Recipe courtesy of Produce for Kids

- 1/2 cup red seedless grapes
- 1 whole-wheat sandwich round
- 2 slices low-sodium deli-sliced turkey

- 1 slice Swiss cheese
- 1/2 slice low-fat cheddar cheese
- 1 clementine, peeled and segmented
- 3 mini sweet peppers, sliced into rings
- 1 package freeze-dried fruit

Add grapes to bottom of large section of bento



box to create space background. Place bottom of sandwich round on top, add turkey and sandwich round top.

Lay Swiss cheese on cutting board. Using small bowl or other round object, cut into circle. Place on top of sandwich to create moon.

Lay cheddar cheese on cutting board. Using small star cookie cutter, cut out stars. Add to space around moon.

Pair with clementine "crescent moons," pepper "planet rings" and freeze-dried fruit.

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Source: Produce for Kids

# Make Kitchen Time Easier

(Family Features)

Throughout 2018, you can create easy, healthy and delicious family meals by using time-saving recipes.

For example, these "Cook Once, Eat Twice" recipes from CanolaInfo start with pork chops that double as the base for lunch or dinner the following day.

"The more you cook your own meals, the more you can control portion sizes and ingredients," said Manuel Villacorta, registered dietitian. "Knowing the right oil to use is essential. I like using canola oil to keep the flavors of your dishes intact due to its neutral taste and light texture. Plus, it contains high levels of monounsaturated fat and plant-based omega 3 fat, and is low in saturated fat. I use it regularly in my home kitchen and recommend it to my clients."

For more time-saving recipes, visit [canolainfo.org](http://canolainfo.org).

### Pork Loin Chops with Sweet Balsamic Mushrooms

Servings: 8

- 8 boneless center-cut pork loin chops (4 ounces each), trimmed of fat
- 1/2 teaspoon ground black pepper
- 2 tablespoons canola oil, divided
- 12 ounces sliced portobello mushrooms
- 2 garlic cloves, minced
- 1/2 teaspoon salt, divided



- 2 tablespoons balsamic vinegar
- 2 tablespoons water
- 2 teaspoons Worcestershire sauce
- 1 teaspoon sugar
- 2 tablespoons chopped green onions

Sprinkle both sides of pork with pepper.

In large skillet over medium-high heat, heat 1 tablespoon canola oil. Cook pork chops 4 minutes on each side, or until internal temperature reaches 160 F.

Reserve four pork chops in refrigerator to make Pressed Pepperoncini-Pork Sandwiches.

In skillet over medium-high heat, heat remaining canola oil; tilt skillet to coat bottom lightly. Cook mushrooms 4-5 minutes, or until tender and juices begin to release, stirring occasionally. Stir in garlic and 1/4 teaspoon salt; cook 15 seconds, stirring constantly. Place over pork chops; cover to keep warm.

To pan residue, add vinegar, water, Worcestershire sauce, sugar and remaining salt. Bring to boil over medium-high heat and boil 1 1/2-2 minutes, or until reduced to 2 tablespoons, scraping bottom and sides of skillet. Drizzle sauce over pork and mushrooms. Sprinkle with onions.



### Pressed Pepperoncini-Pork Sandwiches

Servings: 4

- 12 ounces crusty French bread, unsliced
- 4 leftover pork chops from Pork Loin Chops with Sweet Balsamic Mushrooms recipe
- 2/3 cup pepperoncini slices
- 1 plum tomato, chopped
- 1/4 cup finely chopped red onion
- 2 garlic cloves, minced
- 1 1/2 tablespoons canola oil
- 1 1/2 tablespoons cider vinegar
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon dried pepper flakes
- 3 slices ultra-thin sliced Swiss cheese, cut in half

Hollow out top and bottom halves of bread, leaving 1/2-inch thick shell.

Place pork on bottom half of bread. In bowl, combine pepperoncini, tomato, onion, garlic, canola oil, vinegar, oregano and pepper flakes. Spoon pepperoncini mixture and any accumulated juices on top of pork and top with cheese.

Cover with top half of loaf. Press down firmly to flatten sandwich and allow flavors and juices to absorb. Cut filled loaf crosswise into four equal pieces.

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Source: CanolaInfo