**Kiwifruit Skewers**

(Serves 4-6)

**Ingredients:**
- 4 kiwis, peeled
- 8 fresh strawberries (or pieces of other fruit, such as orange, apple, banana)
- 1 medium bag of thin pretzel sticks

**Directions:**

1. Cut kiwi and strawberries into pieces no larger than ½ an inch.
2. Place one piece of kiwi on the pretzel stick followed by one strawberry piece. Continue to alternate until the pretzel stick is almost full. Let your child help you with this step.

**TIP:** You can use frozen strawberries, but they will be a little bit messier when thawed.

**REMEMBER:** Your children are more likely to try a new food if you try it with them!

**Safety Tip:** Never keep or leave a knife within reach of a young child.
Look for the CHILE shelf labels by these food items!

- 4 kiwis
- 8 fresh strawberries (or other fruit)
- 1 bag of thin pretzels
Directions:

Children can help with steps 5 and 6 by adding ingredients to the bowl and stirring the salad.

1. Prepare 1 cup of brown rice according to package directions.
2. In the meantime, cut asparagus and cucumber into ½-inch sized pieces. Chop scallions into smaller pieces.
3. For fresh asparagus, cook in a large saucepan of boiling salted water until crisp but tender, about 2 minutes. If using frozen or canned, prepare according to package directions.
4. Rinse asparagus with cold water in a colander to cool; drain well.
5. Add asparagus, cucumber and green onions to rice.
6. Add dressing and mix well.

Ingredients:

- 1 cup brown rice, dry
- Water
- Asparagus
  - 1 bunch fresh, 1 15-oz can or 1 10-oz box frozen
- 1 1/2 cups fresh cucumber
- 2-3 green onions (also known as scallions)
- 3 tablespoons low-fat or fat-free Italian dressing

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- Asparagus* (either one fresh bunch, or one 15 oz. can or one 10 oz. box frozen)
- 2 cucumbers*
- Brown rice*
- 1 bunch green onions (or scallions)
- Low-fat or fat-free Italian dressing

*Look for the CHILE shelf labels by these food items!
Switching to Whole Wheat Flour instead of White Flour

Half of the grains you and your family eat should be whole grains. So far this school year, CHILE and your Head Start have been promoting whole grain pasta, brown rice, whole wheat breads and foods made with whole wheat flour. Foods made with whole wheat flour are better for you and your family because whole wheat flour has more protein, fiber, vitamins and minerals than white flour.

BUYING WHOLE WHEAT BREAD
Bread labels can be tricky. If the packaging says “100% Whole Wheat”, then that bread is made with all whole wheat flour, but if it says “Made with 100% Whole Wheat” that might not be the same thing and it may only have a small amount of whole wheat flour. Always check the ingredient listing for the first ingredient, which should be “whole wheat flour”. If it says “wheat flour”, then that is just regular white flour. It has to say “Whole wheat” not just “Wheat”. Even though it is a little confusing, you will get used to it!

BUYING WHOLE WHEAT FLOUR and BAKING AT HOME
Whole wheat flour has a shorter shelf life than white flour, so don’t buy much more than you need at one time, although it can be kept longer in the freezer. If you are not used to baking with whole wheat flour, try using half whole wheat and half white flour in your favorite recipes. Then gradually begin using more whole wheat than white flour until you get used to it. Since whole wheat flour is a little heavier and has a different texture than white flour, you may need to experiment a little!
Whole Wheat Flour Tortillas
(Makes 8-10 tortillas)

Shopping list/Ingredients:
- 4 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup canola oil
- 1 1/2 cups warm water (or enough to make the dough the right consistency)

Directions:

Children can help with all the steps, EXCEPT steps 5, 7 and 8, which are the cooking steps.

1. In a large mixing bowl, combine all of the dry ingredients, and then add the canola oil and ¾ cup of the water. Mix together with your hands and continue adding water into the dough until it forms a solid ball, but is not too sticky. Add more flour or water as needed.

2. Knead the dough on a floured board for 5 minutes.

3. Cut the dough into 8 to 10 equal portions.

4. Roll each piece into a ball, place them on a lightly floured surface, and cover with a damp towel. Let the dough balls rest for about 20 minutes or so. This will make them easier to roll out.

5. Heat a cast iron pan or griddle to medium heat.

6. Roll out the dough, one piece at a time to about 1/4 inch thickness.

7. Place one round of dough on the griddle and cook on each side for about 30 seconds. Take care that the griddle is not too hot or the tortillas will scorch.

8. Continue the process with the remaining portions of dough.

The cooked tortillas will keep for two weeks in the refrigerator or up to six months in the freezer.
Some fat is good for us, especially fats that come from foods such as nuts, olive oil, canola oil, avocados, or fish. Fats that are not as good for us (saturated fats and trans fats) are found in many foods including meats, butter, dairy products and processed foods. Limiting these types of fats is better for you and your child’s heart and overall health. Too much of any fat can lead to extra weight gain, which can then lead to health problems.

It is easier than you might think to limit some of the fat found in your favorite foods like ground beef and fried potatoes. You can purchase lean ground beef (like 90/10, 96/4) OR purchase higher fat ground beef (like 75/25, 85/15) which is less expensive and use some simple cooking techniques to lower the fat. See the CHILE Nutrition Newsletter for ways to lower the fat in ground beef crumbles and hamburgers. Included here is a way to reduce the fat in meatballs and meatloaf, as well as how to stop too much fat from sneaking into your potatoes.

Reducing the Fat in Meatballs and Meatloaf:
1. Roast the meatballs or meatloaf on a rack to allow for fat to drip away while cooking.
2. After roasting, place on a large plate lined with paper towels and blot sides and tops (if not glazed) to further reduce that fat content.

No Problem Potatoes and Healthier Hashbrowns!
Frozen potatoes (hash browns, fries, etc) can be baked in the oven and halfway through the cooking time, blot the potatoes with paper towels, being VERY careful not to burn yourself on the pan. Continue to bake the potatoes in the oven until they are done. Lay the potatoes on a plate lined with paper towels to soak up even more fat. (Continued on the other side)
Focus on Fat

“Small changes add up and become habits very quickly, so make the first step!”

When frying potatoes in a skillet, it is easy to add too much fat, especially if you pour it straight from a bottle into the skillet. Measure out a teaspoonful of oil or fat instead of adding to the pan straight from the bottle. This way you can see how much you are using, and control the amount. Another trick is to use non-stick cooking spray instead, which is oil, but you end up using much less than if you pour oil out of a bottle.

Keep in mind that even if you hold off on the fat during cooking, you can still end up with a large amount of fat if you pile on sour cream, butter or high-fat cheeses after they’re cooked! Use low-fat or fat-free sour cream, spreads or cheese instead.

Over time you can save a LOT of calories for you and your family by making small changes to the way you cook. Over the course of a year, an extra 100 calories a few days a week can add up to a minimum five pound weight gain! Preventing that weight gain is a great way to stay healthy for yourself and your family, and is especially important for keeping young children from becoming overweight.