



HEALTHY HABITS MADE EASY

7 Key Healthy Eating Habits GREATER WICHITA YMCA

1. Eat breakfast
2. Incorporate fruits and vegetables
3. Opt for low-fat dairy
4. Choose nutritious drinks
5. Snack healthy
6. Eat at home/make healthy choices when dining out
7. Balance physical activity with the energy consumed from a healthy diet

YMCA VISION 2020:
MOBILIZING THE COMMUNITY FOR
A HEALTHIER FUTURE

GOAL 4 of 4: To lead the community in creating a culture of good nutrition through healthy eating habits in YMCA programs, community collaborations, public policy advocacy, and other new nutrition initiatives.



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APRIL RECIPE OF THE MONTH

Veggie Powered Quesadillas

(a favorite in our Cooking Matters for Parents cooking classes)

Servings: 6, 1 folded quesadilla per serving

Ingredients:

- 6 (8-inch) whole wheat tortillas
- 1/2 or a 15 oz. can black beans, no salt added, drained and rinsed
- 1/2 or a 15 oz. can corn, no salt added, drained and rinsed
- 1/2 or a 10 oz. can diced tomatoes with green chilies, juices drained and rinsed
- 1 medium zucchini, grated
- 4 cups fresh spinach, chopped
- 6 oz. grated cheddar cheese
- 2 tsp. olive or canola oil
- 1/2 tsp. black pepper
- 1 tsp. each of cumin and garlic powder
- Pinch of cayenne (optional)

Directions:

1. Make filling: Heat oil in skillet on medium. Add zucchini, cook until semi-soft, about 3-5 minutes. Add spinach, cover and cook until tender, stirring a few times, about 3-5 minutes.
2. Add the beans, corn, tomatoes with green chilies, and spices. Mix and stir until heated through. Taste and adjust spices as desired. Transfer mixture to a medium bowl, wipe out skillet to use to make the quesadillas.
3. Divide filling evenly among the tortillas, spreading it on one half of each tortilla. Top with cheese, fold tortillas over and press lightly to flatten.
4. Put 2 folded tortillas in skillet and cook for 1-2 minutes on each side or until golden brown and cheese melted.
5. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
6. Cut each quesadilla into wedges. Serve warm with salsa.

Hint: have leftover filling? Serve on top of a salad for a quick lunch. Or double the filling and save half for another night in the week to make another batch of fresh quesadillas.

Complete the meal with a glass of low-fat milk, frozen blueberries and green beans.

Nutrition classes, recipes, & tips at ymcawichita.org/nutrition.

Questions? tammi.krier@ymcawichita.org



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