

SHOW LOVE TO YOUR HEART

FEBRUARY IS HEART HEALTH MONTH!

Did you know?!

- Your heart beats over 100,000 times a day!
- Your heart pumps about 1.5 gallons of blood every minute
- Other than the cornea, every cell in the human body gets blood from the heart
- Heart disease is the leading cause of death in the United States

This is a great time to focus on recipes that have heart health benefits:

- Foods high in fiber
- Using low sodium or no salt added ingredients
- Minimizing added sugars
- Incorporating tips on increasing physical activity for all age levels and abilities

Click the images to see the full recipe!



FEELING HEART-Y?

THIS SLOW COOKER KALE, TOMATO AND WHITE BEAN SOUP IS SURE TO WARM YOUR HEART.

WHAT'S STEW

THIS CHUNKY CHICKEN VEGETABLE AND ROSEMARY STEW IS PACKED WITH PROTEIN AND NUTRIENT DENSE VEGGIES! YUM!



LEAN ON ME

TRY SLOW COOKER LEAN BBQ BEEF WITH HOMEMADE SAUCE AND SWEET POTATO SALAD TODAY!

WHAT A FUNGI!

TRY MAKING VEGAN CREAMY LEMONGRASS MUSHROOM AND TOFU SOUP TODAY!



I GOT SOUL

STARTED IN 1976, BLACK HISTORY MONTH IS A TIME TO RECOGNIZE AND CELEBRATE THE CULTURE AND HERITAGE OF AFRICAN AMERICANS THROUGHOUT HISTORY. AFRICAN-AMERICAN FOOD TRADITIONS RUN DEEP AND HAVE TRANSCENDED OVER TIME TO BECOME THE CORNERSTONE OF MUCH OF SOUTHERN, SOUL FOOD, AND OTHER CUISINES THROUGHOUT THE U.S., AND OF COURSE THE ENTIRE WORLD. A REMARKABLE THING ABOUT THIS FOOD HISTORY IS HOW IT SPRANG FROM ENTERPRISE, CREATIVITY, SURVIVAL, AND NECESSITY. CREATING RECIPES USING SCRAPS, LEFTOVERS, AND INGREDIENTS THAT WERE OTHERWISE DEEMED AS "LESS THAN," AFRICAN-AMERICAN CULTURE SET THE STANDARD FOR CREATING DELICIOUS AND THEY ARE MEALS THAT WE STILL ENJOY TODAY.

CLICK IMAGES TO SEE FULL RECIPE!

COLLARD GREENS

COLLARD GREENS ARE A POPULAR VEGETABLE IN SOUTHERN CUISINE. THEY ARE OFTEN COOKED WITH OTHER LEAFY GREEN VEGETABLES SUCH AS TURNIP GREENS, KALE, OR MUSTARD GREENS.

CATFISH FRY

TRY FRIED CATFISH TODAY, SCHEDULE THE COOKING SO THAT THE FISH WILL BE SERVED SOON AFTER IT IS COOKED. BE SURE NOT TO OVERCOOK FOR OPTIMAL TASTE!

VEGETABLE GUMBO

SOY SAUSAGE OR CHICKEN SAUSAGE CAN STAND IN FOR THE TRADITIONAL ANDOUILLE SAUSAGE, ADDING SMOKY FLAVOR TO THIS LOUISIANA STEW BUILT AROUND OKRA AND THE "HOLY TRINITY" OF CAJUN COOKING (ONION, CELERY, AND PEPPER).

RED BEANS AND RICE

BEANS ARE A SUPER FOOD THAT PACK A PUNCH OF PROTEIN, FIBER, FOLATE, IRON, MAGNESIUM, POTASSIUM, AND OTHER NUTRIENTS. ADD THE FIBER OF BROWN RICE, AND THIS IS A VEGETARIAN OPTION THAT WILL KEEP YOU FULL.!

