



THIS IS WHAT YOUR PLATE SHOULD LOOK LIKE!

MyPlate an easy to use tool that shows what you should consume at each meal to keep a healthy diet.

Fruits and Vegetables:

Fill half of your plate with fruits and vegetables. Include green beans, salad, carrots, and fruit salad or grapes and berries. Avoid creamy dressings, gravy, or butter.

Grains:

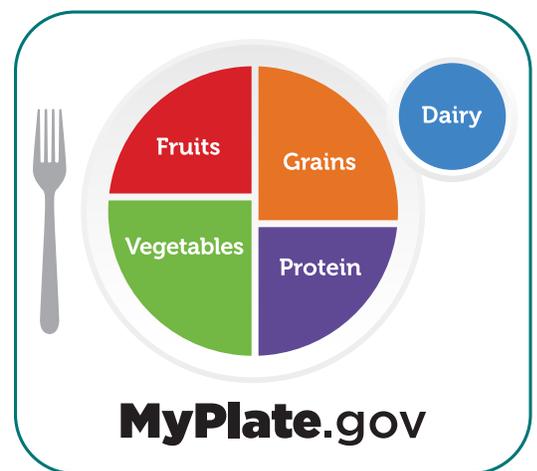
Fill about a quarter of your plate with whole grain rice or quinoa and beans, yams, potato salad, tamales, or stuffing.

Protein:

Choose healthier options such as fish, poultry, and nuts. This should be less than one-quarter of your plate.

Dairy:

Consider including yogurt, cheese, milk or lactose-free milk and fortified soy milk as part of your diet, or low-calcium milk derivatives such as sour cream, butter, and cream cheese.



RECIPES:

APPETIZER



MINI CAPRESE BITES

- 4 cherry tomatoes
- 1 cheese stick, part-skim
- 8 fresh basil leaves
- 1 teaspoon olive oil (or other vegetable oil)
- 1 teaspoon balsamic vinegar (or other vinegar)
- 4 toothpicks

Directions

1. Slice string cheese into 4 equal parts.
2. On a toothpick, skewer one cherry tomato, 2 basil leaves, and a piece string cheese.
3. Drizzle finished kebabs evenly with olive oil and balsamic vinegar.

APPETIZER



CUCUMBER SALAD

- 1 large cucumber (peeled and thinly sliced)
- 2 tablespoons yogurt, low-fat
- 1 tablespoon vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1 teaspoon dill weed (optional)
- 1 dash pepper (optional)

Directions

1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

SIDE



FRIED RICE

- 1 tablespoon canola oil
- 3 cups mixed vegetables (frozen)
- 2 cups brown rice (cooked)
- 1 tablespoon soy sauce (low-sodium)
- 1 5/8 teaspoons garlic powder
- 1 5/8 teaspoons onion powder
- 3/8 egg (beaten)

Directions

1. Heat oil in a skillet (or wok) on medium heat.
2. Add vegetables to skillet and cook until tender, stirring occasionally.
3. Add rice, soy sauce, garlic powder, and onion powder to vegetables and mix well. Cook until rice is fully reheated.
4. Push rice mixture to sides of pan, making a hole in the center. Pour egg into center of skillet and scramble, continuing to stir until almost done.
5. Mix the egg through the rice mixture. Continue to stir mixture until the egg is fully cooked.

RECIPES:

MAIN DISH



GLAZED MEATLOAF

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| 1 teaspoon vegetable oil | 1/2 cup water |
| 1 small Spanish onion (peeled and chopped) | 1 tablespoon yellow mustard |
| 1/2 green bell pepper (cored and diced) | 1/2 teaspoon salt |
| 2 cloves garlic (peeled and diced) | 1/4 teaspoon black pepper |
| 1 teaspoon dried thyme | 1 pound ground beef or turkey |
| 2 tablespoons tomato paste | 1 large egg |
| | 1/2 cup rolled oats |

For the Glaze:

- 1 teaspoon tomato paste
- 1 teaspoon yellow mustard

Directions

1. Preheat the oven to 325 degrees. Lightly grease a baking sheet.
2. Put a skillet over medium heat and when it is hot, add the oil. Add the onion, bell pepper, garlic and thyme and cook about 10 minutes until golden.
3. Lower the heat and add the water and tomato paste. Cook about 10 minutes until the onion is soft and most of the liquid has been absorbed.
4. Set aside to cool. Add the mustard, salt, and pepper.
5. While the onion mixture is cooling, put the ground beef, 4 tablespoons rolled oats, and the egg in the bowl and gently mix, by hand.
6. Add the cooled onion mixture and gently mix again until everything is thoroughly incorporated. Do not over-mix.
7. Form the mixture into a loaf about 8 x 4 inches and put on the prepared baking sheet.
8. To make the glaze: Put the tomato paste and mustard in a small bowl and mix well. Rub on top of the meatloaf and sprinkle with the remaining 2 tablespoons rolled oats.
9. Put in the oven to cook about 1 hour

DESSERT



APPLE PISTACHIO CRISP

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| 3 apples (such as Honeycrisp, cored and cut into 1" chunks and unpeeled) | 1 teaspoon cinnamon |
| 1/2 cup raisins | 3 tablespoons brown sugar |
| 1/2 lemon (juiced) | 1/4 cup pistachios (unsalted, chopped) |
| 1/2 cup old fashioned oats | 2 tablespoons margarine or butter (melted) |
| 1/4 cup whole wheat flour | |

Directions

1. Place rack in center of oven and preheat to 350 °F.
2. Place sliced apples, raisins, and lemon juice in 8" x 8" pan or baking dish; toss.
3. In a bowl, mix remaining ingredients except melted margarine.
4. Add melted margarine and mix until texture is consistent. Sprinkle over apple-raisin mixture.
5. Bake uncovered 45-50 minutes or until apples are tender.

References:

MyPlateKitchen. Retrieved on December 2, 2020 from <https://www.choosemyplate.gov/myplatekitchen/recipes>

Recipes. (n.d.) Nutrition.gov. Retrieved on February 26, 2021 from <https://www.nutrition.gov/recipes>

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