

LSU AgCenter

Caddo and Bossier EFNEP

NEWSLETTER

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Caddo and Bossier EFNEP

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Welcome to the New Year!

We hope you had a wonderful holiday season and are staying healthy in the New Year! We are excited to see what 2022 brings and are eager to continue programming throughout the Caddo and Bossier communities. If you have any groups interested in programming, please contact us at (318) 226-6805 or email Elizabeth Martin at emartin@agcenter.lsu.edu.



Tips and Tricks for Starting the New Year

Contributed by Elizabeth Doll, Louisiana Tech Dietetic Intern

The New Year is the perfect time to hit the reset button and begin a new and healthier lifestyle. A simple way to begin this lifestyle is adding more fruits and vegetables to your daily intake. There are numerous benefits to increasing the consumption of fruits and vegetables. A diet rich in fruits and vegetables has been shown to assist with weight management, lower blood pressure, and reduce the risk of chronic diseases such as heart disease, type 2 diabetes, obesity, and even some cancers. The Dietary Guidelines for Americans recommends that adults consume on average 2 cups of fruits and 3 cups of vegetables each day. The Centers for Disease Control (CDC) found that only 1 in 10 adults eat the recommended number of fruits and vegetables. Below are some tips and

tricks to increasing your intake. At every meal, fill half the plate with fruits and vegetables.

- For budget control, select canned or frozen fruits and vegetables. Just remember to look for no salt added vegetables and fruit canned in it's own juice or 100% water.
- Try mixing some vegetables into your eggs for an omelet.
- Add some berries or bananas to your oatmeal.
- When making a sandwich, stack it high with spinach, tomatoes, lettuce, peppers, pickles, avocados, or cucumbers.
- Try a healthy smoothie recipe: using kale, spinach, pineapples, and mixed berries along with 100% fruit juices.
- Keep fresh fruits and vegetables sliced and ready to go for great "to-go" snacks. They make great substitutions for sides or snacks.
- Try a new vegetable each week or month.
- Make a healthy homemade pizza loaded with vegetables: peppers, mushrooms, spinach, cherry tomatoes, red onions, olives, or even zucchini.

Zucchini Lasagna Recipe

Recipe from: <https://www.tasteofhome.com/recipes/zucchini-lasagna/>

Ingredients:

1 pound ground beef
1/2 cup chopped onion
1 can (15 oz) tomato sauce
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 egg
1 cup cottage cheese
4 medium zucchini
3 tablespoons flour
1 cup mozzarella cheese

Directions:

- Wash your hands with soap and warm water for at least 20 seconds.
 - Preheat oven to 375 degrees F. In a large skillet, cook ground beef with onion over medium-high heat until cooked to 165 degrees F. Stir in tomato sauce and seasonings. Simmer uncovered for 5 minutes.
 - In a bowl, mix egg and cottage cheese.
 - Wash zucchini. Trim ends of zucchini; cut lengthwise into 1/4 inch thick slices. Toss zucchini with the flour. Layer half the slices in a 13x9 inch baking dish coated with cooking spray.
 - Top with cottage cheese mixture and half the meat sauce. Add remaining zucchini, sprinkle with any remaining flour. Spread the remaining meat sauce and sprinkle with mozzarella cheese.
 - Bake uncovered until heated through, about 40 minutes. If desired, sprinkle with additional cheese. Let stand for 10 minutes before serving.
 - Serve and enjoy!
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Please go like our pages so you can keep informed on all things nutrition!

Facebook: Caddo and Bossier EFNEP

Instagram: caddoandbossierEFNEP

If you are interested in EFNEP lessons, please contact our office. We are currently looking for community partners.

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