

St. John Parish

WHERE DO I GET IT? NUTRITION

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St. John Parish

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In This Issue

Wellness: Eat Smart, Get Active, Live Well

Vegetable Snacks good for Munching

Healthy Recipe

Virtual Online Nutrition Classes Offered

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Wellness: Eat Smart, Get Active, Live Well

What does wellness mean to you? Wellness defines every aspect of health not only your physical health but also your emotional and mental well-being. Healthful eating and active living help people at every age and stage of life feel their best, work productively, and lower their risks for diseases and may even slow aging. Do you want to make food choices for a healthier lifestyle? Do you want to learn how to eat portion sizes and eat less fat when eating out? Great! I will be offering an online Wellness: Eat Smart, Get Active, Live Well class coming soon. If you are interested in attending the class email me Cynthia Clifton at cclifton@agcenter.lsu.edu to register. Learn how to Eat Smart, Get Active and Live Well and healthy.

Nutrition Blog

Vegetable Snacks good for Munching

Are you ready for a snack? Is it snack time yet? It is almost 3:00 p.m. and I am do for a snack, I feel the hunger coming down, my stomach is starting to growl. Well, do I want something that will take me to dinner or something that will only make me feel good for an hour or two? Eating vegetables as snacks can go a long way and satisfy you longer than chips or candy.

Check out some of these vegetables that can help us to feel full until dinner time.

- Creamy Avocado Dip – mix avocado with goat cheese and lemon juice and spread on a celery stick, carrot, or any vegetable that you enjoy eating.
- White Bean Artichoke Dip – hummus-like dip that can be eaten on crackers, chips, celery, and even cucumber.
- Butternut Squash and parmesan Dip – this yummy dip is placed under the broiler for about 5 minutes to melt the cheese and blend with the squash flavor. This dip can be eaten on chips or crackers.
- Avocado Lime on Rice Cakes – cut a slice of avocado and add a little lime juice and some shredded coconut and place on top of a rice cake for a tropical beach snack.
- Crispy Oven-Baked Asparagus Fries – sounds strange? Well those long asparagus fries up perfect with some lemony hollandaise dipping sauce.

Why not try some of these, they are great tasting light filling snacks to pass the time until dinner.

Healthy Recipe

Creole Truffle Alfredo Pasta

1-pound fettuccine pasta, cooked al dente and drained
(save pasta water)

1 cup of mushrooms, cleaned and sliced

5 green onions chopped

5 ounces Sal & Judy's truffle Alfredo Sauce

2 cups of pasta water

1-pound peeled crawfish tails (can substitute for shrimp)

4 toes of garlic, minced

2 cups cherry tomatoes cut in half lengthwise

4 ounces extra virgin olive oil

Salt and freshly ground black pepper to taste

In a large pot boil water for pasta. When water reaches boiling point, add salt and pasta. Cook until pasta is al dente.

In a large saucepan, sauté' mushrooms, green onions, garlic, tomatoes, salt and pepper in olive oil for 10 minutes on low heat. Add crawfish and sauté' for another 5 minutes.

Transfer pasta to a large bowl. Add vegetables and crawfish, pasta water and Sal & Judy's Truffle Alfredo Sauce and toss.
(Serves 4-6).

Virtual Online Nutrition Classes Offered

Smart Shopping, Food Safety

Dining with Diabetes

Smart Portions – A Weight Management Program

Faithful Families

Wellness: Eat Smart, Get Active, Live Well

If you would like to learn more or schedule or participate in any of the nutrition classes, please email Cynthia Clifton at cclifton@agcenter.lsu.edu or call the office at 985-497-3261.