

MARCH KIDSHAPE NEWS



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Inspirational Quote

"I think that no matter how old or infirm I may become, I will always plant a large garden in the spring. Who can resist the feelings of hope and joy that one gets from participating in nature's rebirth?"

Edward Giobbi

Physical Activity Game of the Month — Raise Your Heart Rate Activity

Practice finding and counting your pulse at rest: put two fingers on your wrist to find the beat and count how many times it beats in 15 seconds. Multiply by 4 to get a one minute resting rate. Exercise for 5 minutes by walking, jogging, skipping, jumping or dancing.

Take your heart rate again. Then pick up hand weights, water jugs or soup cans and do the same 5 minutes of exercise again. Take your heart rate again. See how your heart rate compares with the added weight. The heart rate will increase when you add the weight.

KidShape Recipe Corner — Veggie Sloppy Joes

Ingredients:

- 1 Tbs vegetable oil
- 1 red, green, or yellow bell pepper, seeded and chopped
- 1 red onion, chopped
- 2 large garlic cloves, chopped
- 1 (21-ounce) can black beans, drained and rinsed
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper
- 1 (15-ounce) can diced fire roasted or chunky-style crushed tomatoes
- 1 rounded Tbs brown sugar
- 1 Tbs Worcestershire sauce or vinegar, any kind
- 1 lime
- 4 whole wheat rolls, split and lightly toasted
- 2 large dill pickles, chopped
- A handful of fresh cilantro leaves, chopped

Directions:

Heat the oil in a skillet over medium-high heat. To the hot oil, add the bell pep-

pers, onions, and garlic and cook until tender, 7 to 8 minutes. Fold in the black beans, cumin, and coriander and season to taste with salt and pepper. Stir in the tomatoes, brown sugar, and Worcestershire or vinegar and simmer the mixture for a few minutes to combine the flavors. Squeeze the lime juice into the pan and stir. Serve the joe mixture on buns with chopped pickles and cilantro to top.

Adapted from Rachael Ray's Big Orange Book

Nutrition Tip

Use beans in place of some or all of the meat in recipes, such as meatloaves, sloppy joes, chilis, or stir fries. This not only saves you money, because pound for pound beans are less expensive than meat, but it reduces the fat, saturated fat and cholesterol in the dish. Beans are also rich in healthy fiber and antioxidants giving your dish a nutritional boost. Bonus: eating meatless as often as you can is good for the environment.

