



CONTENTS OF THIS BOX:

WHOLE GRAIN BAGELS	1 PACK
BROWN RICE	2 BAGS
TORTILLAS	1 BAG
MILK <small>Shelf-stable! Refrigerate after opening.</small>	2 BOXES
DICED TOMATOES	1 CAN

GREEN BEANS	1 CAN
CORN	2 CANS
MANDARIN ORANGES	2 CANS
APPLESAUCE CUPS	1 PACK
RAISINS	1 BOX

PEANUT BUTTER	1 JAR
TUNA	1 CAN
CANNED CHICKEN	1 CAN
REFRIED BLACK BEANS	2 CANS
BEEF STEW	1 PACK

QUICK & EASY BREAKFAST MIGAS “CRUMBS”



Migas translates to “crumbs” in Spanish. This tasty dish might be made using stale bread in Spanish and Portuguese cuisines, while a Mexican-based dish often uses tortillas, like this recipe does. The combination of eggs, tortillas, pepper, onion, and cheese makes for a great breakfast or lunch.

INGREDIENTS:

- 4 tortillas (large)
- 3 tablespoons canola oil
- 1/4 cup bell pepper, diced
- 1/4 cup onion, diced
- 4 eggs (lightly beaten)
- 4 tablespoons cheddar cheese, low-fat

DIRECTIONS:

1. Wash hands and clean cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan; add tortillas; stir until pieces begin to brown.
4. Add peppers and onion; sauté until soft.
5. Add eggs; stir until the eggs are cooked.
6. Remove from heat and sprinkle with grated cheese.
7. Cover the pan and let cheese melt. Serve immediately.

Recipe from www.myplate.gov.

SNACK TIME | BAGEL TUNA MELT

We've swapped in a bagel and low-fat cheddar and an added apple crunch to this lighter version of an old favorite.



INGREDIENTS:

- 3-4 bagels, sliced into halves
- 1 (12 oz) can chunk light tuna
- 1 + 1/2 cups shredded, reduced-fat Cheddar cheese, divided
- 2 tablespoons sliced green onions
- 1 cup diced apple

DIRECTIONS:

1. Preheat oven to 425° F.
2. Place bagels, cut side up, on foil-lined baking sheet.
3. Combine tuna, 1 cup cheese, apple and onion; blend well.
4. Evenly spread over sliced bagels.
5. Sprinkle with remaining cheese.
6. Bake for 6 to 8 minutes or until cheese is well melted.

NUTRITION NUGGET

Tips to Guide Your Family Into the New Year

Most of us are familiar with traditional New Year's resolutions focused on eating healthy, exercising and breaking unwanted habits. These are great places to make changes throughout the year, but try to think of other changes that might benefit you and your family.

- **Reduce screen time.** Set aside 30-60 minutes a day to put electronics away. Work on a puzzle, play a short board game or designate family reading time.
- **Explore new foods together.** Let each family member take a turn choosing a new food you haven't tried before or selecting a new recipe.
- **Stretch!** Spend 5-10 minutes stretching to get your day started. Make it an activity for the whole household and build it into your daily routine.
- **Reach out.** Once a week, think of someone you haven't spoken to in a while. Make a phone call, write a letter or send a card. The connections may mean more than you can imagine!

Want more recipe ideas or nutrition tips?

E-mail us at nutrition@hungertaskforce.org and we'll be happy to help!

www.HungerTaskForce.org

