



# HEALTHY AT 80

## SNEAKY VEGGIES

Adding just a cup more of delicious fruits and veggies can seriously upgrade your plate and your health! We all know we need to eat more veggies. Some of us love them and eat them at every meal. And then there are those of us who can't stomach the thought of chomping on something green that looks like a tree. And no, we're not talking about four-year-olds -- we mean adults, too! If pasta sauce and French fries are the only veggies going down at your home, you may want to get a bit sneakier!

- \* **Get Shredded!** Grate zucchini, beets, carrots or parsnips to add to all sorts of recipes. Add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots, summer squash or butternut squash for about five minutes before adding them to pasta sauce for a quick, veggie-filled meal. Even your pickiest of eaters may not notice!
- \* **Get Cheesy!** Cooked & pureed orange veggies like butternut squash, sweet potatoes & carrots can be blended, unnoticed, into cheesy dishes we all love like macaroni & cheese, lasagna, or enchiladas. You end up using less cheese, which cuts some of the saturated fat and sodium. You can also add the sweeter-tasting veggies to a blender with some low-sodium broth and puree them into a smooth soup that most kiddos (and adults) will love.



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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## WHEN EATING MORE IS BETTER

*Fruits and vegetables are high in vitamins, minerals and fiber and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and blood pressure. So how can you eat more?*

### Breakfast ~

- ◇ Add bananas, raisins or berries to your cereal.
- ◇ Add chopped up vegetables to your eggs or potatoes. Try onions, celery, green or red bell peppers, or spinach.



### Lunch ~

- ◇ Have a fruit or vegetable salad with lunch.
- ◇ Put vegetables on your sandwich, such as cucumber, sprouts, tomato, lettuce or avocado.
- ◇ Eat a bowl of vegetable soup. (Compare food labels and choose the product with the lowest amount of sodium you can find in your store, or make soup from scratch.)
- ◇ Have a piece of fruit or raw veggie sticks instead of chips.

### Dinner ~

- ◇ Have a fruit or vegetable salad with dinner.
- ◇ Add a side of steamed or microwaved vegetables – frozen veggies are fine!
- ◇ When you use the oven to cook your meal, put in a whole potato, sweet potato or yam at the same time.
- ◇ Add chopped vegetables like onions, garlic and celery when cooking soup, stew, beans, rice, and spaghetti sauce.
- ◇ When making rice, add some frozen peas for the last three minutes of cooking.

### Snacks ~

- ◇ Keep raw veggie sticks handy, such as green or red bell peppers, green beans, celery or carrots.
- ◇ Carry dried fruit, such as raisins, dates or dried apricots, in your purse or pocket.
- ◇ On hot days, munch on a bowl of frozen fruits or vegetables, such as grapes, peas or bananas.



## GET MUSHY!

Replace half the ground meat in recipes like burgers, meatloaf and meatballs with cooked chopped mushrooms. Finely chop your choice of mushrooms, then sauté in a little olive oil until soft. Once the mushrooms are cool, gently mix them with your lean ground chicken, turkey or beef. Cook thoroughly and follow the recipe as is. A veggie-ful delicious meal!

### **MOCK MASHED POTATOES**

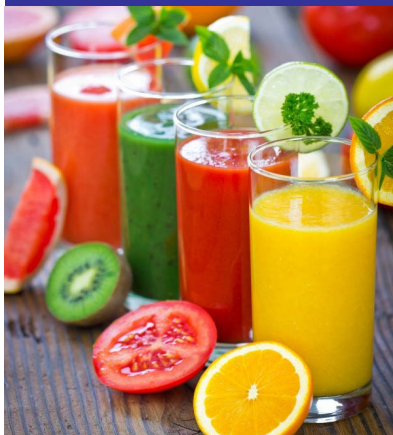
Set a pot of water to boil over high heat. Cut 1 head cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until very soft. Drain well; do not let cool & pat cooked cauliflower dry with paper towels. Mash the hot cauliflower with 1 T cream cheese, 1/4 cup grated Parmesan, 1/2 tsp minced garlic, 1/2 tsp salt, & 1/8 tsp pepper until almost smooth. Serve warm!

[www.foodnetwork.com/recipes/mock-garlic-mashed-potatoes-recipe](http://www.foodnetwork.com/recipes/mock-garlic-mashed-potatoes-recipe)



## BE SMOOTH

When you're making your favorite fruit smoothie, add in a frozen banana and some spinach, carrots, squash or just about any vegetable (cooked is easier to blend, FYI). The frozen banana makes for a sweet, thick, and creamy smoothie and it adds a strong banana flavor that helps hide the flavor of the veggies. Want a more colorful smoothie? Try adding beet, avocado or sweet potato to change the tint. You'll be surprised at how bright – and healthy -- your breakfast will be!



## NUTRITION BITES!

**Eat More Color!** Spring is here, and it's the perfect time to add color – to your wardrobe, your life, and your food! The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups!

**RED & PINK**

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- raspberries
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarbs
- strawberries
- tomatoes
- watermelons

**BLUE & PURPLE**

- blackberries
- blueberries
- eggplants
- grapes
- plums
- prunes
- purple figs
- purple onions
- radicchio
- red cabbage
- red onions

**YELLOW & ORANGE**

- acorn squash
- bitternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mongoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

**WHITE & BROWN**

- bananas
- brown pears
- cauliflower
- currants
- dates
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- raisins
- shallots
- turnips

**GREEN**

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

[heart.org/addcolor](http://heart.org/addcolor)  
#ADDCOLOR

# Delicious & Nutritious

## CHIPOTLE CHICKEN BOWLS WITH CILANTRO-LIME QUINOA

### For the Cilantro-Lime Quinoa:

- 1 1/2 cups water
- 3/4 cups quinoa
- 1/8 tsp salt
- 2 limes (zested and juiced)
- 1 1/2 cups chopped, fresh cilantro

### For the Chicken and Bowl:

- 2 Tbsp canola oil (divided)
- 1 minced chipotle pepper (+ 3 Tbsp adobo sauce from a can of chipotles in adobo)
- 1 Tbsp honey
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1 lb boneless, skinless, thinly sliced chicken breast
- 2 Tbsp red wine vinegar
- 5 oz packaged spinach, spring greens, or arugula
- 1 pint cherry tomatoes (halved if desired)
- 1 avocado (peeled, diced)
- 1 cup packaged, shredded carrots (or 2 large carrots, shredded)
- 1 cup sliced radishes
- 2 scallions or green onions (finely chopped)



- ⇒ For the Cilantro-Lime Quinoa: In a heavy-duty pot, add water, quinoa, & salt. Bring to a boil; cover & reduce heat to low. Cook until quinoa absorbs all the liquid, about 15 minutes. Remove from heat. Stir in the zest & juice of 2 limes & chopped cilantro.
- ⇒ For the Chicken and Bowl: Into a large zip-top bag, add marinade: 2 T canola oil, minced chipotle pepper, adobe sauce, honey, salt, and pepper. Add chicken breasts into the bag, making sure the chicken is well-coated with marinade. Let sit for 10 min or place chicken in the refrigerator to marinate for up to 24 hours. Into a large nonstick skillet over medium-high heat, warm remaining 1 T oil. Add chicken breasts & marinade liquid, & frequently turn the chicken breasts to be coated in marinade. Sauté until chicken is fully cooked, around 4 to 6 minutes depending on thickness. Remove from heat. When chicken has cooled slightly, chop into bite-size pieces. Pour remaining liquid from pan into a small bowl; stir vinegar into the liquid to use as a dressing.
- ⇒ To assemble, add the greens into the bottom of each bowl. Divide quinoa and chicken among each bowl, along with all remaining veggies. Drizzle with the dressing and enjoy!

<https://recipes.heart.org/Recipes/1317/Chipotle-Chicken-Bowls-with-Cilantro-Lime-Quinoa>

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Health Centers

Appointment Line:  
937-461-6869

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342  
Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402  
Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404  
Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45503  
Phone: 937-528-6850

#### Southview Health Center

25 Thorpe Drive Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center






165 South Edwin C. Moses Blvd. Dayton, OH 45402  
Phone: 937-558-0180

## Dental Center

#### East Dayton Dental Center

2123 East Third Street Dayton, OH 45403  
Phone and Appointments: 937-528-6830

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

 30 min	Total time
 5.38	Price per serving
 480	Calories per serving
 2.5 g	Sat. Fat per serving
 559 mg	Sodium per serving

Community Health Centers of Greater Dayton—Your Medical Home