



Quick and Healthy Black-Eyed Peas

Makes: 6 servings

Total Cost: \$4.15

Cost per serving: \$0.69

Ingredients:

- 4 slices turkey bacon (chopped)
- 5 1/2 cups blacked-eyed peas, frozen (about 2 pounds)
- 2 cups water
- 1/4 teaspoon black pepper
- 1 tablespoon sugar

Directions:

1. Place a pot over medium high heat and cook bacon for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
4. Serve hot.

Source: [What's Cooking? USDA Mixing Bowl](#)
[Image Source](#)



Planning for a Healthy New Year!

2017 is finally here! Start the year off healthy by planning ahead. Staying healthy doesn't have to be difficult. Begin each week with a plan. Below are a few tips to help you get started.

- **Prepare meals ahead of time.** Choose a day when you may have a little extra time to prepare. You can make meals to store in the freezer so all you need to do is put a meal in the oven, crockpot or microwave. Make extra food when possible to ensure you will have leftovers for another day. Prepare portioned snack bags for the family to grab when needed. You can fill zip lock bags or reusable containers with cut up veggies such as carrots, tomatoes and cucumbers.
- **Plan for physical activity.** Physical activity is important to incorporate into your daily lives. Involve the family when planning your week by adding trips to the park, nature walks, hikes, a soccer game, or anything that gets you moving. Other ways to stay active are bringing walking shoes to work to walk during breaks and don't forget to always use the stairs.
- **Add more fruits and vegetables.** Plan a weekly menu and write a shopping list including a variety of fruits and vegetables. When packing lunches or making meals, make sure to add fruits or vegetables. Get the kids involved during shopping trips and meal preparation. They will be more likely to try something they helped select and prepare.

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Frijoles de ojo negro rápidos y saludables

Rinde: 6 porciones

Costo total: \$4.15 dólares

Costo por porción: \$0.69 centavos

Ingredientes:

- 4 rebanadas de tocino de pavo (picado)
- 5 ½ tazas de frijoles de ojo negro, congelados (aproximadamente dos libras)
- 2 tazas de agua
- ¼ de cucharadita de pimienta negra
- 1 cucharada de azúcar

Preparación:

1. Coloque una olla sobre fuego medio-alto y fría el tocino durante 3 a 4 minutos
2. Agregue el resto de los ingredientes y déjelo que hiervan.
3. Reduzca el fuego y deje hervir a fuego lento hasta que los frijoles estén tiernos, aproximadamente 30 minutos.
4. Sirva caliente.

Fuente: [What's Cooking? USDA Mixing Bowl](#)
[Image Source](#)

¡FELIZ AÑO NUEVO!



¡El 2017 está finalmente aquí! Empiece el año de manera saludable planeando con anticipación. Mantenerse saludable no debe ser algo difícil. Empiece cada semana con un plan. A continuación le ofrecemos varios consejos para dar ese primer paso.

- **Prepara las comidas con anticipación.** Escoja un día en el que tenga un poco de tiempo extra. Puede preparar comidas para guardar en el congelador, así que todo lo que necesita es meter un platillo al horno, la olla de cocción lenta o el microondas. Haga comida extra siempre que sea posible, para asegurarse que le quedan sobras para otro día. Prepare bolsitas con porciones sencillas para que la familia las tome cuando las necesite. Puede llenar bolsitas plásticas con cierre o recipientes *Tupperware* con verduras cortadas como zanahorias, tomates y pepinos.
- **Planee llevar a cabo una actividad física.** Es importante incorporar la actividad física en su vida diaria. Involucre a su familia cuando planee su semana agregando paseos al parque o por la naturaleza, caminatas, partidos de futbol o cualquier cosa que lo haga moverse. Otras formas de mantenerse activo es llevarse zapatos cómodos para caminar durante los descansos en el trabajo y no se olvide de usar las escaleras todo el tiempo.
- **Agregue más frutas y verduras.** Prepare un menú semanal y escriba una lista de compras incluyendo una variedad de frutas y verduras. Cuando empaque los almuerzos o prepare platillos, asegúrese de agregar frutas y verduras. Permita que los niños participen en la compra y preparación de alimentos. Hay mayores posibilidades de que les guste algo si ayudaron a seleccionarlo y prepararlo.

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