

K-12 CULINARY CONNECTION'S

OCTOBER

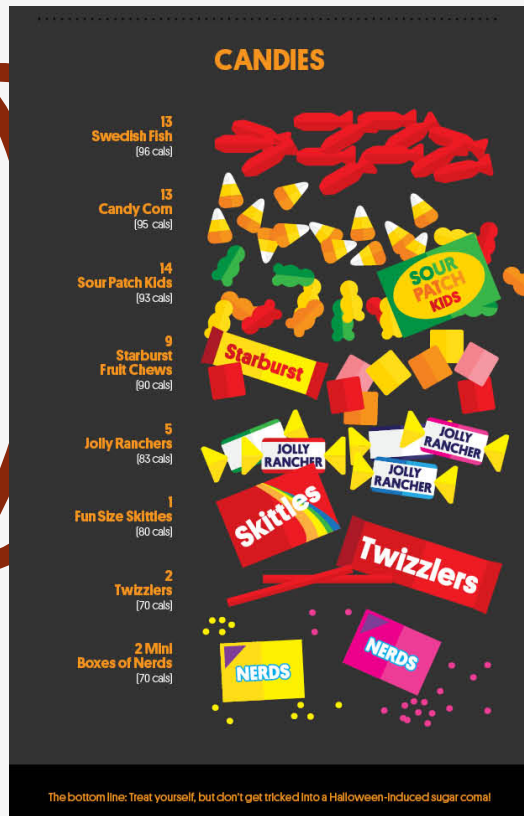
Nutrition Newsletter



HAPPY HEALTHY HALLOWEEN!

Chocolates, caramels, and candies, oh my! Come Halloween, delicious, tempting treats can seem like a wicked distraction from healthful eating. High in calories, sugar, and saturated fat, candy gets a bad rap for a good reason. But not all treats are created equal! We've crunched the numbers to calculate how many of each popular candy you can indulge in for less than 100 calories a servings. Its OK to not be a healthy superhero all the time. Whether your kryptonite is candy corn or Snickers bars, we've got you covered with these smarter portion sizes.





Ingredients:

- 6 orange bell peppers
- 1 cup cooked rice
- 1 lb ground turkey/chicken/beef
- 1 cup canned or frozen corn
- 14 oz can of black beans, rinsed
- 1 cup onions, chopped
- 1 jalapeno or pablano pepper, chopped
- 1 green or red bell pepper, chopped
- salt and pepper, to taste
- 1/2 tsp cayenne pepper
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp chili powder
- 1 1/2 C shredded cheese, to top

OTHER TASTY BITES ON HALLOWEEN NIGHT!

Halloween treats don't just have to come from the candy bucket! There are many different delicious and healthy bites for your family to try on Halloween night! Grab the whole ghoulish crew together and try this tasty treat below!

SPOOKY STUFFED "PUMPKIN" PEPPERS



Directions:

- Carefully cut off the tops of the bell peppers, scoop out the seeds, cut a tiny jack 'o lantern face, then set aside.
- Brown meat, drain, then set aside.
- Add onions and peppers over medium heat and saute until soft (7-10 minutes).
- Add frozen corn and saute until warm (3-4 minutes)
- Add beans, cooked rice, meat and seasonings to the pan and cook until ingredients are warm and mixed together (4-5 minutes).
- Preheat the oven to 350 degrees.
- Stuff the peppers with the mixture and place in a baking pan.
- Cook pepper for 15 minutes, covered with foil. Then, remove foil and cook for 10-15 more minutes. ENJOY!!!