

FAMILIES HEALTHY TOGETHER



MARCH 2016 NEWSLETTER



There's one more opportunity to try out X-Country skiing this winter!

Wednesday, March 9th; 1:30 - 4 pm

This activity will be at Great Glen Trails in Pinkham Notch. No previous skiing experience necessary!

Free equipment rentals, free trails pass, and free instruction!



KIDS' CORNER!

Match each animal with their track! Then take your guide outside and see what tracks you can find!



IMPORTANT!

Please note that all Healthy 4 U Bucks will expire on Friday, April 8, 2016!

Be sure to use any remaining H4UBs by this time to take advantage of the fruits and vegetables you can purchase.



Healthy Eating Tip

Make half your grains whole

Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for "whole wheat," "brown rice," "bulgar," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."



Have you "liked" Families Healthy Together on Facebook? If not, search for us or find us at www.facebook.com/cooscountyhealthytogether so you can get all the latest updates on activities!



FHT'S RECIPE OF THE MONTH!

Cook up something that's in season and delicious!

Each year First Lady Michelle Obama hosts the Healthy Lunchtime Challenge where she invites kids from around the country to submit their favorite homemade recipes that are both healthy and delicious! This month we are featuring one of these tasty recipes that is sure to keep you warm this winter. For more recipes, be sure to check out the [online cookbook!](#)

No-Noodle Lasagna

Serves 8

Ingredients

- 3 to 4 small zucchinis
- 2 Tbsp olive oil
- 1 medium onion
- 2 cloves garlic, minced
- 1 1/2 pounds sweet Italian turkey sausage, casings removed
- 1 (28-oz) can crushed tomatoes
- 1 (6-oz) can tomato paste
- 1 Tbsp dried basil
- Ground pepper
- 2 oz grated parmesan cheese
- 8 oz shredded mozzarella cheese



Directions

1. Preheat the oven to 400 degrees
2. Use a mandolin or a knife to cut the zucchini into paper-thin slices. Place the slices on paper towels and let them dry.
3. In a large sauté pan over moderate heat, warm the oil.
4. Add the onion and sauté, stirring occasionally, until soft, about 5 minutes.
5. Add the garlic and sauté, stirring occasionally, for 1 minute.
6. Add the sausage and cook, stirring to break up the meat, until cooked through, 8 to 10 minutes.
7. Add the crushed tomatoes, tomato paste, basil, and pepper and simmer, uncovered, until thickened, about 20 minutes.
8. To assemble, spread about 3/4 cup of the sauce into the bottom of a 9- by 13-inch baking dish. Layer zucchini on the sauce, overlapping it slightly, then sprinkle with some of the Parmesan and mozzarella. Continue to layer the lasagna with the remaining sauce, zucchini, and both cheeses, finishing with sauce and a sprinkle of Parmesan.
9. Bake the lasagna until the sauce is bubbling, about 30 minutes.
10. Switch the oven to broil until the lasagna develops a crust, 1 to 2 minutes. Let cool slightly before serving.

Want more yummy recipes? Find them online at familieshealthytogether.org