

Making Mealtime Memories

Healthy Holiday Alternative: Green Beans with Parmesan-Garlic Breadcrumbs

This holiday season, swap out the heavy casseroles for something light and delicious! This green bean recipe is sure to satisfy your green bean craving, but without all the extra fat and calories.

Ingredients

- 1 pound green beans, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons butter
- 2 cloves garlic, minced
- ½ cup fresh whole-wheat breadcrumbs
- 3 tablespoons grated Parmesan cheese



Directions

Step 1

Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and steam until tender-crisp, 5 to 7 minutes. Transfer to a large bowl and season with salt and pepper. If you don't have a steamer basket, you can also do this in the microwave. Place beans in a microwave-safe bowl, and add enough water to cover the bottom of the bowl. Cover the bowl with a microwave-safe plate and microwave for 4 to 6 minutes.

Step 2

Meanwhile, heat butter in a large skillet over medium heat. Cook, swirling often, until starting to brown, 3 to 4 minutes. Add garlic and cook, stirring, until the butter is nutty brown, about 30 seconds more. Stir in breadcrumbs and cook, stirring, until crispy, 3 to 4 minutes. Toss the breadcrumbs with the green beans. Top with cheese.

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Healthy Living With Head Start

Giving Thanks Together



Preparing and hosting a Thanksgiving Day meal can sometimes be overwhelming, especially with little ones running around. This Thanksgiving, try to plan ahead, include your child in the festivities, and try to remember the reason for the season.

- ⇒ **Let children help** out with shopping, preparing and cooking the meal! Let them have a say in what dishes you will be preparing, bring them with you to shop at a farmers market or grocery store, and engage with them during the preparation. Remember, they can help wash, sort, measure and slice!
- ⇒ **Consider ways to make the mealtime run as smoothly as possible.** Prep things ahead of time, and stick to simple recipes! Boil potatoes and cook other veggies the day before, and make sure to shop in advance of the holiday to avoid the rush! This will leave you with extra time to spend with your family.
- ⇒ **Think about timing.** Based your meal time on how much prep time you need, that way you don't feel too overwhelmed come dinner.



- ⇒ **Get outside** before you start preparing the Thanksgiving meal. Take a walk outside as a family, or visit a local park. Breathing in the fresh air will leave with feeling connected and thankful– PLUS, it will get you ready and hungry for the big meal.
- ⇒ **Relax your expectations.** Recognize that something may go wrong, such as a burnt item or an unexpected guest, and that is okay!
- ⇒ **Most importantly, enjoy your time together!** Unplug from technology and play a game, create a craft or tell stories.

Healthy Thanksgiving

Making your thanksgiving meal healthier does not mean that you have to compromise taste! Consider these ideas when planning for your thanksgiving meal this year!

Try this....	Instead of this...
Light sides dishes such as sautéed green beans are a great alternative to heavy casseroles. Check out the recipe on the next page: "Green Beans with Parmesan-Garlic Breadcrumbs."	Heavy Casseroles often contain a lot of fat and cheese that can easily be avoided or substituted.
Fresh Cranberries are high in antioxidants and fiber and are low-calorie. Try making your own sauce by simmering whole cranberries with sugar and water.	Canned Cranberries may contain high amounts of high fructose corn syrup or other added sugars. By making your own, YOU can control how much sugar goes in.
Sweet Potatoes can be served mashed or in a sweet potato casserole (send an email to mar-not@ofoinc.org if you'd like recipe ideas!)	Mashed potatoes are sometimes made with a ton of butter and salt! If you opt for regular mashed potatoes consider going easy on the butter, and try limiting your portion size.
Homemade Stuffing – try making a homemade stuffing instead of a boxed stuffing, where you can monitor what is being put into your dish! Check for recipes that use a reduced amount of butter and try mixing in some whole wheat bread.	Store Bought - If you're pressed for time and opt for store bought stuffing, make sure to check the ingredients list!
Healthier Desserts such as an apple crisp with oats, whole wheat flour and fresh apples, are a delicious alternative to the typical Thanksgiving pies!	Try to avoid store-bought pies that contain a lot of sugar, fat and added ingredients.
And finally...Turkey! Turkey is a great source of protein, is rich in many vitamins and minerals, and low in fat—	Just try to avoid that fatty skin (no matter how good it tastes)!

Sponge Painted Thanksgiving Turkey

Paper plates are an inexpensive crafting tool for your child! Buy a packet of them and the possibilities are endless. Mix this with sponge painting, and you can create just about anything! Sponge painting is fun and simple, and this Thanksgiving turkey is sure to be something your child will enjoy making!

Supplies:

- * Paper plate
- * Paint
- * Sponge
- * Paper
- * Glue
- * Scissors



Directions

1. Start out by cutting your sponge into strips. They can vary in size depending on your liking!
2. Prepare your paint. Let your child pick out the colors of paint they would like to use, and pour a small amount of each onto a plate.
3. Dab the sponge into the paint and then dab onto the paper plate. Alternate colors until the plate is covered. Allow to dry. Some children may prefer to dab, while other may choose to use the sponge as a paintbrush—either is fine!
4. While the paint is drying on the paper plate, cut a body for the turkey from brown paper. Glue the body to the bottom of the paper plate.
5. Cut out eyes (or use googly eyes), beak, and gobbler and glue to the turkey's body.

