

Making Mealtime Memories

Cheesy Chickpea and Broccoli Bake Recipe

As previously mentioned, there are many benefits to eating plant-based meals. This chickpea and broccoli bake is quick, easy and delicious. Chickpeas and cheese are proteins that will leave you feeling satisfied and fueled for the future!

Ingredients

- 1 large bunch (about 1 pound) fresh broccoli, rinsed and cut into medium pieces (include tender parts of stems and leaves) or a 1-pound bag frozen broccoli florets (thawed)
- 1 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 cup shredded Gruyere, cheddar or vegan cheese
- ⅓ cup whole-wheat breadcrumbs



Directions

1. Preheat oven to 400°F.
2. If using fresh broccoli, lightly steam it first: Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender and bright green. Or, steam fresh broccoli in the microwave: Place raw broccoli pieces in a large microwave-safe dish or bowl with ½-inch water at bottom. Cover with a microwave-safe plate and microwave on high for 3 minutes or until just tender and bright green. Drain water.
3. Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
4. Add salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.
5. Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

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Healthy Living With Head Start

Celebrate National Nutrition Month!



This year, the National Nutrition Month theme is “Fuel for the Future,” and emphasizes fueling our bodies at every age and eating with the environment in mind! How can you celebrate at home? Check out these ideas from the Academy of Nutrition and Dietetics.

- ⇒ As a family, commit to trying a new fruit or vegetable each week during the month of March!
- ⇒ Let your children play a role in meal planning and let them pick out different recipes to try.
- ⇒ Plan to eat more meals together as a family. Set aside a time every day or every week depending on your schedules.
- ⇒ If you watch TV, take breaks during commercials to be physically active.
- ⇒ Practice mindful eating by limiting screen time at mealtime, including phones, computers, TV and other devices. You will be more conscious of how much you are eating and will be spending quality time together!
- ⇒ Try more meatless meals. Choices like beans, peas and lentils are different plant-based protein sources that are healthy and will work in a variety of dishes.
- ⇒ Let everyone help with food preparation. This a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.
- ⇒ Bring out the flavors of food by trying new herbs, spices, or citrus fruit like lemon or lime. Experiment to see what your family enjoys!



Fuel for the Future

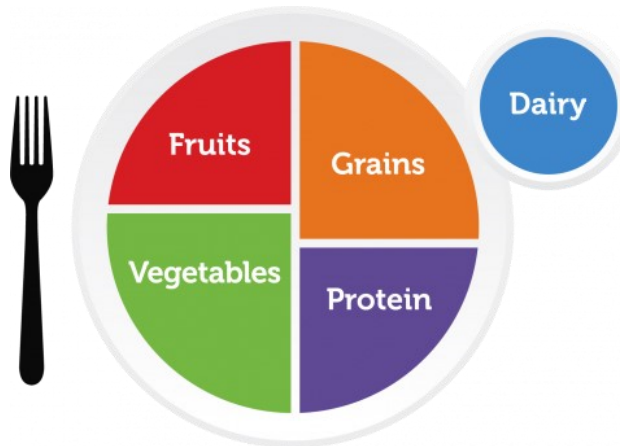
Shop local, eat plant-based, and cook at home!

The Academy of Nutrition and Dietetics recommends the following this year, to help you and your family fuel for the future!

- Think about the environment. **Buying foods in season** and **shopping locally** when possible is good for not only the environment, but also for your pocket! Fruits and veggies are usually cheaper when they are abundant and in-season, and don't travel as far when they are grown locally, saving on fuel!
- **Eating more plant-based meals and snacks has many benefits.** There are health benefits to eating more fruits and vegetables, and it may result in lower grocery bills (a meatless chili using dried beans as the protein saves you money by skipping the meat!). Try making one night a week meatless (such as "meatless Monday"), and substitute some or all of the meat in a recipe with beans, tofu or nuts. But, always make sure to read labels, and look for added sugars and protein content in premade plant-based foods.
- Make tasty foods at home by **adding new flavors and foods.** Let your child help out in the kitchen and give them a choice when it comes to food preparation!
- Eat a variety of foods and follow **MyPlate's Daily Recommendations** for each food group to get the nutrients you need. Also, remember that it doesn't matter how you get your fruits and veggies: fresh, frozen, canned and dried are all good!

Follow the MyPlate guide to healthy eating!

- Make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies.
- Try eating different types of protein (which should make up about 1/4 of your plate). Lean cuts of meat and ground beef are best, but consider trying other types of protein such as seafood, beans, nuts and seeds.
- Make half your grains whole grains: look for the word "whole" or "100% whole" before any grain included in the product, which you can find on the ingredients list, such as whole wheat or whole rye.
- Choose foods and beverages with less added sugars, saturated fat, and sodium.



MyPlate Fun!

Another fun way to make eating a variety of healthy foods fun is to create your own MyPlate! The only supplies you will need are a **clear plastic hard plate, paint and paintbrushes!** Paint white lines to separate the four portions and fill in with the appropriate colors. This is also a fun crafting project that your child can help create.

After, have your child help fill the plate with the appropriate amount of protein, fruits and vegetables, and a grain. Or, **try the Kids Food Critic Activity below using your new plate!!**

**For extra fun with the food critic activity: have kids choose and prepare foods and have friends, siblings or parents sample and rate them! Or, compare different recipes.*



KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

Visual Appeal	1	2	3	4	5	_____
Smell	1	2	3	4	5	_____
Taste	1	2	3	4	5	_____
Texture	1	2	3	4	5	_____
TOTAL:						_____

TOTAL SCORE

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Serve it again?

YES NO