



## HealthBits

### Nutrition, On a Budget

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Are you feeling the strain of the economy with every trip to the grocery store? Ever wonder how to cut back on spending while still providing filling and nutritious meals? The key is finding ingredients that pack the nutrients your family needs while allowing you to stretch your dollar. Five foods that will help stretch your budget are:

1. Brown Rice—Always affordable. Takes longer to cook, but packs more nutrients per serving than white rice.
2. Dried Beans—These also take longer to prepare than canned beans, but they will save you from the unnecessary sodium and other preservatives. Beans also serve as a great alternative source of protein, and are rich in calcium and iron.
3. Canned Fish—Tuna can easily become part of many meal. It can be used to make tuna salad sandwiches, added to casseroles, and tossed with pasta. Canned salmon can be used in the same manner. Both provide essential fatty acids.
4. Potatoes—They come in many shapes and sizes and can be added to an endless variety of meals. This versatile and affordable vegetable is essential when eating on a budget. To add variety try sweet potatoes (rich in Vitamins A and C).
5. Whole Chicken—Buy the whole chicken rather than individual pieces, which are often more costly. The whole chicken will provide you with more meat and enough left-over to make stock for soup.

**The Good News:** According to research done by the National Institute of Health, the average American gains 1 pound throughout the holiday season (not 5-10 pounds as many report).

**The Bad News:** Most people will keep this pound in the coming year - and the extra weight accumulates with each passing holiday season.

### Have Yourself a Healthy Little Holiday...

#### Maple-Glazed Sweet Potatoes

Serves: 12

Per Serving: 142 Calories, 2.2g Fat, 29.8g Carbohydrate, 2.7g Fiber, 1.5g Protein

- 8 C cubed, peeled sweet potato (about 3 #)
- 4 C water
- 1 large lemon (sectioned)
- 1/4 C packed dark brown sugar
- 3 Tbsp maple syrup
- 2 Tbsp butter or margarine
- 1/2 tsp ground cinnamon
- 1/8 tsp ground red pepper

Combine first three ingredients in a large saucepan; bring to a boil. Cook 20 minutes or until tender, stirring occasionally. Remove sweet potatoes from pan with a slotted spoon, reserving the cooking liquid. Bring cooking liquid to a boil; cook until reduced to 1/3 cup (about 12 minutes). Stir in sugar and remaining ingredients. Stir in sweet potatoes; cook 2 minutes or until thoroughly heated.

#### Holiday Brussels Sprouts

Serves: 4

Per Serving: 142 Calories, 4g Fat, 27g Carbohydrate

- 1 lb Brussels sprouts, steamed
- 3 Tbsp maple syrup
- 1 Tbsp vegetable oil
- 1 Tbsp apple cider vinegar
- 1/2 tsp Dijon mustard

Preheat oven to 375 F. Coat an 8x8-in baking dish with cooking spray. Place Brussels sprouts in bottom of prepared pan. (Note: If you can't find fresh Brussels sprouts, use frozen ones that have been thawed; decrease the cooking time below by 10-15 minutes.) Combine maple syrup, oil, vinegar, mustard, and pepper in a small bowl; pour over Brussels sprouts. Stir in cranberries and bake, covered, about 30 minutes, or until tender and bubbly.



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This website offers information on for the health conscious consumer on budget-friendly healthy recipes. The site also offers links to other health-related topics such as healthy cooking and fitness.

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