# PATCH Food Program Newsletter

## Recipe

Chicken with Asparagus & Sweet Potato

- 1 lb. Chicken Breast
- 1 Tb. Olive Oil
- Salt and Pepper
- 3 Garlic Cloves, Minced
- 1 Medium Sweet Potato, Peeled & Diced
- ½ Cup Chicken Broth
- ½ lb. Asparagus, Fresh

1. Cut chicken breast into 1" pieces and season with salt and pepper.

2. In a skillet over medium heat, add olive oil, garlic, and chicken. Cook until chicken is cooked through, about 7-10 minutes. Set chicken aside.

3. In the same skillet add sweet potato and chicken broth. Cook for 7-10 minutes or until potato is tender.

4. Chop asparagus into 1" pieces. Add to skillet and cook for about 4-5 minutes.

5. Add back the chicken and stir. Season with salt and pepper if needed.


Eat Smart to Play Hard
Drink milk at meals

## Physical Activity

Color Walk

Take your children out for a walk and see if you can spot different objects, like plants, cars, and birds that represent the different colors of the rainbow.

## Cooking with Your Children

Fruit Ice Cubes

To add color to your water, have children make Fruit Ice Cubes. You can use small berries like blackberries and blueberries or diced mangoes and peaches. Fill an ice cube tray with the different fruits and boiled water. The boiled water will make the ice cubes look crystal clear. Put the ice tray into the freezer. Once harden, add the fruit ice cubes to a cup of water and enjoy!

## Eye Health

There are many different foods that can help your eye health. Here are some examples:

Strawberries contain vitamin C which can help lower the risk of cataracts. Other foods that are rich in vitamin C are broccoli, bell peppers, and oranges.

Kale contains lutein and zeaxanthin which can help protect your eyes from macular degeneration and sun damage. Other foods that contain these nutrient sources include dark leafy green vegetables, peas, kiwi, red grapes, and mangoes. In order for your body to use these nutrients, it must be eaten with health fats like olive oil or avocados.

Salmon contains omega-3 fatty acids that can help with dry eyes. You can also get omega-3 fatty acids by eating walnuts and tuna.

You can find more information at:

http://www.eatright.org/resource/health/wellness/preventing-illness/5-top-foods-for-eye-health

## Food For Thought

If I try to be cheesy and no one laughs, would that mean everyone around me is "laughtose" intolerant?


Want to get your engine going?
Eat Fruits and Veggies!