

February 2021 SNAP-Ed Newsletter and Recipe The Nutrition Education Program, NEP

**Featured Meal Planning information on the back of this newsletter!*



Baked Fish

“Herbs and spices give this fish lots of flavor for an easy weekday meal”.

Makes: 4 servings

Serving size: ¼ of the recipe

Ingredients

- 1 pound cod fillets (fresh or frozen)
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 2 dashes pepper (1/8 teaspoon)
- ¼ teaspoon oregano (dried)
- ¼ teaspoon thyme (dried)
- 1 tablespoon lemon juice
- 1 ½ tablespoons margarine (melted)

Directions

1. Thaw frozen fish according to the package directions, if using fish fillets.
2. Preheat oven to 350 degrees F.
3. Separate fish into four fillets or pieces.
4. Place fish in ungreased 13”x9” baking dish.
5. Combine paprika, garlic powder, onion powder, pepper, oregano and thyme in a small bowl.
6. Sprinkle seasoning mixture and lemon juice evenly over fish.
7. Drizzle margarine evenly over fish.
8. Bake until fish flakes easily with a fork, about 20-25 minutes.

MyPlate Food Groups

- *Baked Fish* recipe contains 3 ounces of Protein Foods.
- The recipe source for *Baked Fish*, containing recipe instructions, nutritional information and the *Start Simple with MyPlate App*, can be found below.

Notes and Ideas for Baked Fish Recipe

- Utilize featured Alaskan Pollock found in February’s food distribution box!
- Substitute cod fillets, as listed in the *Baked Fish* recipe, with Pollock, salmon, trout, tuna or many other types of fish, fresh or frozen.
- Spices listed in the *Baked Fish* recipe are optional, or substitute the listed spices for spices of your choice. When choosing spices for your favorite recipes, you can make healthy choices that still taste great by using onion powder, garlic powder and other healthy spices rather than using salt. This will help to reduce your sodium intake and still add great flavor to your favorite dishes.
- Dried dill weed is an excellent option when cooking fish.
- Check out www.myplate.gov for other great fish recipes such as *Spicy Baked Fish II*, *Fish Tacos*, *Dilled Fish Fillets*, *Simple Fish Tacos*, *Spanish Baked Fish* and many more!

Why is it important to eat 8 ounces of seafood per week?

- Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA. Eating about 8 ounces per week of a variety of seafood contributes to the prevention of heart disease. Smaller amounts of seafood are recommended for younger children.
- For more information on *why it is important to eat 8 ounces of seafood per week*, check out www.myplate.gov/eat-healthy/protein-foods.

Recipe Source for *Baked Fish*: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-fish>.

Meal Planning: Make Easy and Healthy Family Meals! Tips to Plan and Prepare...

A few steps can help you make easy, healthy family meals on a budget. Find time to plan and prepare healthier meals each week. Use the time you saved to enjoy your family.



Plan

Plan your family meals. Think about meals, snacks and beverages you will serve throughout the week. Write down a list of foods you need to prepare your meals or keep the list in a wallet, purse or on a mobile phone. Focus your budget on foods that are healthier for your family such as vegetables, fruits, whole grains, dairy and protein foods. Keep ingredients such as seasonings, flour, baking powder, herbs and oils in your pantry to help you quickly prepare healthy meals.

- ✓ Use a shopping list: Review coupons and sales to find less expensive foods.
- ✓ Join a store's bonus or reward card program to receive more savings: Visit the store's customer service desk or website for information about how to sign up.
- ✓ Choose foods that cost less all year long: Beans and eggs are low-cost healthy protein foods. Frozen vegetables like spinach and green beans are also low-cost options.
- ✓ Stock your kitchen: Select foods that you can make and serve quickly on busy days, such as canned beans and fish, canned low-salt or low-sodium vegetables or soups, whole-grain pasta, brown rice and quick-cooking oats.
- ✓ Store fresh foods right away to keep them fresh longer: Use fresh fruits, vegetables and milk quickly to keep them from spoiling.
- ✓ Buy fruits and vegetables in season: Some fruits and vegetables, such as peaches or corn, are cheaper when you buy them in season. Look for sales in the grocery store and your local farmers markets for cheaper choices. Many farmers markets accept SNAP benefits.

Prepare

Do some tasks in advance. Make meals on the weekends when you have more time. Prepare extra and freeze some meals to use later in the week. Find ways to save yourself time during the weekdays when everyone is busier.

- ✓ Look for shortcuts: Grated, chopped or pre-washed foods cost more but often save time in the kitchen. Compare prices on these items. Look for sales on easy to prepare foods such as frozen vegetables or mixed salads.
- ✓ Prepare a meal that kids and adults will enjoy: Try not to make a separate meal for each person. If your child likes plain vegetables, meat, rice or noodles, set some aside before you add other ingredients.
- ✓ Serve no-cook meals: Make simple meals like salads with canned tuna and beans or cold sandwiches with lean meats and sliced vegetables.
- ✓ Involve kids in family meals: Let children help with simple tasks like washing fruits, choosing the veggies, setting the table or measuring foods. On busy weekdays, give everyone a task to help you get dinner on the table.

Provided information on **Meal Planning*, is taken from the SNAP-Ed funded, New York State Department of Health's Just Say Yes Curriculum. For information on how you can participate in a SNAP-Ed class via telephone or online, please contact Gretchen Billy, SNAP-Ed Project Manager, at (724) 430-6428 or email gbilly@fccaa.org. Or contact Nate Torbich, SNAP-Ed Nutrition Educator, at (724) 430-6431 or email ntorbich@fccaa.org. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.