

Food Advocate

JANUARY 2024 ISSUE



Happy New Year,

GLAD YOU ARE HERE!

Whether you are new here or have seen the Food Advocate newsletters before, some things have changed. In addition to the recipes, you will find sections related to kitchen tips, food budgeting, nutritional information, and more. If there are specific recipes, as well as additional content you would like to see, please email me at cinsley@harfordcaa.org. Previous newsletters can be found on our website, at [harfordcaa.org>Programs>Food Advocacy Program>Food Advocate Newsletter](http://harfordcaa.org/Programs/Food%20Advocacy%20Program/Food%20Advocate%20Newsletter). Wishing you all a year full of yummy food and good health!

-Courtney Insley, Food Advocacy Coordinator

January Recipes: Quick & Simplified Meals

Below you can find three simplified meals that take under 30 minutes to make. Due to the simplicity of the meals, the recipes can be modified to your liking. If you decide to make any of the following, snap a picture and send to cinsley@harfordcaa.org.





Featured Recipe: Stuffed Bell Peppers

MADE TWO WAYS

Directions: cook ground turkey or chicken over medium heat for about 7-10 minutes, adding your choice of seasoning. Cut bell pepper in half, adding the cooked meat. Add your choice of toppings based off what you are craving (ideas below).

TACO STYLE INGREDIENTS

Ground chicken or turkey, taco seasoning, shredded lettuce, shredded cheese, diced tomatoes, diced onion, black olives, sour cream, hot sauce

CHEESEBURGER STYLE INGREDIENTS

Ground chicken or turkey, shredded lettuce, shredded or sliced cheese, sliced pickles, sliced tomatoes, sliced onion, ketchup, mustard



Greek Pita Wrap

Ingredients: pita pocket/bread, falafel or other protein, diced cucumber, Kalamata olives, crumbled feta, pickled onion, shredded lettuce, tzatziki

Directions: first cook falafel or other protein option based off package instructions. Then place protein, plus all other ingredients into pita pocket.



Salmon Salad

Ingredients: arugula or other mixed green, salmon, artichoke, grated parmesan cheese, olive oil, lemon juice, dash of sea salt

Directions: cook salmon over medium heat for about 10-15 minutes. As salmon cooks, prepare salad by massaging lettuce with olive oil and lemon juice. Add all ingredients, plus cooked salmon.

Protein Matters!

QUICK FACTS OF THOSE PROTEINS INCLUDED ABOVE

Ground chicken or turkey

- Provides around 20-22 grams of protein per serving
- A quick protein option when in a time crunch
- Choose at least 93% lean ground chicken/turkey options

Falafel

- A good source of fiber
- High in micronutrients
- Can be made from scratch or purchased prepared
- A plant-based alternative

Salmon

- High in selenium
- Great source of omega-3 fatty acids
- Choose wild salmon versus farm-raised



Weekly Restaurant Deals

MONDAY-SATURDAY

MONDAY

- J'Ville Grille: BOGO 1/2 off pizzas
- Venetian Italian Eatery: crab cakes for \$21, from 3pm-7pm (includes two sides)
- Steelefish Grille: \$3 off all burgers, starting at 5pm

TUESDAY

- Venetian Italian Eatery: 2 pizzas for \$22, from 3pm-9pm
- Venetian Eatery: prime rib for \$28, from 3pm-7pm (includes two sides)
- J'Ville Grille: bone in wings for 80 cents (ordered in groups of five)

WEDNESDAY

- J'Ville Grille: \$8 burger with chips
- Vagabond: starting at 4pm, kids eat free with the purchase of an adult meal

THURSDAY

- Buon Gusto Pizzeria: 18-inch cheese pizza for \$10

SATURDAY

- Grumpy's Bar & Grille: 1/2 price burgers, from 12pm-3pm

For more information, please visit
visitharford.com/special-offers