

# The NMSD Monthly Morsel Nutrition Newsletter

11/15-11/21

## **Split Pea Soup**

### **Ingredients**

2 c dried split peas  
2 quarts cold water  
1½ lb. ham or ham bone  
2 onions, thinly sliced  
½ tsp salt  
¼ tsp ground black pepper  
1 pinch dried marjoram  
3 stalks celery, chopped  
3 carrots, chopped  
1 potato, diced

### **Preparation**

In a large stock pot, cover peas with 2 quarts cold water and soak overnight. If you need a faster method, simmer the peas gently for 2 minutes, and then soak for 1 hour. Once peas are soaked, add ham, onion, salt, pepper and marjoram. Cover and bring to a boil, then simmer for 1 ½ hours, stirring occasionally. If using the bone, remove and strip of meat; dice and return to soup. Add celery, carrots and potatoes. Cook slowly, uncover for 30 to 40 minutes or until vegetables are tender. Serve warm.

## **Sloppy Joe's**

### **Ingredients**

1 lb. ground beef  
½ c diced green bell pepper  
one-14 -oz can diced tomato with juice  
one-8-oz can tomato sauce  
½ c tomato paste  
1 tbsp Worcestershire sauce  
1½ tsp sugar  
1 tsp celery seed  
1 tsp onion powder  
½ tsp paprika  
1/8 tsp cayenne pepper  
1½ bay leaves  
8 whole wheat hamburger buns

### **Preparation**

In a stock pot, cook beef and green pepper over medium heat until meat is no longer pink; drain. Stir in the tomatoes, tomato sauce, tomato paste and seasonings. Bring to a boil. Reduce heat; cover and cook over low heat for 30 minutes. Uncover; cook 30-40 minutes longer or until thickened. Discard bay leaves. Serve 1/2 cup of meat mixture on each bun.

## **Peanut Butter Granola Bars**

### **Ingredients**

¼ c peanut butter  
1/3 of a 12-ounce jar of honey  
¼ c brown sugar  
1 c granola  
1 c quick cooking oats  
1 c puffed rice cereal  
½ c chocolate chips  
½ c chopped dried fruit mix

### **Preparation**

Melt peanut butter and honey together in a saucepan over medium heat. Dissolve brown sugar into peanut butter mixture; bring to a simmer for 2 minutes.

Mix granola, oats, rice cereal, chocolate chips and dried fruit together in a large bowl. Pour peanut butter mixture over the granola mixture and fold to coat. Grease a large cake pan; pour the granola mixture into the pan, and press firmly to flatten. Cool at room temperature until set, about 15 minutes, before cutting into bars.

## **Low Sodium Taco**

### **Seasoning**

### **Ingredients**

1 tbsp red chile powder  
¼ tsp garlic powder  
¼ tsp crushed red pepper flakes  
¼ tsp dried oregano  
½ tsp paprika  
1½ tsp ground cumin  
1 tsp sea salt  
1 tsp black pepper, optional

### **Preparation**

In a small bowl, mix together chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, salt and pepper. Store in an airtight container

## **Stuffed French Toast Breakfast**

### **Sandwich**

### **Ingredients**

8 slices whole wheat bread  
8 ounces of low-fat Neufchatel cheese, softened  
½ c favorite jam or jelly  
5 eggs, beaten  
¼ c milk, or soy milk  
1½ tsp vanilla extract  
1 tbsp butter or vegetable or canola oil

### **Preparation**

On 4 slices of bread, spread the 8 ounces Neufchatel; on the other 4 slices, spread the jam. With the two spreads meeting in the middle, make a sandwich. In a medium shallow bowl, whip together milk, eggs, and vanilla extract. Melt butter (if using) in a large heavy skillet over medium high heat. Dip the sandwiches in the egg mixture to coat well. Place carefully in the skillet, and cook on both sides until golden brown.



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