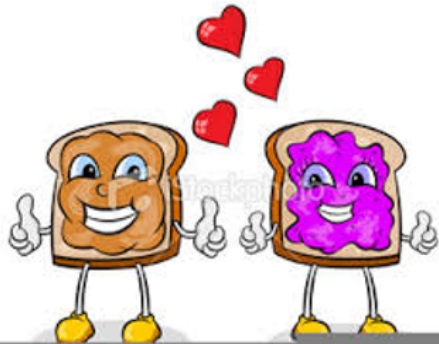


The NMSD Monthly Morsel Nutrition Newsletter

Enjoy our “Monthly Morsel” WEEKLY for Fall of 2020, with new healthy recipe ideas each week!

Grilled PB&J Sandwich

Make a traditional Peanut Butter and jelly sandwich, add fresh apple slices, banana slices or anything inside for an extra crunch. Heat up a saucepan on med/low heat, add some butter or oil to the pan. Place the sandwich peanut butter side down first, cook till the bread is nice and toasted on both sides, then remove from the pan. Top with cinnamon sugar and enjoy with a nice cold glass of milk.



Cereal Bars

INGREDIENTS

- 1/2 cup peanut butter
- 1/2 cup honey
- 1/2 teaspoon vanilla
- 3 1/2 cups dry cereal

INSTRUCTIONS

- Line an 8x8 inch pan with parchment paper and set aside.
- Combine the peanut butter and honey in a medium size saucepan. Cook for 3 minutes, stirring occasionally. Remove from heat and stir in vanilla.
- Add in the dry cereal and stir until completely coated. Then press into the lined pan. Use a piece of parchment paper to press firmly down on the bars.
- Refrigerate bars for one hour, or until ready to serve.



Classic Pea Salad

INGREDIENTS

- 2 Cups Peas
- 1 & 1/3 Cups Mayonnaise
- 2 Teaspoons Granulated Sugar
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1 Small Red Onion, Chopped
- 1 Cup Shredded Cheddar Cheese
- One 2.8 Ounce Bag Real Bacon Bit Pieces

INSTRUCTIONS

- In a large bowl mix together the mayonnaise, sugar, salt, and pepper with the red onion, cheese, and bacon bits.
- Add peas to the salad and stir well, but gently to combine.
- Chill the salad, covered, for at least one hour before serving.

