

# National 5-A-Day

It's National 5-A-Day Month! Did you know that eating 5 servings of vegetables per day can actually help reduce your risk of heart disease, cancer, diabetes and obesity? Here are some tips to help you on your way to 5-A-Day:

- Always refrigerate cut-up fruit and veggies to store for later.
- Enjoy an egg omelet with spinach or mixed veggies for breakfast.
- Include cut up veggies with a low fat dip along with your lunch.
- Try to include a green salad with your dinner every night.
- Order a veggie pizza instead of another topping and ask for extra veggies.
- Include chopped vegetables in pasta sauce or lasagna.
- Grill veggie kabobs. Try tomatoes, mushrooms, green peppers and onions.



## Cooking Lesson... ZUCCHINI CORN MUFFINS

### Ingredients

2 medium zucchini  
2 teaspoons coarse salt, divided  
1/4 cup unsalted butter, melted, plus more, room temperature, for baking pan  
1 cup yellow cornmeal  
1 cup all-purpose flour, spooned and leveled  
1/4 cup sugar  
1 1/2 teaspoons baking powder (for a fluffier cornbread, add 1/2 teaspoon baking soda)  
1 cup low-fat buttermilk  
2 eggs

### Directions

Shred zucchini on the large holes of a box grater. (You should have about 4 cups.) Toss with 1/2 teaspoon salt in a colander set over a bowl. Let stand 10 minutes. Squeeze out excess moisture with your hands.

Preheat oven to 400 degrees. Brush a standard 12-cup muffin tin with softened unsalted butter. In a large bowl, combine cornmeal, flour, sugar, baking powder, baking soda (if using), and salt.

In a medium bowl, whisk together buttermilk, butter, and eggs (mixture might appear curdled). Add to flour mixture and stir just until combined (do not overmix). Divide batter evenly among muffin cups.

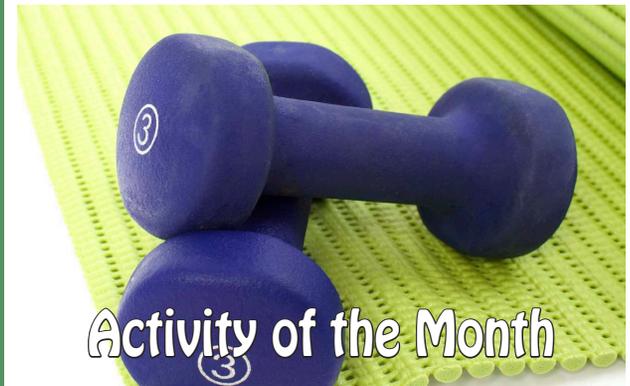
Bake until a toothpick inserted in center comes out clean, 20 to 25 minutes. Let cool on a wire rack 15 minutes before serving.

## SEPTEMBER 2016



## Produce of the Month

Hot, fresh corn-on-the-cob is always delicious when in season. Fortunately, it is also a worthy part of any healthful menu. Corn is a good source of many nutrients including thiamin (vitamin B1), pantothenic acid (vitamin B5), folate, dietary fiber, vitamin C, phosphorus and manganese.



## Activity of the Month

Aerobics is a fun way to relax, de-stress and unwind from a long day, but more importantly, aerobics is particularly helpful when it comes to weight control. If you are trying to lose weight or even just maintain your weight, try aerobics!