

February 2016

Healthy Way to Grow: Denver

## February is American Heart Month!

Celebrate **National Wear Red Day** on February 5<sup>th</sup>!

**Recipe of the Month:** Show your children how to have a healthy heart during American Heart Month by fueling it with fruits and vegetables. Cauliflower is in season during the winter months and makes a tasty snack or side dish!

### Cauliflower Tots

**Servings:** Makes about 32-34 tots.

#### Ingredients:

- 2 cups cooked cauliflower florets, finely chopped \*see note
- 1 large egg
- 1 large egg white
- ½ cup onion, minced
- 3 tbsp. minced fresh parsley
- ½ cup reduced fat sharp cheddar cheese, grated
- ½ cup seasoned breadcrumbs
- Salt and pepper to taste
- Cooking spray

#### Directions:

1. \*To cook cauliflower florets, steam a little over 2 cups raw cauliflower florets in a little water covered for 4 to 5 minutes or until tender but not mushy, then drain well and dry on paper towel. Then using a knife finely chop and set 2 cups aside.
2. Preheat oven to 400 F. Spray a nonstick pan with cooking spray.
3. In a medium bowl, combine all of the ingredients.
4. Spoon 1 tbsp. of mixture in your hands and roll into small ovals
5. Place on the cookie sheet and bake for 16-18 minutes, turning halfway through cooking until golden.



Photo and Recipe Credit:  
[www.Skinnytaste.com](http://www.Skinnytaste.com)

**Family Wellness Corner:** During American Heart Month, focus on keeping your family healthy with these tips:

1. **Slow down the sodium:** Americans eat more than double the daily amount of sodium recommended by the AHA, and get most of their sodium from processed foods. Compare the labels and look for lower-sodium versions!
2. **Pile on the fruits and vegetables:** Choose all kinds of fruits and vegetables — fresh, frozen, canned, juiced and dried. Fruits and vegetables contain vitamins, minerals and other nutrients. Look for fruits and vegetables of many different colors.
3. **Get the skinny on fats:** Learn how to substitute good fats (mono and polyunsaturated fats) for bad fats (saturated and *trans* fats). For example, try canola oil or olive oil instead of butter. Choose lean meats, poultry without skin and fish instead of fattier cuts of meats.
4. **Cook at home.** Cooking at home is not only a great way to make sure the ingredients are healthy, but portions are correct. Try using a smaller salad-size plate instead of a big dinner plate, as well.



**Physical Activity Ideas:** These fun heart-themed activities will keep your children moving all month!

#### For Toddlers/Preschoolers –

- **Bean Bag Toss:** Cut heart-shaped holes of all different sizes on the top of a cardboard box, making sure that they are large enough for a bean bag to fit through. Have the children take turns throwing bean bags into the holes.
- **Balancing Game:** Use masking or painters tape to make a very large heart on the floor, or several hearts if multiple children are playing. Encourage children to walk along the tape, placing one foot in front of the other. Once children have mastered that, encourage them to hop along the tape, or crawl along the tape.



#### For Infants –

- Place baby on her tummy, and allow her to reach for felt-shaped hearts. When baby can sit on his own, place him on a blanket to explore heart-healthy objects, including plastic fruits or vegetables.

\*Activity and Photo Credit: [www.andnextcomes1.com](http://www.andnextcomes1.com), [www.kidactivities.net](http://www.kidactivities.net)