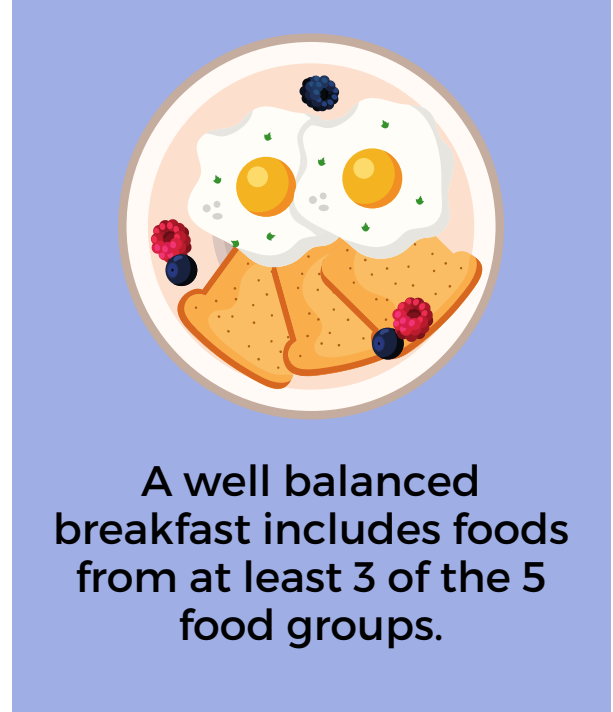


POWER UP

Monthly Minder

FEBRUARY 2023



A well balanced
breakfast includes foods
from at least 3 of the 5
food groups.

FUEL FOR THE DAY

Eating breakfast everyday is important, because it gives you energy, provides vitamins and minerals, and improves focus. Starting the day with breakfast provides fuel for our bodies to learn and play. A nutritious breakfast helps us pay attention at school or work and keeps us full until lunch. So, try to limit sugary breakfast foods and build a balanced plate to start your day.



PA Harvest of the Month

February Feature: Mushrooms



Mushrooms come in a thousand different varieties. They can grow in the wild or in sterile environments called "growing houses". However, some mushrooms in the wild are toxic, so it is best to purchase them commercially rather than picking your own. Fun fact: Pennsylvania leads the U.S. in mushroom production, growing nearly 557 million pounds of mushrooms each year.

Monthly Recipe

Green Bean & Mushroom Medley

Source: MyPlate Kitchen

Cut 3 cups of green beans into 1-inch pieces and slices 2 whole carrots into strips. Place in 1 inch of boiling water. Cover, cook until tender, and drain. Add 2 Tablespoons of olive oil to a heated skillet. Saute 1 large onion (sliced) and 1 pound mushrooms (sliced) until almost tender. Reduce heat, cover, and simmer for 3 minutes. Stir in green beans, carrots, 1 teaspoon lemon pepper seasoning, and 1/2 Tablespoon garlic salt. Cover and cook for 5 minutes. Enjoy!

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