

November

Nat G., Grade 2, Salem



Food Safety Tips Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave. Marinate foods in the refrigerator.



Kids Can measure ingredients, open cans. If they are ready to use the stove, teach them to remove the skillet from the heat before adding liquids so it doesn't spatter as much. Then return to the heat to finish cooking.

Chicken Mole

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients

Makes 8 cups

- 4 **chicken breast** halves (remove bones and skin)
- 2 cups **chicken broth**
- 1 medium **onion**, chopped
- 1 Tablespoon **oil**
- 1 can (16 ounce) diced **tomatoes**
- 1 Tablespoon **Mexican chocolate**
- 2 Tablespoons **creamy peanut butter**
- 1 packet (1.25 ounce) **chili seasoning mix**

Directions

1. Slice chicken into thin strips.
2. Put chicken strips in a pan with broth. Bring to a boil, cover, and simmer for 5-7 minutes.
3. In a large skillet over medium heat, sauté onion in the oil until tender.
4. Add tomatoes, chocolate, peanut butter and chili seasoning mix to skillet. Stir well.
5. Stirring constantly, add broth and chicken. Let simmer 10 to 15 minutes.
6. Serve with beans, rice, tortillas and vegetables. Refrigerate leftovers within 2 to 3 hours.



Nutrition Facts

Serving Size 1 cup (131g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 450mg	19%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 16g	
Vitamin A 6%	Vitamin C 15%
Calcium 2%	Iron 4%

Tip Don't have Mexican chocolate? Use semi-sweet chocolate chips and add 3/4 teaspoon of cinnamon.

<https://www.foodhero.org>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October Sun Mon Tues Wed Thurs Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December Sun Mon Tues Wed Thurs Fri Sat 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6 Daylight Savings Time Ends	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30		What on earth is this? This vegetable is 80% water, but still is packed with vitamin C. It grows underground and has eyes.  <small>Answer: The potato</small>	



Smart Shopping Buy meats on sale if you have a way to store them safely for later use. Divide them into amounts useful in recipes and freeze in freezer packaging. Be sure to label the package with contents, amount and date.