

Words on Wellne

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

The Mixed-up Plate

Fall is the time for mixed dishes—salads, casseroles, stir fries, soups, and stew—in which everything is tossed together. This is how to make mixed dishes healthy and delicious.

First, make sure to include at least three different food groups from [MyPlate](https://myplate.gov/), myplate.gov/.

Then add color. Brightly colored fruits and vegetables add visual appeal as well as flavor and texture to casseroles and stews. Add sautéed vegetables to your grilled cheese sandwich. Toss in dried berries and roasted vegetables to your salad. Or sauté your favorite vegetables (such as bell peppers, mushrooms, or onions), add eggs, and bake.

Mix it up. Look for recipes in which half the ingredients are nuts, seeds, fruits, vegetables, or beans. Use whole-grain pastas. Have meat play a supporting role.

Change up your protein. Try different types of ground meats in meat loaf and in pasta sauce. Add seafood (like shrimp, tuna, or salmon) to a stir-fry or pasta dish. Mix up your chili with beans and vegetables in place of ground meat.

Source: Adapted from Tufts University Health and Nutrition Letter
ly/3mjg0gC.

Vegetable Frittata

Serving Size: 1 slice | Serves: 4

Ingredients:

- 2 cups vegetables, chopped (mushrooms, onions, peppers, tomatoes)
- 6 eggs
- 1/4 cup nonfat milk
- 1/2 cup shredded cheese

Directions:

1. Heat an oven-proof skillet over medium heat. Spray with nonstick cooking spray.
2. Add vegetables and sauté until tender (3–5 minutes). Reduce heat to medium low.
3. While vegetables are cooking, beat eggs and milk together in a medium sized bowl.
4. Stir cheese into eggs.
5. Turn oven broiler to high.
6. Pour egg mixture over vegetables. Cover with a lid. Cook until eggs are nearly set—about 6 minutes. Do not stir and do not remove lid.
7. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned (2–3 minutes).

Nutrition information per serving:

190 calories, 12g total fat, 5g saturated fat, 0g trans fat, 295mg cholesterol, 210mg sodium, 5g total carbohydrate, 1g fiber, 3g sugar, 14g protein

This information is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart](https://spendsmart.extension.iastate.edu). Eat Smart, spendsmart.extension.iastate.edu.

Food Safety Tips for Your Thanksgiving Turkey

1. Thaw your turkey safely: Plan ahead, since thawing may take days in the refrigerator. Do NOT thaw it on the counter, in a bathtub, on the porch, or in the garage.
2. Handle your turkey safely: Before touching the turkey, wash your hands for 20 seconds. Do not wash or rinse the turkey. This may spread poultry juice to other foods and lead to foodborne illness. Use a clean cutting board. Wash the board with warm soapy water after use and before preparing the next item.
3. Cook your turkey safely: Set oven temperature to at least 325°F. Cook to a minimum internal temperature of 165°F. Find cooking times at USDA Food Safety and Inspection Service, bit.ly/3kZeP6D. Use a food thermometer to check in at least two of the thickest parts of the breast, thigh, and wing joint. After cooking, the turkey should rest for 20 minutes to let juices settle.
4. Chill your turkey safely: Divide leftovers into small portions and refrigerate or freeze within two hours after cooking. Use refrigerated leftovers within 3–4 days and frozen cooked turkey in 2–6 months for best quality. For more Thanksgiving-friendly food safety tips, visit [FoodSafety.gov](https://www.foodsafety.gov), bit.ly/3A55oqt.

Source: [FoodSafety.gov](https://www.foodsafety.gov), bit.ly/3A55oqt.

Tai Chi for Health

If you're looking for a way to reduce stress, consider tai chi (tie-chee). Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Practicing tai chi helps to improve balance and stability in older people and in those with Parkinson's disease. It reduces back pain and improves quality of life in people with heart disease, cancer, and other chronic illnesses.

Although you can rent or buy videos and books about tai chi, consider seeking guidance from a qualified tai chi instructor to gain the full benefits and learn proper techniques. To find a class near you, contact local fitness centers, health clubs, and senior centers.

Sources: [Mayo Clinic](https://www.mayoclinic.org), [mayoclinic.org/3oqFDiu](https://www.mayoclinic.org/3oqFDiu), [NIH](https://www.nih.gov), bit.ly/3uDmh10.

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