Banana-Blueberry Baked Oatmeal

Makes: 6 servings Serving Size: 1cup

Ingredients:

2 cups whole oats

½ cup nuts, chopped

¼ cup brown sugar

1 teaspoon baking powder

1 teaspoon cinnamon

2 cups low-fat 1% or fat-free milk

1 egg

2 Tablespoons margarine or butter, melted

2 teaspoons vanilla extract, optional

1 ½ cups blueberries, washed

2 bananas, peeled and sliced

Cooking oil spray

Directions:

- 1. Preheat oven to 350 degrees.
- 2. In a large bowl, combine oats, half of the nuts, sugar, baking powder, and cinnamon.
- 3. In another bowl, whisk together milk, egg. melted butter, and vanilla.
- 4. Add the egg mixture to the oat mixture and stir to combine.
- 5. Gently stir in blueberries and sliced bananas.
- 6. Spray an 8 x 8 baking pan with cooking oil
- 7. Pour mixture into pan and top with remaining chopped nuts.
- 8. Bake for 35-40 minutes.
- 9. Cool and divide into 6 servings.

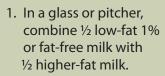
Make the Low-fat **Dairy Switch**

Low-fat 1% and fat-free milk have the same amount of calcium, protein, vitamins, and minerals as whole and 2% milk.

Read food labels carefully. Look for fat-free or low-fat 1% on the milk label.

Take small steps when switching to fat-free or low-fat 1% milk.

Try this tip to help your family make the low-fat 1% or fat-free milk switch:





2. Each day, use more low-fat 1% or fat-free milk in the glass or pitcher, and use less whole or 2% milk, until you are only drinking low-fat 1% or fat-free milk.

Look inside for healthy recipes using calcium-rich foods, and for tips to boost calcium in meals and snacks!

Keep Going Strong with Calcium

Eat 3 servings of calcium-rich foods each day for strong bones and teeth, and for muscle growth.

Use your EBT card to buy these calcium-rich foods:

- Low-fat yogurt and 1% or fat-free milk
- Soy or almond milk, fortified with calcium
- Low-fat or fat-free cheese
- Calcium-rich vegetables like spinach, kale, collard, or mustard greens
- Calcium fortified orange juice
- Canned salmon or canned sardines

If you are pregnant or have a young child, WIC could help you buy:

- Low-fat 1% or fat-free milk
- Fortified sov milk
- Low-fat cheese
- Canned salmon and canned sardines
- Fresh, frozen or canned, spinach, kale, collards, mustard greens

To find out if you are eligible for WIC call 1-800-242-4942 or visit www.mdwic.org

For more information about healthy food choices and recipes visit:

> www.eatsmart.umd.edu facebook.com/EatsmartMD www.choosemyplate.gov

















Easy Cheesy Spinach Pie

Makes: 6 servings **Serving Size:** 1 slice

Ingredients:

1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry

1 cup low-fat or fat-free cheddar cheese, shredded

½ onion, finely chopped

1 teaspoon minced garlic

1 cup all-purpose baking or biscuit mix

2 cups low-fat 1% or fat-free milk

4 large eggs, beaten Cooking oil spray

Directions:

- 1. Preheat oven to 375 degrees.
- Spray the bottom of 9-inch pie pan with cooking oil spray.
- 3. Spread spinach in pie pan.
- Add shredded cheese and onion to pie pan and mix with spinach.
- 5. In medium bowl, combine biscuit mix, milk, and eggs, stir to mix well.
- 6. Pour batter over spinach mixture in pie pan.
- 7. Bake 35-45 minutes until golden brown.
- 8. Cut into 6 slices and serve.

Boost Calcium in Your Favorite Recipes

- Cook oatmeal in low-fat 1% or fat-free milk instead of water.
- Top a taco salad or baked potato with low-fat, plain yogurt.
- Serve steamed, calcium-rich greens as a vegetable side dish.
- Add spinach, kale, collard, or mustard greens to soups and stews.
- Make a fruit smoothie with fresh or frozen fruit and low-fat yogurt.
- Slice apples or pears and serve with cubes of low-fat cheese for a healthy snack.
- Top a green salad with canned salmon or sardines and fresh, chopped veggies.



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Salmon Patties

Makes: 6 servings Serving Size: 1 patty

Ingredients:

1 can (15 ounces) salmon, water-packed 1 Tablespoon lemon juice ½ stalk celery, washed and finely chopped ½ bell pepper, washed and finely chopped ½ onion, finely chopped 2 eggs

½ cup whole wheat bread crumbs or cracker crumbs 2 Tablespoons flour

1 Tablespoon vegetable oil

Directions:

- 1. In a medium bowl, add salmon, lemon juice, celery, bell pepper, and onion.
- 2. In a small bowl, beat the eggs. Add beaten eggs to the salmon mixture.
- 3. Add the bread crumbs and flour to the salmon mixture and stir until well-combined.
- 4. Form salmon mixture into 6 patties.
- 5. In a frying pan over medium-high heat, add vegetable oil.
- 6. Cook patties in pan for about 5 minutes on each side, or until golden brown.
- 7. Remove patties from skillet and place on a clean paper towel to drain excess oil.

Serving Suggestions:

- Serve this calcium-rich meal with steamed veggies or a green salad, and brown rice.
- Serve salmon patty on a whole-grain bun and top with fresh spinach or lettuce and a slice of tomato. Add baked sweet potato fries on the side.



