

Banana-Blueberry Baked Oatmeal

Makes: 6 servings

Serving Size: 1 cup

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 spray.
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:

1. In a glass or pitcher, combine ½ low-fat 1% or fat-free milk with ½ higher-fat milk.
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 soy 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.
2. Spray the bottom of 9-inch pie pan with cooking oil spray.
3. Spread spinach in pie pan.
4. 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.

