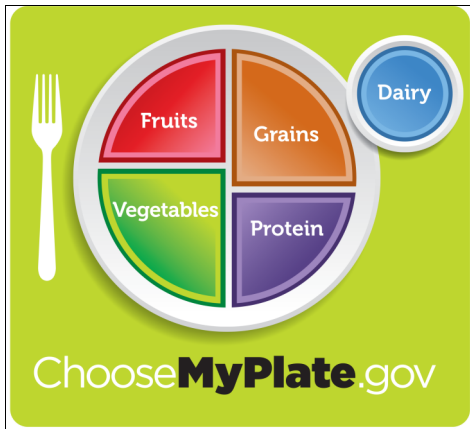


MARCH NEWSLETTER

From the desk of Stephanie Boulay, Registered Dietitian

March is National Nutrition Month!



Build a Healthy Plate!

- Make half your grains whole
- Choose low-fat dairy products
- Vary your veggies
- Go lean with protein!

Crispy Green Beans with Pesto

Ingredients

Servings: 4

1/2 tsp olive oil

1 garlic clove, minced

2 cup fresh green beans, edges trimmed

1/4 cup store-bought pesto

2 tsp toasted pine nuts

Heat olive oil in a non-stick skillet. Cook garlic on medium-high heat for about 30 seconds, set aside.

Sauté green beans for 6 minutes or until beans are cooked but still crispy. Return garlic to the skillet and cook for 30 seconds. Remove from skillet. Toss with pesto, sprinkle with pine nuts and serve.



Did you know... ? Green beans are high in zeaxanthin, an antioxidant, which can help prevent against macular degeneration.