

Enjoy the Taste of Eating Right

by Dietetic Intern Becky Gates

When you think about eating right, do potato skins with buffalo chicken, smokin' powerhouse chili, or sweet and sour pork come to mind? They should - they can fit right into eating right! March is National Nutrition Month and this year's message is, "enjoy the taste of eating right." Eating right involves creating healthy meals by combining the tastes you love with good nutrition. We eat foods we like so it makes sense to make our favorite foods healthy!

Add flavor to your favorite dishes while cutting calories, fat and salt by preparing meals at home. Use lower fat meat, cheese and milk options to morph traditional favorites into more nutritious dishes. Bring out the flavor of the main ingredients in your favorite meals by using herbs, spices, red pepper flakes, cayenne, lemon juice or lime juice instead of salt.

Potato skins with buffalo chicken done the "eating right" way:

12 oz. boneless, skinless chicken breast
1 cup water
4 medium russet potatoes (about 6 oz. each), washed and scrubbed
3 tbsp hot pepper sauce
1/4 cup non-fat milk
1/4 cup fat-reduced sour cream
2 tbsp margarine
1/4 cup crumbled blue cheese
2 green onions, diced
2 medium tomatoes, diced
2 celery stalks, cut into 4-inch sticks

Recipe from choosemyplate.gov



Directions

Preheat oven to 425 degrees Fahrenheit. Place chicken in sauté pan, add water, cover and simmer 20 minutes. Remove from the pan and let cool slightly. Shred the chicken when it's cool enough to handle. While chicken is simmering, prepare remaining ingredients. Slit each potato lengthwise about 1-inch deep. Place potatoes in a microwave-safe dish, microwave on high, uncovered, for about 10 minutes. Let cool slightly. Slice each potato half lengthwise, scoop out potato, leaving a 1/4-inch shell. Mash the potato you scooped out with hot pepper sauce, sour cream, margarine and milk. Fold in blue cheese and shredded chicken. Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking). Place filled potato skins on a 9x13" baking sheet; bake about 15-20 minutes until tops are golden brown. To serve, top potatoes with onions and tomatoes. Serve celery sticks on the side for scooping potato contents.

Donate to UM BWMC's Food Drive

Nutritional services is hosting a food drive during National Nutrition Month to collect canned goods and nonperishable food items for the Maryland Food Bank. Donations can be dropped off in the cafeteria or by the employee entrance. You can also donate through UM BWMC's virtual donation page, which can be found at mdfoodbank.org/umbwmc. This is a virtual food drive UM BWMC is participating in with other hospitals in the University of Maryland Medical System. This option of donating food is easy, eliminates the need to carry food into work and all monies go directly to replenishing the most needed items. The Food Bank purchases food from a consortium, so your money can buy nearly three times as much as you can buy in the grocery store. Every dollar donated provides two meals to local Maryland families!



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