



Food \$ense Nutrition Education is a **Free** program to help individuals and families eat better on a tight budget. We have received new curriculum called, **“Loving Your Family Feeding Their Future”**. This curriculum is geared for families with children 2-18 years of age. It has many wonderful ideas to help busy families cook easy, quick, and tasty meals that the whole family will love; Get your kids to eat more fruits and vegetables and like them; Stretch food dollars; Get your family to be more physically active and have fun. Currently, I am enrolling participants for group classes of 5-7 people. Classes will be held in Fillmore and Delta. Call us at 864-1480 or 743-5412. For more information, please check out our new web page at www.extension.usu.edu/millard.

Creamy Mexican Salsa Dip

3 cups low-fat plain yogurt, drained for 3 hours*
4 oz. can chopped green chilies, drained
¼ cup prepared Mexican salsa
¼ cup finely chopped cilantro
1 tsp. ground cumin
1 tsp. dried oregano leaves, crushed
¼ cup finely chopped green onions
1 Tbsp. lime juice
1/8 tsp. salt
Black pepper, optional
6 cups assorted snacking vegetables such as: baby carrots, cauliflower or broccoli flowerets, celery sticks, cherry tomatoes, cucumbers, zucchini sticks
tortilla chips, optional
cilantro leaves, garnish



In a medium-sized bowl, combine the drained yogurt with all remaining ingredients for dip except salt and pepper. Allow to chill covered for 15 minutes or more. Before serving, adjust seasonings, if desired. Prepare all vegetables. Arrange on a large platter surrounding a medium-sized soup bowl. Optional: serve chips in basket.

When ready, spoon dip into center bowl, garnish with additional cilantro and serve. Enjoy, enjoy!

Chef's note: When yogurt is placed in a coffee filter or cheesecloth-lined sieve (over a bowl) and allowed to drain for several hours, much of the extra moisture drains away, leaving a thicker consistency. The longer it is drained, the thicker it becomes, ultimately becoming the consistency of cream cheese. With its good nutrition and low-fat content, drained yogurt is a great base for many flavored snacking dips to accompany both vegetables and fruits. Occasionally, the term “yogurt cheese” is used to designate drained yogurt.

Sources: [Http://www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

Mary Anna's Tidbits of Information

“The secret to health is only 2 feet away – your own two feet.” – Robert Sweetgall.
Walking is the original exercise. Walking is a good, all-around workout for the human body, with a low occurrence of injuries. Walking is inexpensive, requires no special equipment, and can be done anytime, anywhere. The time it takes for a short walk is more than compensated by increased attentiveness and productivity. Take 10 minutes of time and walk after each meal. Some of the benefits you receive are:

- keeps you from falling asleep
- reduces your desire for too much dessert
- aids digestion
- helps stimulate your metabolism
- gives you renewed energy
- builds strong bones
- increases or maintains muscle mass
- helps improve stress – coping ability
- helps maintain healthy weight
- develops good posture
- develops a good wellness attitude
- encourages the use of senses
- encourages drug-free living
- improves physical coordination
- improves heart strength

(Source: WIN KIDS Lessons – Walk With Me)

