

# Mno-Bmadzewen

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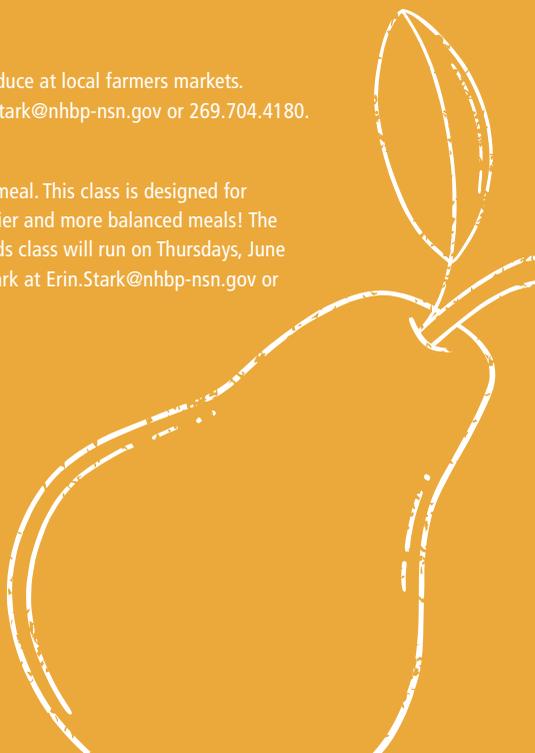
## News

### Farmers Market Nutrition Program

From June to October, Tribal Elders can sign up to receive a total of \$100 to spend on produce at local farmers markets. For more information or to register, contact NHBP Registered Dietitian Erin Stark at [Erin.Stark@nhbp-nsn.gov](mailto:Erin.Stark@nhbp-nsn.gov) or 269.704.4180.

### Dishes for Diabetes

Join us for a fun, hands-on class and learn to create a delicious, carbohydrate consistent meal. This class is designed for those with pre-diabetes, type 2 diabetes, or anyone looking to learn how to create healthier and more balanced meals! The Pine Creek class will run on Tuesdays, June 2 to June 23, from 5 to 7 p.m. The Grand Rapids class will run on Thursdays, June 4 to June 25, from 10 a.m. to noon. To register, contact NHBP Registered Dietitian Erin Stark at [Erin.Stark@nhbp-nsn.gov](mailto:Erin.Stark@nhbp-nsn.gov) or 269.704.4180. Classes are limited to eight participants each!



## Recipe: Spectacular Summer Squash Salad

### Ingredients:

- 2 summer squash
- 2 zucchini
- 2 cups frozen corn
- ½ cup cherry tomatoes, halved
- 2 tablespoon olive oil
- 1 teaspoon lime zest
- 2 tablespoon lime juice
- 1 clove minced garlic
- ½ teaspoon chili powder
- ¼ teaspoon red pepper flakes
- ¼ cup chopped cilantro



### Nutrition Information For 1/6 of salad

- 5 grams of fat
- 105 calories
- 12 grams of carbs
- 3 grams of protein

### Instructions:

Clean off squash and zucchinis. Cut in half lengthwise and then into ½ inch thick slices. Heat olive oil over skillet on medium high heat. Add squash and zucchini to the skillet and cook for 4-5 minutes, or until tender. Add frozen corn and heat through. In a small mixing bowl, mix together remaining ingredients, except tomatoes. Combine cooked squash, dressing and tomatoes in a large bowl! Enjoy!

## FOLLOW ME TO

# THE FARMERS MARKET

With the weather warming up, now is the perfect time to make a trip to a local farmers markets. Farmers markets are great places to find locally grown fruits and vegetables. Another great thing about farmers markets is the opportunity to try a new piece of produce you have not tried before! By talking to the farmers at the market, customers can learn more about the new produce and how to make it.

Aiming for at least 5 servings of fruits and vegetables per day is a great way to keep healthy and prevent illness. Some produce you can expect to see at this time of year includes asparagus, cabbage, lettuce, mushrooms, rhubarb, radishes and squash.

*Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.*