

# BETTER LIVING FOR TEXANS

## TEXAS A&M AGRILIFE EXTENSION SERVICE



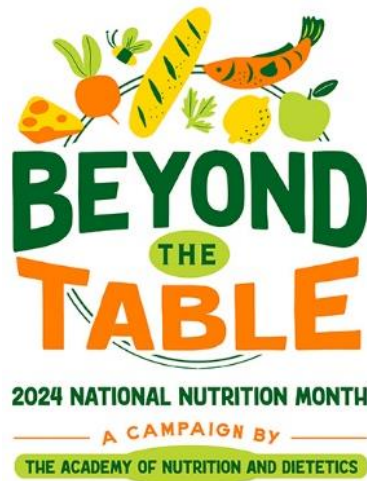
March 2024

### Where Does Your Food Come From?

March is National Nutrition Month, and this year's theme is "Beyond the Table". There is a lot more that goes into food than just eating it. Many of us get food from the grocery store. But how did it get there? This month, spend some time learning about where your food comes from!

**Visit farmers' markets or community gardens.** These are great places to learn about your food. Talk to vendors at the farmer's market about where their products are from and how they are grown. Explore a community garden and talk to the gardener about what fruits and vegetables they grow.

**Start your own garden.** A wonderful way to learn about food production is by growing food yourself! Some grocery stores or gardening stores have growing kits that make growing a plant easy. Children can help with this too. Include them in the process of planting seeds, weeding, and watering. Learn about your plant: how much to water it, how much sunlight it should have, and how to know when it is ready to be harvested.



**Ask loved ones for their favorite traditional recipes.** Recipes that are passed down can be special for many different reasons. Ask where the recipe comes from and why it is a favorite dish. Celebrate the history of what makes these family

recipes special and look for fun ways to adapt and enjoy them as part of a healthy eating pattern.

To learn more about National Nutrition Month, visit [National Nutrition Month@ \(eatright.org\)](https://www.eatright.org). Check out the weekly messages that include staying nourished on a budget, eating a variety of foods including different flavors and cultures, buying in season, and practicing food safety. Check out these useful tools and resources for both children and adults on how food is produced and for healthy

eating: [Farm to Table: A Play on Farm to School at Home - Action for Healthy Kids](#) and [www.myplate.gov](https://www.myplate.gov).

Celebrate healthy eating at the table and beyond!

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Content Source: [National Nutrition Month@ \(eatright.org\)](https://www.eatright.org)  
[Farm to Table: A Play on Farm to School at Home - Action for Healthy Kids](#) Photo: [www.eatright.org](https://www.eatright.org)



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#### Schedule 2024 Classes Today!

A Fresh Start to a Healthier You! | Be Well, Live Well | Healthy Carbohydrates | Get the Facts Growing & Nourishing Healthy Communities Garden Course | Walk Across Texas | Walk & Talk

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### Recipe of the Month

Recipe adapted from *Healthy Seasonal Recipes*, <https://www.healthyseasonalrecipes.com/slow-cooker-chicken-gumbo/>

#### Mardi Gras Gumbo

Serves 6

#### Ingredients:

- |   |   |
|---|---|
| 1 tablespoon extra-virgin olive oil<br>(substitute: oil of choice)        | 2 cups fresh or frozen okra, sliced                                   |
| 1 pound boneless, skinless chicken breast                                 | 2 cups celery, diced  |
| 1 (28-ounce) can no-salt-added crushed tomatoes                           | 2 cups green bell peppers, diced                                      |
| 1 large onion, diced (about 1 cup)  | ½ cup long-grain brown rice   |
| 1 tablespoon rosemary, chopped<br>(substitute: 1 teaspoon dried rosemary) | 1 tablespoon dried sage<br>(substitute: dried thyme or dried oregano) |
| 4 cups low-sodium chicken broth   | 2 tablespoons chopped garlic (about 4 cloves)                         |
| 4 ounces sausage cut into 1/2-inch slices                                 | 1 teaspoon salt   |

#### Directions:

1. Heat oil in a large skillet over medium-high heat. Add chicken and cook until browned, 2 to 4 minutes per side. Transfer the chicken to a large slow cooker.
2. Add crushed tomatoes into the slow cooker, including any remaining liquid from the can. Then, add onion, rosemary, broth, sausage, okra, celery, bell peppers, rice, sage, garlic, and salt into the slow cooker.
3. Turn to low heat for 8 hours or 4 hours on high. Allow the gumbo to cook, covered and undisturbed, until the time is up. Ladle into bowls to serve.



**Nutrients Per Serving:** 170 calories, 5 g total fat, 1.5 g saturated fat, 35 mg cholesterol, 390 mg sodium, 17 g carbohydrates, 4 g fiber, 5 g total sugar, 0 g added sugar, and 13 g protein

**Estimated Total Cost for Recipe:** \$13.32



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