

# TABLETALK



DECEMBER, 2016 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

## Why is brown rice better than white?

1. It lowers the risk of developing diabetes.
2. It's high in fiber.
3. It's a good source of manganese and selenium.
4. It can prevent weight gain.
5. It can lower cholesterol.
6. It offers many cardiovascular benefits.
7. It's a good source of phytonutrients.
8. It reduces the risk of developing metabolic syndrome.
9. It reduces the risk of childhood asthma.
10. It promotes bone health.

## Winter Schedule

Thanksgiving November 24 – November 25

Christmas & New Years December 23 – January 3



Due to upcoming changes, we strongly advise you to start modifying your meals now so you will be ready when these changes take place.

## Here's some holiday craft ideas to enjoy with the children



### Paper Plate Snowmen

Construction paper, cotton balls, and scraps of fabric



### Name Snowmen

1 plate for every letter of their name



### Snow Children

Let the children design their own!



## Tips from Chef Bob

## Mexican Brown Rice Bake - Gluten Free



Gluten Free  
Mexican Brown Rice Bake  
TIME: about 35 minutes

### Main Ingredients

- 2 cooked chicken breasts, shredded
- 1 cup dry brown rice
- 1 cup refried beans
- 3/4 cup enchilada sauce
- 1 cup shredded cheese
- 1/2 green pepper, diced
- 2 tsp chili flakes, optional

### Directions

1. Cook brown rice
2. Heat oven to 350 and grease a 9x9 baking dish
3. In a mixing bowl, stir together the shredded chicken and enchilada sauce. Mix in the rice and beans and stir until it's all combined
4. Transfer the mixture to the prepared 9x9 dish and top with the green peppers, then the shredded cheese and chili flakes
5. Bake for 25-30 minutes, then broil for 2-3 to get a bit of crispiness to the layer of cheese