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Deborah Rhoades, MA, RD, FAND  
Extension Educator, Family & Consumer Sciences

## NEW CAMPAIGN TO PROMOTE MYPLATE

Start Simple with MyPlate is a new initiative to reduce confusion surrounding healthy eating and help people start with the basics. The Start Simple with MyPlate campaign provides ideas and tips from the five MyPlate food groups that Americans can easily incorporate into their busy lives to help improve their health and well-being over time.

USDA recommends people visit [www.choosemyplate.gov/startsimple](http://www.choosemyplate.gov/startsimple) to get started with tips on the MyPlate food groups, or to use a variety of simple resources to put these tips into action. Online resources include the MyPlate Plan and widget, a tip sheet, the MyPlate Action Guide, a one-week menu template, as well as a toolkit for nutrition professionals.

USDA also invites Americans to join the #MyPlateChallenge by sharing healthy eating tips or ideas related to the five MyPlate food groups. People can post a MyPlate-inspired healthy eating tip with a photo or video and share it on social media. Once they post their healthy eating tip, people can challenge a family member, friend, or co-worker to share their own tip.

One useful tool is The MyPlate Plan which shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight, and physical activity level. For example, a 25 year old adult male requires 400 fewer calories when he reaches his 50's even if he maintains his same activity level. To access this tool go to <https://www.choosemyplate.gov/MyPlatePlan> The MyPlate Plan is also available in Spanish.

Join USDA as we celebrate the different ways people strive to eat healthy and Start Simple with MyPlate! Enjoy these USDA recipes. For more creative cooking ideas visit <https://www.choosemyplate.gov/recipes-cookbooks-and-menus>

### **BLUE CORN PAN BREAD**

This traditional Native American dish uses blue cornmeal and sprouted wheat. Many health benefits have been noted for different sprouted grains, and the ingredient can be purchased already sprouted or you can sprout the wheat on your own at home. Makes 12 servings.

3 cups water  
2 cups blue cornmeal (yellow may be used)  
1 cup cornmeal (yellow)

## **BLUE CORN PAN BREAD (continued)**

3/4 cup raisins

1/2 cup sprouted wheat

1/3 cup brown sugar

1. Preheat oven to 300°F. Line an 8x8 inch cake pan with foil.
2. Bring water to a boil in a large pot. Add each ingredient, one at a time.
3. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
4. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

## **VIDALIA ONION AND TOMATO SALAD WITH GRILLED TUNA**

Sweet Vidalia onions come into season in mid-April. Pair them with tomatoes for this light summer salad that's topped with grilled ahi tuna. Perfect for a backyard luncheon. Makes 4 servings.

### ***For the Salad:***

1/2 pound ahi (yellowfin) tuna steak (fresh or frozen)

1/2 teaspoon olive oil

2 tomatoes, cut into wedges

1 large head lettuce (Boston, Romaine or Bibb) (washed, dried, and torn into bite-sized pieces)

1/2 Vidalia onion, thinly sliced

### ***For the Dressing:***

1 1/2 tablespoons olive oil

1/4 cup lemon juice, fresh or bottled

2 teaspoons white wine vinegar

1 teaspoon Dijon mustard

1/4 teaspoon salt

1/8 teaspoon black pepper

1/4 teaspoon thyme

1/4 teaspoon marjoram

1. Heat grill.
2. Whisk together dressing ingredients in a small bowl.
3. Cut tuna into 1" chunks and skewer and place on two-three 3" skewers; brush lightly with olive oil. Season lightly with salt and pepper.
4. Grill skewered tuna until fish is opaque and flakes with a fork (145 °F); remove from grill.
5. In a large bowl, toss dressing with all vegetable ingredients. To serve, divide salad on four individual plates; top with tuna.

**Note:** Serving Suggestions: Serve with an 8 oz glass of non-fat milk and a slice of whole-grain bread.

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Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

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