

# KIDS CORNER

## Eat Right with Rouses

### 5 TIPS FOR A HEALTHIER THANKSGIVING

### WHAT IS PRODUCE FOR KIDS

### GAME DAY & HOLIDAY RECIPES

- Sesame Chicken Wontons
- Broccoli Tater Tots
- Stuffed Pepper Soup
- Roasted Potatoes with Green Beans and Carrots

### COLORING CONTEST

- Win Produce for Kids Shirt



## 5 Tips for a Healthier Thanksgiving

By April Sin, Registered Dietitian

Thanksgiving is filled with excitement, quality time, and family and friends, and of course, delicious food. However, for those trying to live a healthy lifestyle, it can bring on anxiety and stress. Here are some tips for staying on track during Thanksgiving while still enjoying this joyful holiday.

1. Don't skip breakfast: A balanced breakfast will help provide necessary vitamins & prevent overeating later. Try oatmeal with berries, scrambled eggs with avocado, and/or a protein smoothie!
2. Portion control: Overeating can leave you feeling sluggish. Start by making half of your plate vegetables & fruit! Choose lean meats, whole grains if available, and choose mini desserts and pies.
3. Tweak your recipe: Thanksgiving meals are often high in calories, fat, sodium, and sugar. Trim the fat from your meat before eating it. Limit salt when seasoning food and add more herbs and spices.
4. Stay hydrated: It's important to stay hydrated by drinking water between and during meals. You can also try cider, sparkling water, or fruit juice for hydration during the occasion.
5. Pick a fun physical activity: A family game of basketball, football, or volleyball can be a fun outdoor activity. Even going for a family walk together after cleaning the kitchen can be fun!

*Check out recipes featuring our brand partners.*

**ROUSES MARKETS**



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## About Healthy Family Project

Produce for Kids, part of the Healthy Family Project, is helping Rouses Markets to serve the local communities through wellness-inspired promotions in stores. Together, Rouses Markets and Produce for Kids are working to ensure more fresh produce and resources for families are available to those in need.

Look for the Produce for Kids logo in your local Rouses Market and support the produce brands who are donating to area Feeding America® member food banks.

## Healthy Game Day Snacks

### Sesame Chicken Wontons

16 wonton wrappers

1 cup cooked shredded chicken breast

1 bag DOLE® Sesame Asian salad kit

- Preheat oven to 350°F. Spray 16-cup mini muffin tin with nonstick cooking spray.
- Press a wonton square into each muffin cup. Spray lightly with cooking spray and bake 10-12 minutes, or until golden-brown and crispy. Allow to cool slightly, then remove from muffin tin to cool completely.
- Mix chicken, bagged salad and half of the dressing in large bowl.
- Add salad mixture to each wonton cup. Drizzle with remaining dressing.



### Broccoli Tater Tots

2 MountainKing® Russet potatoes, peeled,

cut into 1/2-inch cubes

2 cups broccoli florets

1 large egg

1/2 cup panko breadcrumbs

1/8 teaspoon salt

1/8 teaspoon pepper

1/8 teaspoon garlic powder



- Preheat oven to 400°F. Place potatoes in large stockpot and add enough cold water to cover. Cover and bring to boil over high heat. Reduce to low and simmer 3 minutes. Add broccoli; don't stir. Cover and cook 4-5 minutes, or until tender. Drain.
- Mix egg, breadcrumbs, salt, pepper and garlic powder in large bowl until just combined.
- Add potatoes and broccoli to food processor. Pulse 8-10 times until finely grated. Add to breadcrumb mixture and stir to combine.
- Use tablespoon to scoop potato mixture into 40 mounds. Shape each into an oval and place on parchment-lined baking sheet.
- Bake 10 minutes; flip and bake 10 minutes, or until golden brown.

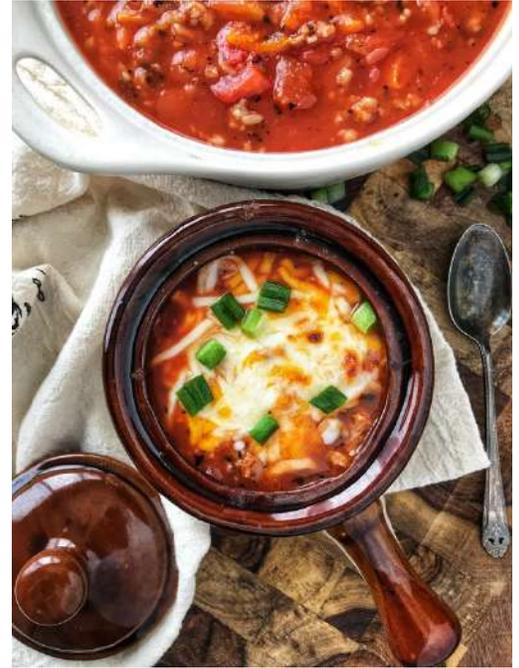
# Healthy Comfort Food & Holiday Staples

## Stuffed Pepper Soup

1 tablespoon olive oil  
4 cups chopped Pure Flavor® Sweet Bell Peppers  
1 large onion, chopped  
2 teaspoons minced garlic  
1 pound ground pork sausage  
1 tablespoon fresh basil, chopped  
1 teaspoon salt

1/4 teaspoon pepper  
1 (28 oz.) can tomato sauce  
1 (28 oz.) can diced tomatoes  
2 cups low-sodium chicken stock  
2 cups cooked brown rice  
1 cup shredded Colby-jack cheese  
2 green onions, sliced

- Heat oil over medium-high heat in a large stock pot. Add peppers and onions, and cook 5 minutes, or until translucent. Add garlic and cook 1 minute. Add sausage, and cook 5 minutes, or until meat is browned. Drain and return to pot.
- Add basil, salt, and pepper. Cook 1 minute, or until fragrant. Add tomato sauce, diced tomatoes and chicken stock. Bring to simmer over medium-high heat. Reduce heat to low. Add precooked rice and cook 1-2 minutes.
- Top with cheese and green onions.



**Tune into the Rouses Facebook Live on November 20 at 10am CT for more holiday recipes!**

## Roasted Potatoes with Green Beans and Carrots

2 pounds MountainKing® Baby Red Potatoes, halved  
3 large carrots, peeled, cut into 2-inch pieces  
3 tablespoons olive oil, divided  
1 tablespoon fresh thyme  
1/2 teaspoon salt  
1/4 teaspoon pepper  
12-ounce package green beans, ends trimmed  
3 cloves garlic, minced

- Preheat oven to 400F.
- Mix potatoes, carrots, 1½ Tbsp. oil, thyme, salt and pepper in large bowl. Spread single layer on baking sheet and bake 20 minutes.
- Toss green beans, 1½ Tbsp. oil and garlic. Add to baking sheet and toss with potatoes and carrots. Return baking sheet to oven and cook additional 15-20 minutes, or until veggies are tender.



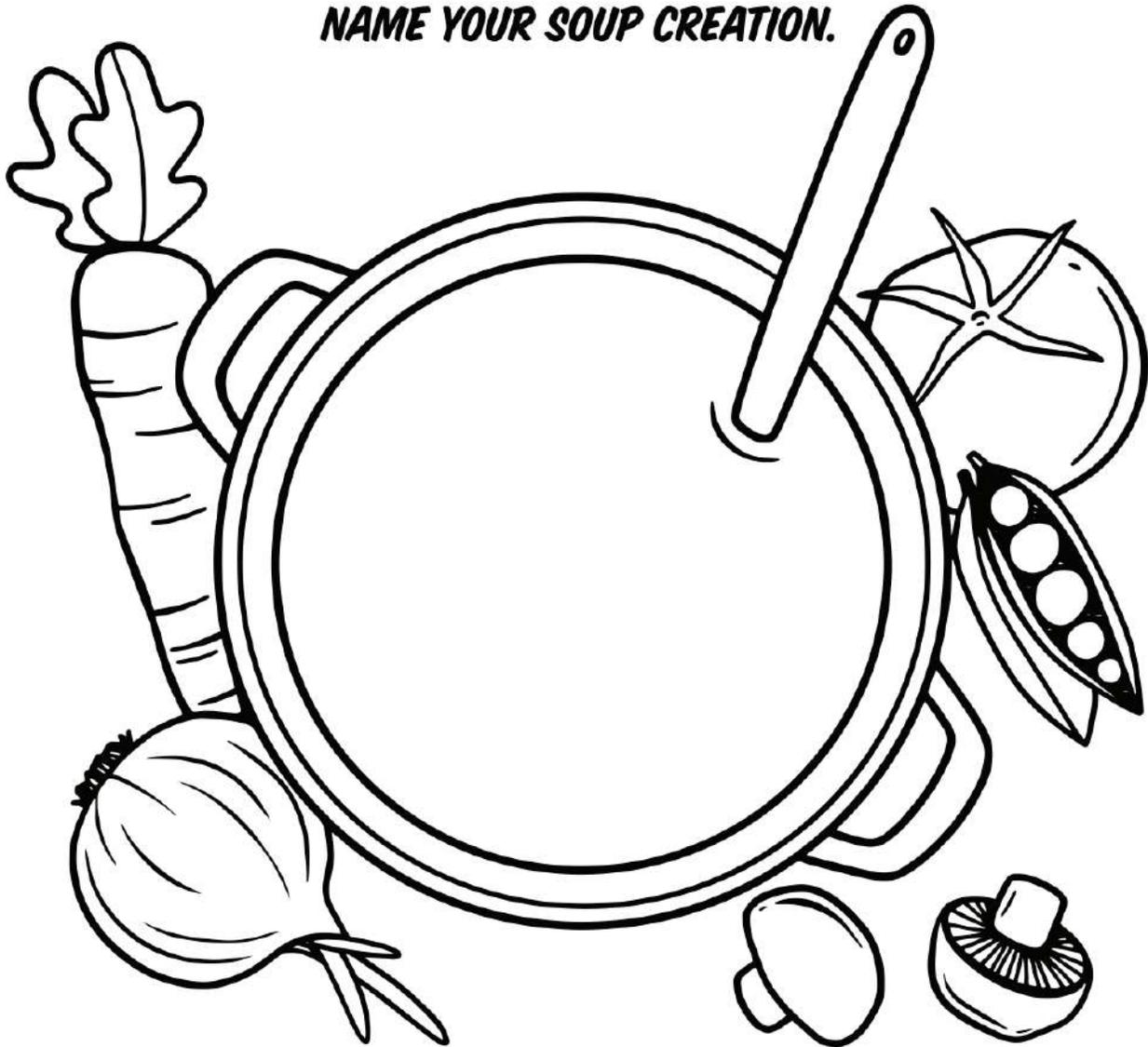
# Healthy Eating Starts at the Grocery Store!

This coloring page features a few of the smart produce choices you'll find at Rouses Markets. Color and email to [eatright@rouses.com](mailto:eatright@rouses.com) to enter to win a Produce for Kids t-shirt. Entries must be received by 12/1/20.



## LET'S MAKE SOUP!

**DRAW INGREDIENTS IN YOUR SOUP POT AND  
NAME YOUR SOUP CREATION.**



**MY SOUP:**

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**ROUSES  
MARKETS**