

MUJADARRA

Ingredients

- 2 ½ cups water
- ¾ tsp kosher salt
- ¼ cup plus 2 Tbsp. extra virgin olive oil, divided
- ½ cup brown lentils, sorted and rinsed
- 1 cup short grain brown rice
- 2 large Vidalia or white onions, cut in half, then slices into thick rings (approx. 4 cups)
- ¼ tsp Paprika

Directions

1. In a medium-sized saucepan with cover, combine water, salt and 2 tbsps. of olive oil. Bring to a boil over medium heat. Add the brown rice and lentils to the saucepan and bring to a boil.
2. Once the rice and lentils have reached a boil, reduce heat to low and cover. Simmer for approx. 40-45 minutes or until the brown rice and lentils are tender. Turn off heat and allow to sit covered for 5 minutes.
3. While the rice and lentils are cooking, prepare the onions. In a large skillet heat the remaining ¼ cup of olive oil over medium high heat, tipping the skillet to evenly coat to bottom of the pan.
4. Add the slices onions, and cook for about 20-30 minutes, stirring frequently until the onions are a deep golden color, and the edges of the onions are well caramelized. Once cooked, remove from the heat and sprinkle the paprika over the onions. Stir to combine.
5. Give the rice and lentils a stir, and then pour into a serving bowl. Top with caramelized onions and serve. This dish is great hot or at room temperature!



LENTIL DAHL

Ingredients

- 1-2 tsp extra virgin olive oil
- 2 small onions, finely chopped
- 3-4 small carrots, finely chopped
- 5 garlic cloves, finely chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 cup red lentils, rinsed and separated
- 3 cups cold water
- 1 can chopped/diced plum tomatoes, if whole chop
- Salt and pepper

Directions

1. Heat the oil and cook the onions, carrots, garlic and spices for three to four minutes. Add a little water if you need to as you don't want the mixture to burn.
2. Add the lentils, water and tomatoes. Bring to a boil and simmer for an hour, stirring occasionally and checking for seasoning. Add salt and pepper as needed to taste.
3. Serve over rice or eat as is!



Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | www.ofoinc.org



Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 6:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are open on the 4th Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, January 27th.

Outreach Days*

January 5th & 22nd Richfield Springs
9:45 AM – 2:00PM

January 9th Cooperstown
9:30AM – 2:00PM

January 19th Cherry Valley
9:45AM – 2:00PM

*last appointments on site days are at 1:30 pm

Closings

WIC will be closed on Monday, January 1st for New Years and Monday, January 15th for Martin Luther King Jr. Day.

Staying on Track in the New Year!

With the New Year here and resolutions made, now we have to stay on track. Many resolutions and intentions start strong and are slowly forgotten. There are apps that will help us stay on track for our fitness and nutrition goals and for those and other resolutions. There are a lot out there so it's hard to find the right app.

There is an app that will get you 5K ready called **Couch to 5K**. This app helps get you ready for your first 5K, if your goal is to become a runner. This app is a training program to help you transition from being a couch potato to a runner. It helps with training and allows you to measure your performance and improve. There is even an online support group to keep you motivated.

We all want to save more money.

Goodbudget is a well rated app that helps you do that. It will let you do all your money management and keep track of bills and expenses all in one place. It allows you to create a budget and stick to it. It is a great way to manage your spending, get it under control and achieve your budget goal. There are also apps that give you cash back or rewards for purchases you normally make. Check out **ibotta**.

Many of us want to lose weight and keep track of our health. **MyFitnessPal** helps us do that by tracking calories and allows you to scan items from the supermarket to get additional nutrition information. It works with a huge database and is

compatible with most of the top fitness apps. It will keep track of the calories you burned and your exercise throughout the day.

If you want to eat healthier, **Nutrino** personalizes food suggestions for you to become healthier. It suggests foods based on your personal preferences. You can plan meals based on your goals, can log your food, exercise and other info to make it more personalized. It will even show you what restaurants serve the food you want and help you plan ahead!

If you are a smoker that wants to quit smoking, the app **Quit Pro** is for you. It looks at the information you give about why you smoke and what your triggers are, tracks your progression and keeps you on track. It documents how long since you've quit, the money you've saved and how long you've added to your life.

There is even an app to help you quit drinking based on a book written in 1954 called **Twenty-Four Hours a Day**. This app offers inspirational quotes and messages to help people dealing with problems with alcohol live a sober and healthy life.

There are so many apps out there, it is important to do your research, read reviews and make sure it suits your goals. You want the best app that fits into your lifestyle!

Vega, Carlos. [Keep your New Year's Resolutions with the help of these great apps.](http://www.digitaltrends.com/mobile/best-new-years-resolutions-apps/2/) www.digitaltrends.com/mobile/best-new-years-resolutions-apps/2/. Posted January 1, 2017, 9:00am

Peer Counselors welcome your breastfeeding questions.

Our Peer Counselors are **EXPERIENCED** breastfeeding parents! Between them, Alice, Ginny, Emily & Heather have six children. Throughout their time with those six children, they have accumulated:

*17 years feeding human milk (at breast, by cup, by at-breast supplementing and by bottle).

*Many cases of plugged ducts

*Many years of working while feeding human milk

*Many years of stay-at-home parenting while feeding human milk

*Six different weaning experiences

*Several situations of taking medications while feeding human milk

*Several situations of feeding human milk through illness and/or surgery

*Three cases of postpartum anxiety & depression

*They also have personal experience with engorgement, pumping, mastitis and breast abscess, jaundice, donating milk, low birth weight infant, feeding with low supply, coping with and correcting painful latch, expressing colostrum prenatally, feeding and supplementing babies with failure to thrive, nursing while pregnant, parenting as a single parent, feeding with tongue & lip ties, and feeding through tongue & lip tie release.

Contact your Peer Counselor today: Alice, Ginny, Emily & Heather will be glad to hear from you! Need a phone number for your peer counselor? Call the WIC office at 607-433-8071.

Lentils, a Forgotten Resource

We often forget about Lentils. Lentils are a member of the legume family. They are edible pulses, dried seeds grown in enclosed pods. They are high in protein and fiber, one cooked cup of lentils contains 18 grams of protein and 16 grams of fiber. Lentils come in different varieties, each with their own variation of flavor and texture, similar to beans.

Lentils are a staple in Middle Eastern and Indian cuisine since the beginning of their cultivation 8,500 years ago. They are a great source of folic acid, essential amino acids, iron, vitamin C, B vitamins, and trace minerals. Lentils are easier to prepare than dried beans and they don't require soaking ahead of time. They do require being separated from debris found with them, like stones, shells, and broken pieces, and rinsing prior to cooking. They can cook in 15-20 minutes, though adding salt or acidic ingredients will toughen the skin and increase cooking time.

There are many different varieties of lentils. **Brown** lentils are the most common and are considered to be the workhorse as they are the most common variety. Their mild taste allows them to be used in a range of recipes while maintaining their shape and texture. **Black or beluga** lentils are small, black and shiny lentils with a strong, nutty and earthy flavor. They are great additions to salads for a visual contrast and hold their shape well. **Black lentils** are a bit more expensive. **French** lentils are slightly smaller than brown lentils, take longer to cook and have a stronger, peppery flavor. They also retain their shape while staying firm that make them ideal for cold

salads or side dishes for fish, game or sausage. **Pink** lentils are the most common in Indian cuisine. These small, thin, salmon-colored lentils share the name with their most common dish, masoor dal. They cook quickly and turn into a golden color and break down into a silky, smooth texture which makes them great for soups and sides. **Red** lentils are thinner and softer than brown or French lentils; they break down quickly during cooking and don't hold their shape. They are best used in soups, stews and Indian dals as they can be packed down. A serving of red lentils tends to be higher in calories, carbohydrates and protein than brown or French lentils due to this ability to be packed down. The last most common lentil is the **Yellow** lentil. The yellow lentil can sometimes be confused with yellow or green split-peas. They also break down quickly when cooked which makes their texture ideal for soups and dals.

Lentils are great for making soups and stews, they are also great to use in vegetarian versions of our favorite foods. You can blend and spice them as an alternative to sloppy joe or taco meat, use them to make lentil patties for a snack or a side and are great seasoned and mixed with rice and vegetables. Did you know you can get them on WIC? Dried beans/peas/lentils are an option instead of peanut butter or canned beans. They are inexpensive and diverse, while intimidating in the beginning, like dried beans, they are a great source to keep both you and your wallet a bit healthier. Are you adventurous enough to try them?

Winter Fun! Fun ways to stay active inside and out!

Inside fun:

1. Make a fort with pillows and blankets
2. Make a maze on the floor using masking tape
3. Play hide and seek
4. Have a scavenger hunt
5. Use your new fort for a winter camp out, make s'mores, tell ghost stories and sleep inside your "tent"

Outside Fun:

1. Create glass marbles by filling water balloons with water, adding food coloring, freezing and removing the balloon once frozen.
2. Make a maze in the snow
3. Build a snow fort/igloo
4. Build a snowman
5. Do a nature walk
6. Have a snowball fight
7. Create an ice snow catcher by freezing water in a small bowl around a used lid for a hole and adding colored water. Once frozen remove the lid and bowl and add a piece of string to hang outdoors.

There are so many things you can do, use your imagination!



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