

Live HealthSmart Alabama



Health involves many factors that affect the community and its residents. At Live HealthSmart Alabama, we're working to reduce obesity, high blood pressure, diabetes, and high cholesterol by making good health simple. Every other week, we'll share tips on physical activity, good nutrition, and prevention and wellness. This week, we're focusing on nutrition.

Make Meal Prep Easy: How to Plan & Eat Better

Source: Harvard - The Nutrition Source

Meal prep can take some of the stress out of dinner and help you eat healthier. When you meal prep, you plan and prepare your meals in advance so they're easy to cook or heat up when you need them. This way, you can focus on eating well without the last-minute rush.

7 tips for meal planning

- 1 Stay Healthy:** Choose healthier products with less sodium, added sugar, and saturated fats.
- 2 Plan Ahead:** Create a schedule for shopping and meal prep.
- 3 Mix it Up:** Rotate meals for variety and balance.
- 4 Organize:** Keep pantry and fridge organized for easier meal prep.
- 5 Make Lists:** Write down what you need to avoid forgetting items.
- 6 Batch Cook:** Prepare large quantities and store food in portions.
- 7 Label and Date:** Label prepared meals with dates for freshness.

HIGH BLOOD PRESSURE FRIENDLY

HIGH CHOLESTEROL FRIENDLY

Black Bean & Veggie Taco Boats

By: Alanis C. Stansberry



Ingredients

- 1 avocado
- 1 (15 oz) can low- sodium black beans
- 1 cup low sodium canned corn
- 2 garlic cloves
- 1 green bell pepper
- 1 lime
- ½ head romaine lettuce
- 2 tomatoes
- 1 (8 oz) can low sodium tomato sauce
- ½ medium yellow onion
- black pepper
- chili powder
- cumin, ground
- 1 tbsp extra virgin olive oil
- 1 tsp salt

1. Wash and dry the fresh produce.
2. Drain and rinse beans and corn in a colander; set aside to drain.
3. Seed and medium dice bell pepper. Peel and small dice onion.
4. Preheat a skillet over medium-high heat.
5. Peel and mince the garlic. Once the skillet is hot, add oil and swirl to coat the bottom. Add onion, bell pepper, and garlic to the skillet; cook, stirring occasionally, until softened, 5-6 minutes.
6. Add beans, corn, tomato sauce, and spices to the skillet, stirring to combine. Reduce heat to low and simmer for 15 minutes, stirring occasionally.
7. Meanwhile, halve and pit the avocado. Slice while still in the skin, then scoop out into a medium bowl; mash slightly with a fork.
8. Medium dice the tomatoes; add to bowl with the avocado.
9. Juice lime into the bowl. Separate whole leaves from the head of romaine to use as taco shells.
10. To serve, arrange romaine leaves on plates and fill with seasoned beans and veggies. Top with guacamole and cheese. Enjoy!



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