



In this Issue:

- Health Benefits of Lentils/Legumes
- Tricks of the Trade– Dried beans bath
- Recipe Corner: Lentil Sloppy Joe's
- New E-Card System
- Increased Income Guidelines

FEBRUARY FOODS: LOVE YOUR LENTILS!



Health Benefits of lentils & legumes:

- ⇒ Low in fat– HEART HEALTHY!
- ⇒ High in protein/Iron– Growth & Blood Status!
- ⇒ High in Fiber– Weight Loss/Digestive Health!
- ⇒ Vegetarian Friendly– Versatile for all diets!

Lentil Lovin' Sloppy Joes– Ingredients

- | | |
|---|--------------------------------|
| 2 TBSP vegetable oil | Salt & Pepper– to taste |
| 1/2 small onion, finely chopped | 8 ounces ground beef or turkey |
| 1 small carrot, finely chopped | 1 TBSP Worcestershire sauce |
| 1/2 bell pepper (red or green), finely chopped | 6 whole-wheat hamburger buns |
| 1/2 cup ketchup | 6 slices cheddar cheese |
| 1 clove garlic, finely chopped | |
| 1/2 cup dried brown lentils, picked over and rinsed | |
| 1/4 TSP dried oregano | |



Recipe Instructions:

1. Heat 1 TBSP oil in a saucepan.
2. Add the onion, carrot, bell pepper & 2 TBSP ketchup & cook, stirring occasionally, until the vegetables soften.
3. Add garlic & cook 30 seconds.
4. Add the lentils, oregano & 4 cups water-
5. Bring to a boil & cook 5 minutes, then reduce the heat & simmer until the lentils are tender/water in absorbed. (35 to 40 minutes)
6. Heat the remaining 1 TBSP oil in skillet.
7. Add beef & cook until brown– break into small pieces with spoon.
8. Add Worcestershire sauce & 6 TBSP ketchup.
9. Add the lentil mixture & 1 cup water– Cook & stirring occasionally, until the lentils are soft & mixture thickens (~ 8 mins).
10. Season with salt and pepper.
11. Fill the buns with lentil mixture– top with cheese & enjoy!

New E-WIC card system is in place & easier to use than ever!
Please contact your local **WIC** office to schedule an eligibility screen for our family, clients, and patients.



Beans, Peas & Lentils– Oh my!

With so many types of beans, peas & lentils–
How do you know what to use for what?

Here are some simple ways to use these
pantry staples in your kitchen!

- ◆ **Anasazi Beans**– Soups, Southwest dishes
- ◆ **Black eyed peas**– Salads, casseroles, fritters
- ◆ **Chickpeas**– casseroles, hummus, soups
- ◆ **Edamame**– Snacks, salads, casseroles, stir-fry
 - ◆ **Fava beans**– stew, side dishes
- ◆ **Lentils**– soups, stews, salads, side dishes

WIC Locations:

WIC Neighborhood Health Clinics, Inc.

1725 South Calhoun Street
Fort Wayne, IN 46802
260-458-2641

WIC Southeast Clinic

3350 East Paulding Road
Fort Wayne, IN 46816
260-423-2585

WIC Auburn Clinic

265 North Grandstaff Drive
Auburn, IN
260-925-1740

WIC Albion Clinic

774 Trail Ridge Road, Suite B
Albion, IN
260-636-2600

This institution is an equal opportunity provider.



Tricks of the Trade: Dried Beans Bath

Slow soak. Cover 1 lb dried beans with 10 cups water. Cover and refrigerate for at least 4 hours or overnight.

Quick soak.: Bring 1 lb of dried beans and 10 cups of water to a boil. Cover and set aside and let beans soak for 1 to 4 hours at room temperature.

Be My Valentine ♥

Avoid tempting sweets- try these **valentines treats!**

- Cheese Cubes / Yogurt
- Fresh Fruit
- Celery & Peanut butter
- Carrots & Ranch



We increased our income guidelines!

Families already receiving Medicaid, SNAP, and TANF are income eligible for the WIC program.

Household * Size	Annual income up to \$ (total before deductions)	Monthly income up to \$ (total before deductions)	Weekly income up to \$ (total before deductions)
1	\$21,978	\$1,832	\$423
2	\$29,637	\$2,470	\$570
3	\$37,296	\$3,108	\$718
4	\$44,955	\$3,747	\$865
5	\$52,614	\$4,385	\$1,012
6	\$60,273	\$5,023	\$1,160
7	\$67,951	\$5,663	\$1,307
8	\$75,647	\$6,304	\$1,455
Each additional family member, add	+7,969	+642	+148

If you are pregnant, count yourself as two(2).

For households with more than 8 members, add \$7,696 annual income for each additional member.

**Household means a group of people (related or not) who are living as one economic unit.*

Allen-DeKalb-Noble-WIC-Breastfeeding



“like” us on
facebook