

March is National Nutrition Month



Create and share these healthy meals throughout the month.

Post pics on social media with #ROCnutrition — and be sure to tag @foodlinkny.

FRUITS

- 1 Breakfast Fruit Wrap
#BreakfastFoods
- 2 Fruit and Couscous Salad
#MeatlessMondays
- 3 Shepherd's Pie
#ComfortFoods
- 4 Fruit Salsa & Cinnamon Chips
#EatARainbow
- 5 Easy Crock Pot Moroccan Chicken
#OnePotMeals
- 6 Fruit & Yogurt Parfait
#Kid-Friendly
- 7 Apple Pie Shake
#Desserts

GRAINS

- 8 Baked Oatmeal
#BreakfastFoods
- 9 Quinoa and Black Bean Salad
#MeatlessMondays
- 10 Sweet Potato Biscuits
#ComfortFoods
- 11 Colorful Quinoa Grecian Salad
#EatARainbow
- 12 Chicken & Wild Rice Slow Cooker Soup
#OnePotMeals
- 13 Spaghetti & Meatballs
#Kid-Friendly
- 14 Lemon Mousse Pie
#Desserts

PROTEIN

- 15 Hearty Egg Burritos
#BreakfastFoods
- 16 Spinach Artichoke Lasagna
#MeatlessMondays
- 17 Stewed Cabbage
#ComfortFoods
- 18 Chicken Honey Stir Fry
#EatARainbow
- 19 Turkey & Bean Chili
#OnePotMeals
- 20 Tuna Boats
#Kid-Friendly
- 21 Chocolate Mousse
#Desserts

VEGGIES

- 22 Veggie Pancakes
#BreakfastFoods
- 23 Veggie Tortilla Pizzas
#MeatlessMondays
- 24 Potato Corn Soup
#ComfortFoods
- 25 Rainbow Veggie Salad
#EatARainbow
- 26 Italian Inspired Veggie Soup
#OnePotMeals
- 27 Cauliflower Mac & Cheese
#Kid-Friendly
- 28 Pumpkin Pudding
#Desserts

DAIRY

- 29 Four Fruit Yogurt Smoothie
#BreakfastFoods
- 30 Spring Greens Frittata
#MeatlessMondays
- 31 Tuna Noodle Casserole
#ComfortFoods



All recipes available at www.foodlinkny.org