OCTOBER

RECIPE

Spinach Lasagne: Serves 6.

Ingredients:

- 2 teaspoons olive oil
- 1 large onion, thinly sliced
- 2 garlic cloves, crushed
- 2 packages frozen spinach (or use fresh)
- 7 1/2 ounces instant lasagne noodles
- Large tub of low-fat ricotta cheese

"We started having a potato bar night, which has been a lot of fun. I bought fat-free sour cream, reduced-fat cheese and turkey chili. I took everything out of the containers, and my family didn't even know the difference. Now they know and are proud of their healthy eating."

Suzanne, Grangeville

Directions:

Heat oil in a frying pan and gently cook the onion and garlic for 3-4 minutes without browning. Add the spinach and cook until the spinach has thawed and is hot.

Preheat oven to 350° F. Grease a shallow oven-proof dish.

Dip two and a half lasagne noodles in hot water for 1 minute, then place on the bottom of the dish. Cover with half the spinach mixture and dot one-third of the ricotta on top. Repeat. Then top with the remaining two and a half lasagne noodles, finishing with a layer of ricotta.

Optional - sprinkle with Parmesan cheese. Bake for 30 minutes.

SUN	MON	TUE	WED	THU	FRI	SAT
Did you know it's... *National Breast Cancer Awareness Month, Children's Health Month, National Campaign for Healthier Babies Month, National Dental Hygiene Month, National Family Health Month, Vegetarian Awareness Month, National Child Health Day – October 5, National School Lunch Week – October 12-16, World Food Day – October 16*				01	02	03
04	05	06	07	08	09	10
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22	23	24 United Nations Day
25	26	27	28	29	30	31 Halloween

Children who eat with their parents/guardians *grow up healthier - but it's not that easy to do with busy schedules. If dinnertime isn't always possible, try having a midday family meal on the weekends. It may be a great time to debrief about what happened during the week.*

Healthy Life Tip

Immunizations are needed to protect children and adolescents from 16 harmful diseases. Almost all Idaho children ages 0-18 qualify for free vaccines. Immunize and protect your child from disease outbreaks that Idaho experiences every year. For more information regarding immunizations, visit the Idaho Immunization Reminder Information System (IRIS) website at: **iris.idaho.gov** and/or speak with your healthcare provider.