



PROTEIN POWERHOUSE

peanut

Peanuts are a good source of magnesium, which is important for healthy bones and muscles. Legumes, like peanuts, can also lower cardiovascular risk by reducing blood pressure and improving glycemic control.

DID YOU KNOW?



- Peanuts are legumes, or a member of the pea family.
- Peanuts are a good source of protein, fiber and heart-healthy fats.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- Peanuts grow underground, unlike other nuts including walnuts, almonds or cashews, which grow on trees.
- The majority of peanuts are produced in the panhandle and north-central regions of the state.

WELLNESS TIP

Clean regularly. Cleaning can serve as a workout because it involves a lot of walking, lifting and stretching.

SHOPPING, PREPARING AND STORING



- Buying raw peanuts in bulk can save you money. Look for them at your local farmer's market or grocery store during their peak harvest seasons.
- Raw peanuts in the shell can be kept in an airtight container in the refrigerator.

COOKING TIPS



- Try flavoring your peanuts with spices like curry powder, paprika, garlic powder, Cajun seasoning, cinnamon or parmesan cheese.
- Roasted peanuts are a great addition to salads and stir-fries.

PEANUT SNACK BARS

serves 16

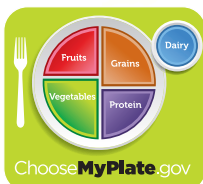
- 4 cups rolled oats
- ½ cup peanuts, chopped
- 1/3 cup honey
- 1 cup peanut butter, melted
- 1/4 cup dried fruit



1. Preheat an oven to 350 °F.
2. In a large bowl, combine the oats, peanuts and honey. Mix to combine.
3. Add the melted peanut butter and mix well.
4. Add the dried fruit and fold into the dough. If the dough is dry, add more peanut butter or honey, 1 tablespoon at a time, just until moistened.
5. Press dough into a lightly greased 9" x 13" baking dish. Bake for 25 minutes.
6. Slice into bars and serve as a protein-packed snack.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 185; Total Fat: 11 g; Saturated Fat: 2 g; Total Carbohydrates: 18 g; Protein: 6 g; Sodium: 76 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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