



## JANUARY-MARCH 2016 ARTICLES

---

**WEEK OF 3/28/16** - Savor the Flavor of Whole Grains with Naan Flatbreads! (Recipe: Roasted Chicken and Pesto Pizzas)

**WEEK OF 3/21/16** - Savor the Flavor of Mangos - At Easter (Recipes: Brussels Sprouts with Mango and Bacon & Fresh and Easy Mango Salad)

**WEEK OF 3/14/16** - Savor the Flavor of Healthier Gametime Eats (Recipe: Seven Layer Taco Dip)

**WEEK OF 3/7/16** - Savor the Flavor of Better Health - With FROZEN FOODS

**WEEK OF 2/29/16** - Frozen Foods Get to the Heart of the Matter (Recipe: Pasta Primavera)

**WEEK OF 2/22/16** - Fish Fridays (Recipe: Tuscan Tuna, Bean and Avocado Salad)

**WEEK OF 2/15/16** - Can-tastic Heart Healthy Savings (Recipe: Caribbean Stir-fried Shrimp)

**WEEK OF 2/8/16** - Enjoy a meal that is filled with LOVE this Valentine's Day (Recipe: Stuffed Manicotti with Pomodoro Sauce)

**WEEK OF 2/1/16** - February is Heart Month (Recipe: Slow Cooker Chunky Chicken Chili)

**WEEK OF 1/25/16** - Ring in a Healthy YOU Year - With Fruits & Veggies! (Recipes: Breakfast "Anytime" Pizza & Berry Brule)

**WEEK OF 1/18/16** - Ring in a Healthy YOU Year - With Lean Protein! (Recipe: Mexican Skillet Stew)

**WEEK OF 1/11/16** - Ring in a Healthy YOU Year - With Whole Grains! (Recipe: Barley, Chicken & Avocado Salad)

**WEEK OF 1/4/16** - Ring in a Healthy YOU Year - With Dairy! (Recipe: Toasted Granola Cups with Yogurt and Fruit)