



Bunker Hill Community College

February Newsletter

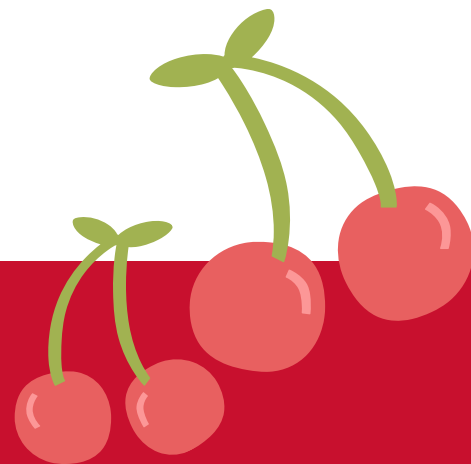
So much to love!

Welcome back Bunker Hill Community College students, faculty, and staff. We hope you had a wonderful winter break and are excited to begin the spring 2023 semester!

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DISH Info

On Sunday, January 2023, Lunar New Year was celebrated. We leave behind the Year of the Tiger and welcome the Year of the Rabbit which brings longevity, peace, and prosperity. 2023 is predicted to be a year of hope!

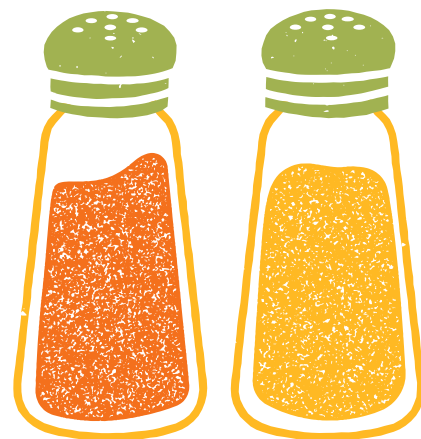


February is National Cherry Month
Cherries are in season from May-August. Cherries are delicious in baked goods, smoothies, oatmeal, and even on their own! Cherries are high in vitamins C, A, and K and are also a good source of antioxidants.



Spice up your life

Bored with eating the same foods over and over? Try adding different spices to your dishes! The DISH food pantry offers several spice options like ground cumin, chili powder, and oregano which can help you explore new flavor profiles.



DISH Dish of the Month

Sweet Potato Black Bean Chili



Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Serves: 6 people

Ingredients

*= current DISH Pantry item

- 2 tbsp oil*
- 1 medium onion, diced*
- 2 tsp minced garlic*
- 1 large sweet potato, peeled & diced*
- 2 tbsp chili powder*
- 2 tsp cumin*
- 2 tsp paprika*
- 1 tsp salt
- 2 14.5 oz cans diced tomatoes, undrained*
- 2 14.5 oz can black beans, drained & rinsed*
- 2 cups water

Preparation


1. Sauté diced onion in a pot with oil over medium heat. Add minced garlic and peeled/diced sweet potato. Heat for 1 minute
2. Add spices (chili powder, cumin, paprika, salt) and stir
3. Add diced tomatoes with juice and drained/rinsed black beans and 2 cups of water
4. Stir, bring to a simmer and cook for 20-25 minutes

Tips

- This recipe equates to 15 points at the DISH Pantry
- This dish can be eaten on its own, over rice or pasta, or with tortilla chips or corn bread
- This dish can also be made in an Instant Pot or slow cooker



American Heart Month



February is American Heart Month which is a great opportunity to focus on your cardiovascular health. When is the last time your blood pressure and cholesterol were checked? High blood pressure is a leading risk factor for heart disease and stroke. Frequent screening can help you better care for your heart. Heart health can be maintained in a variety of different ways. The foods that you eat can influence heart health. Foods that you can eat to maintain good heart health include fruits, vegetables, beans and other legumes, lean meats and fish, and whole grains. To learn more about American Heart Month, visit https://www.cdc.gov/heartdisease/american_heart_month.htm

February Seasonal Produce



Avocado

Sweet Potato



Broccoli

Turnip



Butternut Squash



Pomegranate



Pear



Kiwi



Grapefruit

Why Eat In Season Produce?

Fruits and vegetable that are in season are picked when they are fully developed. This means that when the produce gets to you, it is fresher, has more flavor, and has more vitamins and minerals than produce that is not in season!



INFO

Walk-in Hours: B101D Monday - Thursday 11:00am -3:00 pm

Visit <https://www.bhcc.edu/dishfoodpantry/> for more information and to register for the DISH
Email dish@bhcc.edu with any questions

