

PantryPress



Rice with Chickpeas and Tomatoes

Serves: 6

Ingredients

- 1 cup brown rice, dry
- 2 cups of water or low-sodium broth
- 1 (15oz) can chickpeas, rinsed and drained
- 1 (15oz) can tomatoes, diced
- 1 teaspoon onion powder
- 1 teaspoon cumin

Directions

1. Rinse and drain dry rice.
2. In a large pot, bring 2 cups of water or broth to a slow boil.
3. Stir in rice and cover with lid. Turn down heat and gently simmer until water is absorbed, about 35 minutes.
4. Combine all other ingredients into the rice and cook until everything is heated through.
5. Salt and pepper to taste. Serve warm and enjoy!

Nutrition Info

230 Calories
3g Fat
44g Carbohydrates
8g Protein
160mg Sodium

Feel Good in the Skin You are In

Your skin is the largest organ in your body, so it is important to keep it healthy. Celebrate National Healthy Skin Month this November by making healthy skin a priority.

5 Steps to Maintain Healthy Skin

1. Antioxidants: Protect Your Skin – Antioxidants play a key role in protecting your skin from environmental stressors like pollution and UV damage. Eating foods rich in antioxidants supports skin repair and protects against premature aging

- **Nuts & Seeds** – Almonds, Cashews, Sunflower Seeds, Walnuts
- **Whole Grains** – Brown rice, Oats, Whole Wheat, Quinoa, Corn
- **Legumes** – Black beans, Kidney Beans, Lentils, Chickpeas

2. Vitamins: Repair Your Skin – Fruits and vegetables are rich in vitamins, minerals and antioxidants that can improve skin health. Vitamin A promotes healthy cell turnover, which helps keep your skin looking smooth. Vitamin C plays a key role in collagen production, keeping your skin looking firm. Vitamin E protects the skin from damage and helps repair skin while healing.

- **Vitamin A** – Sweet Potatoes, Carrots, Leafy Greens, Cantaloupe, Pumpkin
- **Vitamin C** – Citrus, Kiwi, Strawberries, Mango, Cauliflower
- **Vitamin E** – Avocados, Spinach, Broccoli, Red Bell Peppers, Blackberries

3. Healthy Fats: Increase Your Skin's Elasticity – Healthy fats are important for maintaining your skin's natural barrier and help reduce inflammation. Keep your skin's moisture barrier strong by choosing good sources of omega-3 fatty acids like salmon, mackerel, sardines, walnuts, chia seeds, and flaxseeds. Avocados and olive oil are also good sources of healthy fats that help reduce inflammation and keep skin looking plump.

4. Water: Hydrate Your Skin – Foods that contain lots of water, like fruits and vegetables, help hydrate your skin from the inside out. Staying hydrated can prevent dryness and improve the overall look and feel of your skin. Cucumbers, Tomatoes, Celery, Berries, Watermelon and Lettuce are hydrating foods that also provide a boost of vitamins and nutrients.

5. Make Healthy Skin a Priority – Eliminate smoking and alcohol, and limit caffeinated drinks to keep your skin hydrated and healthy. Too much alcohol and caffeine can dehydrate your skin and disrupt sleep patterns. Cut back on foods that can cause inflammation, such as sugary drinks and snacks, fried foods, and processed foods.

Related Links:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7146365/>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/skin-care/art-20048237>



Indiana
Department
of
Health

