



SNAP-Ed New York Has a New Look!

Visit snapedny.org to get more information about recipes and tips for eating healthy for yourself and your family.

E-mail: bmr37@cornell.edu to receive the SNAP-Ed E-news!

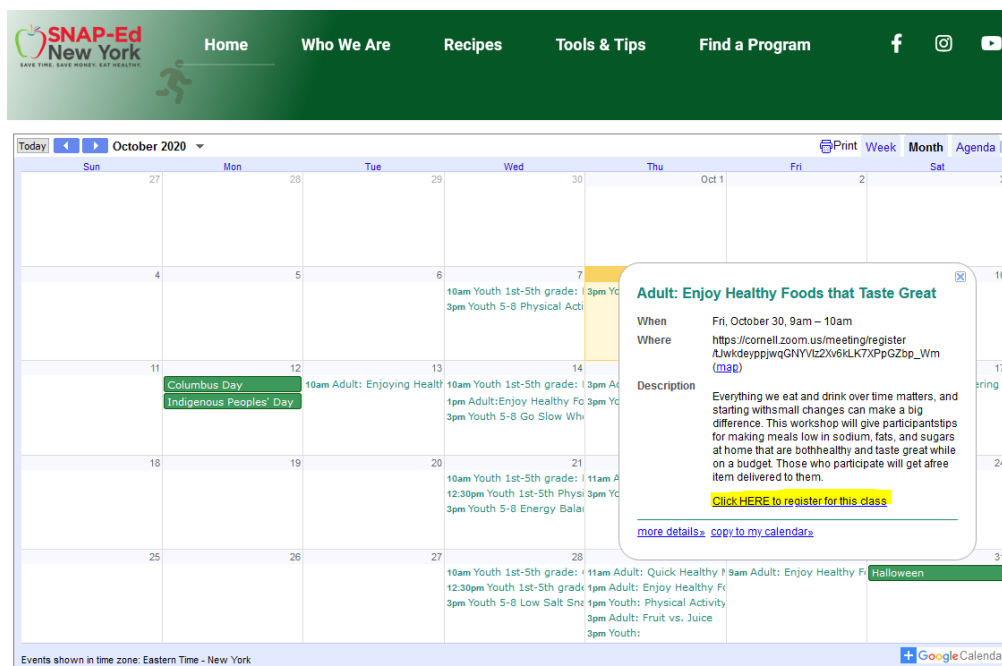


Check it Out! Online Calendar for Virtual Classes: Youth, Adult, and Senior Citizens

Attending our classes is now easier than ever while also enjoying the comfort of your own home!

Simply check out our website calendar at:

<https://www.snapedny.org/2020/01/north-country/#calendar>



- 1) Click on any date and time that works best for you.
- 2) Find the details of the class in the pop-up box that opens.
- 3) Click the registration link at the bottom of the box- This link will take you to a separate registration page that will ask you to fill out questions and provide you with the link to the class.

Registration can be done days before the class, or you can register right before the class and join immediately.

Barley Lentil Soup

Recipe Source: [cookingmatters.org/recipe/Barley Lentil Soup](http://cookingmatters.org/recipe/Barley%20Lentil%20Soup)



Ingredients

- 3 medium carrots, diced
- 2 medium onions, diced
- 3 large cloves garlic, minced
- 4 cups fresh spinach, chopped
- 3/4 cup pearl barley
- 1 Tablespoon canola oil
- 1 teaspoon ground paprika
- 1/2 teaspoon ground cayenne pepper
- 6 cups water
- 4 cups low-sodium chicken or vegetable broth
- 1 cup dried lentils
- 1 (14.5 ounce) can diced tomatoes
- 1/4 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese or mozzarella (optional)

Directions

1. In a colander, rinse barley with cold water. (This will eliminate the excess of starches and prevent stickiness)
2. In a large pot heat oil over medium-high heat.
3. Add carrots and onions to the pot – cook until slightly soft.
4. Stir the garlic, paprika, and cayenne pepper into the mix.
5. Add 3/4 cups of barley, water, and 4 cups of vegetable broth to pot. Bring to a boil.
6. Reduce heat to low. Partially cover with a lid and let simmer for 15 minutes.
7. Rinse lentils with cold water and add to pot, along with tomatoes. Cover and simmer for 30 minutes.
8. Add spinach and pepper to the soup. Cover the soup and let it simmer for 5 more minutes to concentrate the flavor.
9. When serving top with parmesan or mozzarella cheese if desired.

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 8

Amount Per Serving

Calories 210 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 38g **14%**

Dietary Fiber 10g **36%**

Sugars 5g

Protein 11g

Have you checked out the recipe bank at snapedny.org yet?

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