

# SENIOR NUTRITION NEWSLETTER

## *February 2021*

*Cornell Cooperative Extension  
Rensselaer County*

*Rensselaer County  
Unified Family Services  
Department of Aging*

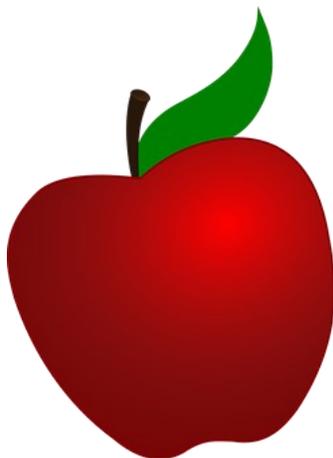


## *Heart Health Seeing Red*



In winter, many of us look for the warmth and comfort of food. We can make these comfort foods good for our health by adding color. February evokes the thoughts of red and hearts. Keep your heart healthy by adding tomatoes to your recipes. Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20 mg sodium and is a good source of potassium. Tomatoes are low in sodium and diets low in sodium may reduce the risk of high blood pressure. Tomatoes contain no saturated fat or cholesterol. Diets low in saturated fat and cholesterol may reduce the risk of heart disease.

An apple contains 4.4g fiber and 8.4 milligrams of Vitamin C. Eating foods with fiber can aid in digestion. Eating apples has been associated with decreased cardiovascular disease risk. The soluble fiber in apples helps prevent cholesterol build-up in the lining of blood vessel walls and can help lower blood pressure.



# Red Peppers



Red peppers are packed with vitamins and are low in calories. They are an excellent source of vitamin A, vitamin C and potassium. Vitamin A is a nutrient important to vision and has antioxidant properties. Peppers also contain fiber, folate and iron.

Peppers deliver a satisfying and low calorie crunch with every bite. Consider eating a slice of pepper with dips like hummus or salsa instead of high calorie chips or crackers.

## Tomato Basil Soup

### Ingredients

1 onion, medium, chopped  
1 Tbsp olive oil  
2 garlic cloves, crushed or 1/4 tsp garlic powder  
1 can tomatoes—14 1/2 oz, drained and chopped  
1 tsp red pepper, ground  
1 tsp basil, dried  
2/3 cup non-fat dry milk + 2 cups water or substitute  
2 cups non-fat milk  
salt and pepper to taste



### Directions

In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes. Add garlic and cook 1 minute longer. Add chopped tomatoes. Cook uncovered over medium heat for 10 minutes. Spoon 3/4 of mixture into food processor or blender; puree until smooth. Return to saucepan. Add red pepper, basil and reconstituted milk to the soup. Heat until hot but do not boil. Season to taste with salt and pepper (optional). Serve immediately.

Makes 4 servings

Nutrition Facts per 1 cup: 101 calories, 4g fat, 182 mg sodium, 5g protein

Source: USDA, Food and Nutrition Service (FNS), USDA's Collection of Nonfat Dry Milk (NDM) Recipes  
Food Distribution Service

## Microwave Baked Apple

### Ingredients

4 apples (large, baking)  
1/2 cup brown sugar  
1 tsp cinnamon



### Directions

Wash apples and remove core. Cut a thin slice off the bottom of each apple to form a flat surface. Place apples in microwave safe baking dish. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples. Cover with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

Favorite varieties of apples for baking are Jonathan, Granny Smith, Braeburn and Golden Delicious. Any tart apple works well. Arrange the apples around the outside of the dish for more even cooking in the microwave.

*Good to know: one pound of apples = 3 medium = 3 cups sliced*

Makes 4 servings

Nutrition Facts per serving: 216 calories, 0g fat, 10mg sodium, 1g protein

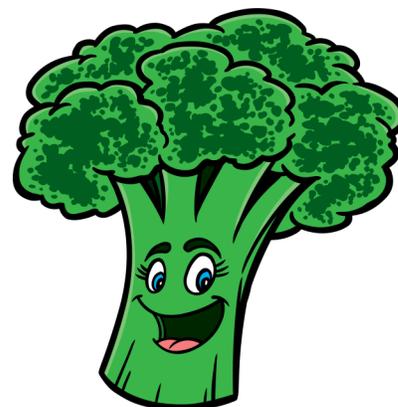
Source: Kansas Family Nutrition Program

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## Italian Broccoli and Pasta

### Ingredients

6 ounces fettuccine noodles, uncooked  
3 Tbsp green onion (chopped)  
2 cups broccoli florets  
1/2 tsp thyme (dried)  
1/2 tsp oregano (dried)  
1/2 tsp black pepper  
1 can stewed tomatoes (low-sodium, 14.5 ounce)  
2/3 Tbsp Parmesan cheese, grated



### Directions

Cook noodles according to package instructions, and drain. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat. Add seasonings (but not Parmesan cheese) and tomatoes; simmer until heated through. Spoon vegetable mixture over noodles and top with Parmesan cheese.



Makes 4 servings

Nutrition Facts per serving: 194 calories, 1g fat, 37mg sodium, 8g protein

Source: California Dept of Health Services, Discover the Secret to Health Living

## 3 Can Chili

### Ingredients

1 can beans, low-sodium, undrained ( pinto, red kidney bean, or black beans) 15.5 ounces  
1 can corn, drained, 15 ounces (or 10 ounce package of frozen corn)  
1 can crushed tomatoes, undrained, 15 ounces  
chili powder to taste

### Directions

Place the contents of all 3 cans in a pan. Add chili powder to taste. Stir to mix. Continue to stir over medium heat until all ingredients are thoroughly heated. Refrigerate leftovers

Makes 6 servings

Nutrition Facts per serving: 129 calories, 1g fat, 418mg sodium, 6g protein

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.



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## Chocolate Peanut Butter Frozen Bars

### Ingredients

2 packages sugar-free chocolate pudding (1.3 oz each, instant or cook and serve type)  
3 1/2 cups skim milk  
1/4 cup peanut butter  
13 1/2 graham cracker rectangle (break into 27 2-1/2 inch squares)

### Directions

1. Mix pudding according to package directions, except use 3-1/2 cups milk. Beat in peanut butter.
2. Line a 9"x13" pan with half the graham cracker squares. Three squares will have to be cut in half to line the pan.
3. Spread pudding mixture over graham crackers. Top with remaining crackers.
4. Freeze for four hours.
5. Cut into squares and remove from pan.
6. Store in a plastic bag in the freezer.

Makes 13 servings, serving size: 1 bar

Nutrition Facts per serving: 135 calories, 4 g fat, 285mg sodium, 5g protein

Source: Dorothy C. Lee, CFCS and Linda K. Bowman, RD/LD/N

University of Florida, IFAS Extension, Cooking Healthy with Diabetes

