



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!



Welcome to SNAP-Ed!

SNAP-Ed is a FREE, confidential nutrition education program that helps families manage food resources during tough economic times. The Extension Nutrition Team of knowledgeable nutrition educators provide practical, hands-on activities and skills for healthy meal prep, as well as explore the importance of physical activity in a healthy lifestyle for the community members in the North Country.

The primary focus of our program is to promote food resource management skills, encourage healthy food and physical activity behaviors, weight management, increase consumption of nutrient dense foods, and develop skills to prepare low-cost, nutrient-dense recipes through food demonstrations.

Vegetarian Chili

Makes 8 Servings

Source: FoodHero.org recipe/ Vegetarian Chili



Ingredients

- 2 teaspoons vegetable oil
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 2 cups fresh mushrooms, sliced
- 1 cup corn, frozen or canned and drained
- 1 can (15.5 ounce) pinto beans, drained and rinsed
- 1 can (8 ounce) tomato sauce
- 1 can (14.5 ounce) stewed tomatoes
- ½ cup bulgur, uncooked/quinoa
- ½ cup water
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 cup cheddar cheese, grated (low fat)

Directions

1. Heat oil in large skillet over medium-high heat (350 degrees in an electric skillet).
2. Add garlic, onion, pepper, and mushrooms and saute until tender, 6-8 minutes.
3. Add remaining ingredients except cheese.
4. Reduce heat to low, cover and cook until bulgur is soft, 10-15 minutes.
5. Sprinkle with grated cheese and serve.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving size: 1 cup

Total Calories 170
Total Fat 3g
Saturated Fat 1g
Cholesterol 5mg
Sodium 540mg

Carbohydrates 25g
Dietary Fiber 7g
Total Sugars 5g
Added Sugars included 0g
Protein 10g

Using Your EBT Card for a CSA Share!

What is a CSA? Community Supported Agriculture (CSA) is a farm membership system that allows consumers to sign up for a share and receive a season's worth of a farm's products. Shares are typically veggie focused but eggs, meat, cider, jams, and more could be included - it all depends on the farmer. Along with getting to enjoy fresh, delicious, and local food, being a CSA member is an excellent way to support and get to know your local farmers!

You can use EBT cards at participating farms!



St. Lawrence County Residents

Bonus Bucks may be able to help with a cost sharing arrangement with income-eligible residents to participate in a CSA share or to purchase local food at farmers markets.

Visit: gardeshare.org to view the application and to get more information.

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