



## SNAP-Ed New York Has a New Look!

Visit [snapedny.org](http://snapedny.org) to get more information about recipes and tips for eating healthy for yourself and your family.

**E-mail: [bmr37@cornell.edu](mailto: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.

### Salmon Cakes

(Makes 3 Servings) Source: [teamnnutrition.usda.gov](http://teamnnutrition.usda.gov)



#### Nutrition Facts: Serving Size 1 cake

Total Calories 82	Carbohydrates 3g
Total Fat 3g	Dietary Fiber 0g
Saturated Fat 1g	Total Sugars 1g
Cholesterol 51mg	Added Sugars included 0g
Sodium 197mg	Protein 11g

#### Directions:

1. Wash hands.
2. Preheat oven to 350 degrees.
3. In a medium bowl, break salmon apart with a fork.
4. Add egg, tomatoes, onions, cilantro, bread crumbs and rest of the spices and mix together.
5. Divide salmon mixture into 3 even portions (about 3 oz each).
6. Shape each portion into a salmon cake/loaf and place on a baking sheet.
7. Bake for 15 minutes

#### Ingredients:

- 1 cup cooked salmon, skinless, boneless (fresh, frozen, or canned – drained and flaked)
- 1 egg, large, slightly beaten
- 1/4 cup fresh chopped onion
- 1/4 cup tomatoes (fresh or canned low sodium/ no added salt)
- 3 Tablespoons fresh cilantro
- 1/2 cup whole-wheat breadcrumbs
- 1 Teaspoon of onion, dried, minced
- 1 Tablespoon lemon pepper seasoning

#### Optional Ingredients:

- 2 cups of salad greens
- 1/4 cup red peppers,
- 1/2 cup of beets (fresh or canned)
- Whole wheat buns or whole grain flat bread
- Guacamole

#### Optional Serving Choices:

1. Serve one salmon cake as part of a salad with lettuce, tomatoes, cucumbers and sliced beets.
2. Serve salmon cake as a burger using whole wheat buns. Add one salmon cake, lettuce, cucumbers, beets and guacamole.

# Personalize Your Plate!

## National Nutrition Month

No matter what your age or life stage, SNAP-Ed New York has resources to help you personalize your plate with healthy choices. Build a healthy diet that meets your unique needs and preferences and make every bite count with the MyPlate Quiz to find out your personalized resources to Start Simple with MyPlate!

Visit: [https://www.myplate.gov/form/myplate-quiz#question\\_1](https://www.myplate.gov/form/myplate-quiz#question_1)

1. Know how your nutrition needs change over time. Eat healthy at every life stage with Nutrition.gov's Nutrition by Age resources (<https://www.nutrition.gov/topics/nutrition-age>). Find resources for eating during pregnancy, feeding an infant, cooking for young children or teens, taking steps for healthy aging, and more. You and your loved ones can meet nutritional needs to help you feel your best during every stage of life.
2. Incorporate cultural foods and customs. Traditional foods, flavors, and cuisines offer a variety of healthy choices. Learn how to prepare them in healthful ways with recipes and tips on the Culture and Food page (<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/culture-and-food>).
3. Choose the right eating plan for your health. The Healthy Eating page provides basic resources to help you get started (<https://www.nutrition.gov/topics/basic-nutrition/healthy-eating>). Be sure to consult with your healthcare provider for suggestions on what diet changes would be helpful for maintaining health and preventing disease.

(information from nutrition.gov)

Did you know SNAP-Ed New York also has a variety of healthy recipes to meet your personal preferences. You can discover even more resources to help you on your healthy eating journey by following us on Youtube or visiting <https://www.snapedny.org/>.



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