



## 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.

### **Brown Rice Pilaf with Sage, Walnuts, and Dried Fruit** (Makes 8 Servings) Source: [teamnutrition.usda.gov](http://teamnutrition.usda.gov)



#### Ingredients:

- canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 1 celery stalks (small, ends trimmed and chopped)
- 2 cups brown rice
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins
- 1/4 cup dried apricots, chopped
- 1/4 cup chopped walnuts (optional)
- 1 teaspoon dried sage
- 2 teaspoons fresh sage (chopped)
- salt (to taste, optional)
- pepper (to taste, optional)

#### Directions:

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

#### Nutrition Facts: Serving Size 1/8 of recipe

Total Calories 212	Carbohydrates 44 g
Total Fat 2 g	Dietary Fiber 4 g
Saturated Fat 0 g	Total Sugars 6 g
Cholesterol 0 mg	Added Sugars included 0 g
Sodium 34 mg	Protein 6 g

# Money DOES Grow!

**"For every \$1 dollar spent on seeds and fertilizer, home gardeners can grow an average of \$25 worth of produce." - USDA**



**Growing your own food allows you to have more money in your pocket. SNAP benefits can be used to purchase seeds and plants for your personal garden, and will be less expensive overall than buying from the store.**

**Gardens provides exercise, recreation, therapy, and other health benefits. Gardening also helps to develop responsibility, and teaches vital lessons about sharing and nurturing yourself and the earth. (information from suagnutrition.com)**

**Don't have enough land for a garden? No problem, container gardens are very popular for those who live in apartments, or smaller locations without land to plant. Pick your favorite produce plants and grow a few. Something is better than nothing!  
Learn more about how to container garden [HERE!](#)**

**So save time and money by growing your own garden. Now is a great time to start planning.**



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