



## 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.

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### 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.

### Herb Potato Salad

*(Makes: 6 Servings) Source: [cachampionsforchange.cdph.ca.gov](http://cachampionsforchange.cdph.ca.gov)*



#### **Nutrition Facts: Serving Size: 1/2 Cup**

Calories 146	Total Sugars 3 g
Total Fat 1 g	Added Sugars included 0 g
Saturated Fat 0 g	Total Carbohydrate 28 g
Cholesterol 0 mg	Vitamin D 0 mcg
Sodium 270 mg	Calcium 88 mg
Protein 7 g	Iron 2 mg
Dietary Fiber 7 g	Potassium 441 mg

#### **Ingredients:**

- 1½ pounds red potatoes (about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions

#### **Directions:**

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool.
2. Cut potatoes into bite-size pieces and place in a medium bowl.
3. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
4. Carefully stir in bell peppers and green onions.
5. Cover and chill until ready to serve.

# Fresh produce is in season! Learn how to store fresh vegetables so you can enjoy them all year long!



## Freezing Vegetables

### Prepare Vegetables

- ✿ Wash hands with soap and water.
- ✿ Gather cooking tools and freezer containers.
- ✿ Rinse vegetables under running water.
- ✿ Trim, peel or cut vegetables as desired. Aim for pieces that are about the same size.
- ✿ The next step depends on the type of vegetable.

Freezing is a good way to store vegetables.



### Package for Freezing

- ✿ Use containers that are airtight and freezer-safe. Label them with the vegetable name and date.
- ✿ Put vegetables into the container directly or place on a flat pan and freeze until firm, then put into the container.
- ✿ Leave as little air as possible in the container before closing and then put into the freezer.

Preparing Vegetables for Freezing	
Celery, onions, peppers, tomatoes	Package right after preparing.
Beets, potatoes, sweet potatoes, tomatoes, winter squash	Cook until done. Cut, mash or blend, if desired, then cool and package.
All others	Blanch using the picture directions below, then package.

### How to Blanch for Freezing



1. Bring 1 gallon (16 cups) of water to boil in a large pot.
2. Lower 2 to 3 cups of vegetables into the boiling water.
3. Return the water to a boil and begin timing (see minutes below).
4. Move vegetables to a bowl of ice-cold water; cool completely.
5. Drain the vegetables and pat them dry, then package.

Blanching Vegetables This short heat treatment protects the flavor and color of vegetables	
2 minutes	carrots, parsnips, peas (snap or snow), spinach and other leafy greens (except collards), turnips
3 minutes	asparagus, beans (green or wax), broccoli, cauliflower, celery, collards, okra, summer squash (including zucchini)
4 minutes	corn cob (after blanching, slice off kernels to package), eggplant



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.  
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