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: msd263@cornell.edu to receive the monthly newsletter!

Welcome to SNAP-Ed!

SNAP-Ed is a FREE, confidential nutrition education program that helps families manage food resources during tough economic times. The Cornell Cooperative 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 and a healthy lifestyle for the community members in the Southwestern Region.

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 nutrition dense foods, and develop skills to prepare low-cost, nutrient dense recipes through food demonstrations.

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AUGUST 2022

WHAT'S IN SEASON?

Corn
Cucumbers

Yellow Squash
Tomatoes

Peaches
Blueberries

Beets
Carrots

Ingredients

- 4 green pepper (large, washed)
- 1 pound turkey, ground, 85% lean
- 1 cup rice, uncooked
- 1/2 cup onion (peeled and chopped)
- 1 1/2 cup tomato sauce, unsalted
- ground black pepper (to taste)

Directions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.
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.

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.

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>2 min</td>
<td>carrots, parsnips, peas (snap or snow), spinach and other leafy greens (except collards), turnips</td>
</tr>
<tr>
<td>3 min</td>
<td>asparagus, beans (green or wax), broccoli, cauliflower, celery, collards, okra, summer squash (including zucchini)</td>
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<tr>
<td>4 min</td>
<td>corn cob (after blanching, slice off kernels to package), eggplant</td>
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Reminder: Move your body this summer!

For more information:
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