

EFNEP Newsletter

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Celebrate American Heart Month by Being Salt Smart

February is **American Heart Month** and a time to celebrate all you can do to keep your heart healthy. Being Salt Smart in one step you can take to improve your heart health. Sodium is a mineral needed to stay healthy but too much sodium can lead to higher blood pressure. High blood pressure is called 'the silent killer' because a person with high blood pressure may not know it's high and may not feel any ill effects. It is the number one cause of death worldwide.

Sodium is found in table salt, which is 60% sodium and 40% chloride, packaged foods like flavored rice side dishes, prepared foods like pizza and restaurant foods. About 70% of an adult's sodium intake is from packaged, prepared and restaurant foods, 15% is found naturally in foods and 11% from the salt we add to the food we eat.

These 10 foods have the most sodium:

Breads/rolls, sandwiches, pizza, egg dishes/omelets, cheese, chicken, cold cuts, soups, burritos/tacos, savory snacks like potato chips, pretzels, and snack mixes.

Besides cutting back on the amount of salt you add to your food and eating fewer packaged, prepared and restaurant foods, what can you do to decrease the sodium in your diet? Here are a few ideas:

1. Read the **Nutrition Facts Label** and look for 'sodium'. Any food or beverage with a %DV (% daily value) of 20% or more is considered a high sodium food. Look for a similar food with a lower %DV.
2. Choose fresh or frozen vegetables and fruit with no added sauces. When choosing canned vegetables, choose cans labeled 'no salt added' or rinse your vegetables under running water before heating or using in a recipe. Rinsing canned vegetables removed about 40% of the sodium.
3. Be smart about sauces. Ketchup, mustard, gravy, mayonnaise, salad dressing, salsa, marinade and soy sauce may contain a high amount of sodium. Try using less or finding lower salt options.

| Nutrition Facts | |
|-------------------------------|----------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| | % Daily Value* |
| Total Fat 1g | 10% |
| Saturated Fat 1/2g | 5% |
| Trans Fat 0g | |
| Cholesterol 10mg | 6% |
| Sodium 140mg | 7% |
| Total Carbohydrate 40g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugar 10g | |
| Sugars 10g | 20% |
| Protein 5g | |
| Vitamin D 2mg | 40% |
| Calcium 100mg | 20% |
| Iron 10mg | 20% |
| Potassium 100mg | 20% |

- You can freeze the brocco poppers after step 5 and cook them later. Put the baking sheet in the freezer until balls are hard. Move balls to a labeled airtight freezer-safe container and return to the freezer. When ready to bake, remove from container and place on a lightly greased baking sheet.

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Brocco Poppers



Oregon State
University

Ingredients

½ cup shredded **cheddar cheese** (2 ounces)

2 **eggs**

½ cup **dry bread crumbs**

1 Tablespoon all-purpose **flour**

¼ teaspoon **garlic powder**

¼ teaspoon **salt**

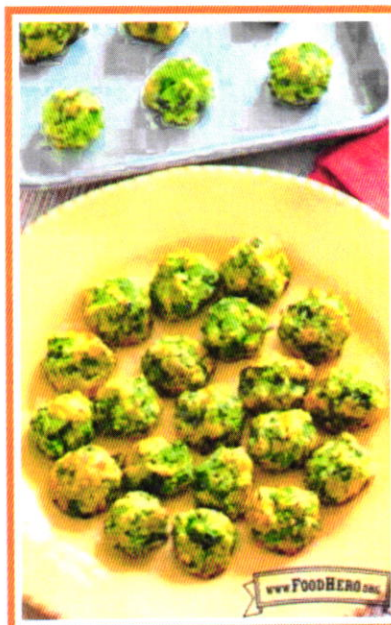
¼ teaspoon **pepper**

12 ounces **frozen broccoli**, thawed, dried and chopped very small (about 2 ½ cups)

Makes: 20 pieces

Prep time: 20 minutes

Cooking time: 15 to 20 minutes



Directions

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F. Lightly grease a baking sheet.
3. In a large bowl, stir together the cheese, eggs, bread crumbs, garlic powder, salt and pepper.
4. Add broccoli to the bowl and stir all ingredients to mix them evenly.
5. Scoop a rounded Tablespoon of the mixture onto the baking sheet and form into a ball. Leave about 1-inch between each ball.
6. Bake until poppers are golden brown and cheese is bubbling, about 15 minutes.
7. Remove from oven and let cool for 1 to 2 minutes before removing from the pan and serving.
8. Refrigerate leftovers within 2 hours.

This recipe was inspired by a culinary training session for child nutrition programs provided by Oregon Department of Education and the Oregon Dairy and Nutrition Council.

Notes

- Try adding other herbs and spices such as Italian seasoning or hot pepper sauce.
- Try different cheeses such as pepper jack or a mixture of mozzarella and parmesan.
- No frozen broccoli? Use fresh broccoli that is lightly cooked and chopped.
- Make your own bread crumbs from stale bread. Try using a box grater, rolling pin or food processor.
- No bread crumbs? Use cooked rice or quinoa instead.

Nutrition Facts

| | |
|-------------------------------|------------------------|
| 4 servings per container | |
| Serving size | 5 pieces (140g) |
| Amount per Serving | |
| Calories | 180 |
| % Daily Value* | |
| Total Fat 8g | 10 % |
| Saturated Fat 3.5g | 18 % |
| Trans Fat 0g | |
| Cholesterol 105mg | 35 % |
| Sodium 390mg | 17 % |
| Total Carbohydrate 16g | 6 % |
| Dietary Fiber 3g | 11 % |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0 % |
| Protein 11g | |
| Vitamin D 1mcg | 6 % |
| Calcium 188mg | 15 % |
| Iron 2mg | 10 % |
| Potassium 258mg | 6 % |
| Vitamin A 131mcg | 15 % |
| Vitamin C 48mg | 53 % |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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