

SNAP-Ed Newsletter

Spring Newsletter Highlights

April

- National Public Health Week: April 3-9
- Child Abuse Prevention Month

May

- National Physical Fitness & Sports Month
- Older Americans Month
- National Women's Health Week: May 14-20
- Mental Health Awareness Month
- National Stroke Awareness Month
- Healthy Vision Month

June

- Alzheimer's & Brain Awareness Month
- Pride Month
- Fresh Fruit and Vegetables Month

Connect with us on Social Media!
#ccesuffolkcommunityeducation



CORNELL COOPERATIVE EXTENSION - SUFFOLK COUNTY COMMUNITY NUTRITION

Events

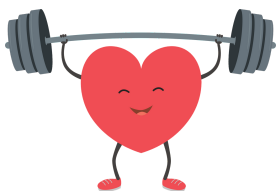


FRUIT AND VEGETABLE RX

We provide Diabetes Nutrition Education workshops and give \$20 vouchers for fruits and vegetables.

For more information, contact Chris Nadolne at
RegistrationCCES@cornell.edu

For qualifying Sun River Health Patients



Fuel Your Family

This class will show you how to keep you and your family healthy! Learn all about how to make well balanced meals, while on a budget.

Recipes in a SNAP!

Follow along with our very own Nutritionists to learn how to make healthy and delicious meals in a SNAP!



Visit www.ccesuffolk.org/events to register and for more events

This is one of our favorite recipes. It is so versatile, can be made vegetarian, and you can use fresh, frozen, or canned vegetables!



Tex-Mex Skillet

Serves 8: 1/2 cup filling and 1 tortilla per serving

Ingredients

- 1/2 medium head lettuce
- 1 medium green bell pepper
- 1 large tomato
- 1 small jalapeño pepper
- 1/2 medium red onion
- 2 cloves garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 pound lean ground beef, chicken, or turkey
- 1 (12-ounce) bag frozen corn
- 1/2 cup water
- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- Pinch ground black pepper
- 8 (6-inch) whole wheat flour tortillas

Directions

1. Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic.
2. Chop or shred lettuce into bitesize pieces. Mince garlic. Halve the jalapeño and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices. Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic.
4. Grate cheddar cheese.
5. In a colander, drain and rinse beans.
6. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic until meat is lightly browned. Drain to remove fat.

7. Stir in frozen corn, beans, water, and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.
8. While meat mixture is simmering, make a salsa. Add jalapeño and a pinch of salt to the grated tomato and onion. Stir and set aside. Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

Approximate cost/recipe: \$8.21, per serving \$1.02
Source: USDA Cooking Matters

Nutrition Facts	
8 servings per container	
Serving size	1 Tortilla (243g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 440mg	19%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	26%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0.1mcg	0%
Calcium 160mg	10%
Iron 3.5mg	20%
Potassium 580mg	10%
* The % Daily Values (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.	

8.2022

Visit our website for more information & free programs. www.snapedny.org



Cornell Cooperative Extension
Suffolk County

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www.ccesuffolk.org/community-education