

Cornell Cooperative Extension

SNAP-Ed provides free education on how to prepare healthy meals, and live a healthy, active lifestyle.

Celebrate National Nutrition Month!

March is National Nutrition Month! This year, the focus is on bringing food from the farm to your plate.



Ways to celebrate:

- Try a new recipe
- Buy local, in-season produce
- Try a plant-based meal or snack
- Use leftovers in a new dish

Spring Produce

With warmer months ahead, new produce will begin to be harvested. Use this as a guide when shopping for fruits and vegetables that are in-season this Spring!



Strawberries



Broccoli



Cabba



Garlic



Onion



Peas



Carrot



Mushrooms



Turnip



Radish



Lettuce



Apple



Apricot



Pineapple

Fresh Veggie Pizza

Makes: 4 servings

Ingredients

- ☐ 1/3 cup low-fat **plain yogurt**
- ☐ 1/8 tsp **garlic powder**
- ☐ 1/4 tsp **basil** or cumin
- ☐ 1/4 tsp **oregano**
- ☐ 1/8 tsp **salt**
- ☐ 1/8 tsp **pepper**
- ☐ 4 whole-wheat **English muffins**
- ☐ 1/4 cup (2 oz) reduced-fat **cream cheese**, softened
- ☐ 1 1/2 cups finely chopped or grated **vegetables** (try broccoli, carrots, bell peppers, or cauliflower)
- ☐ 2 tbsp grated **parmesan cheese** (optional)



Directions:

1. In a small bowl, stir cream cheese until smooth. Stir in yogurt and seasonings. Refrigerate while preparing muffins and vegetables.
2. Toast English muffin halves. Spread 1 tbsp sauce on each muffin half.
3. Place about 3 tbsp vegetables on each muffin half. Shake or sprinkle about 1/2 tsp Parmesan cheese over each muffin half, if desired.

Nutrition Facts: Serving size: 2 pieces; 200 Calories; 5g Total Fat; 2.5g Saturated Fat; 390mg Sodium; 32g Total Carbs; 1g Dietary Fiber; 8g Total sugars; 0g Added Sugar; 9g Protein.

Content from www.FoodHero.org

Did You Know?



In New York state, 98% of farms are family owned. Support your local farm and their family by purchasing these top produced products:

- **Milk**
- **Apples**
- **Cabbage**
- **Sweet corn**
- **Potatoes**
- **Tomatoes**





Fill your stomach with "nutritional gold" using these one-pot recipes!

Veggie Stew

Use a variety of vegetables in this one-pot stew for a dish that is sure to attract the luck of the Irish!

Makes: 8 servings

Ingredients:

- ☐ 1 tbsp **vegetable oil**
- ☐ 1/2 cup diced **onion** (1/2 medium onion)
- ☐ 2 stalks **celery**, chopped
- ☐ 2 **carrots**, sliced in 2" sticks
- ☐ 1 can (15 oz) **diced tomatoes**, with juice
- ☐ 1 medium **potato**, diced
- ☐ 1 **zucchini** (sliced 1/4-inch thick)
- ☐ 2 tbsp minced **parsley**
- ☐ 1 cup low-sodium **broth** (any type)
- ☐ 1/2 tsp **salt**
- ☐ 1/4 tsp **pepper**

Directions:

1. In a large skillet or saucepan, heat oil on medium heat.
2. Add onion and celery and sauté until soft.
3. Add the rest of the vegetables, broth, salt, and pepper.
4. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 1 cup; 70 Calories; 2g Total Fat; 0g Saturated Fat; 360mg Sodium; 11g Total Carbs; 3g Dietary Fiber; 4g Total sugars; 0g Added Sugar; 2g Protein.

Photo & recipe adapted from www.FoodHero.org



Chicken Cabbage Stir Fry

A perfect recipe to make on St. Patrick's Day, and a great way to include a traditional ingredient: green cabbage!

Makes: 6 servings

Ingredients:

- ☐ 3 **chicken breast** halves, cut into strips
- ☐ 1 tsp **vegetable oil**
- ☐ 3 cups shredded **green cabbage** (1/2 head)
- ☐ 1 tbsp **cornstarch**
- ☐ 1/2 tsp **ground ginger**
- ☐ 1/4 tsp **garlic powder** or 1 **clove garlic**, finely chopped
- ☐ 1/2 cup **water**
- ☐ 1 tbsp low-sodium **soy sauce**

Directions:

1. Heat oil in a skillet over medium-high heat.
2. Add chicken strips and stir-fry, turning constantly until done.
3. Add cabbage and stir until cabbage is crisp-tender, about 2 minutes.
4. In a small bowl, mix cornstarch and seasonings. Add water and soy sauce; mix until smooth.
5. Stir sauce into chicken and cabbage mixture.
6. Cook until sauce has thickened and chicken is coated, about 1 minute.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving size: 1 Cup; 100 Calories; 2.5g Total Fat; 0g Saturated Fat; 320mg Sodium; 4g Total Carbs; 1g Dietary Fiber; 0g Total sugars; 0g Added Sugar; 14g Protein.

Photo & recipe adapted from www.FoodHero.org



Go "Green" This St. Patty's Day

St. Patrick's Day is the most popular holiday for **green cabbage**. **Green cabbage** is a great source of:

- **Fiber**
- **Vitamin C**
- **Vitamin K**
- **Calcium**
- **Potassium**

