



**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.

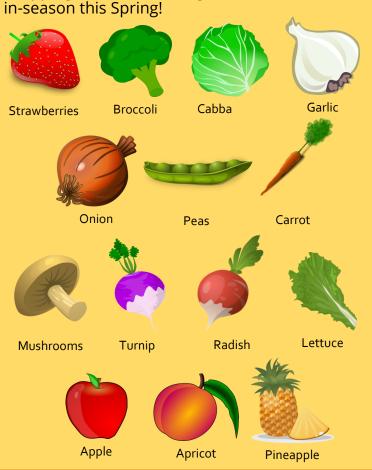


### **Ways to celebrate:**

- → 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



#### 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**





# **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**
- $\Box$  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

- 1. Heat oil in a skillet over medium-high heat.
- Add chicken strips and stir-fry, turning constantly until done.
- 3. Add cabbage and stir until cabbage is crisptender, about 2 minutes.
- 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.
- 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**



Cornell Cooperative Extension provides equal program and employment opportunity. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. This institution is an equal opportunity provider.