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EFNEP Newsletter!

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Produced by Cornell Cooperative Extension February 2015

Peanuts – A Healthy Choice for Your Family

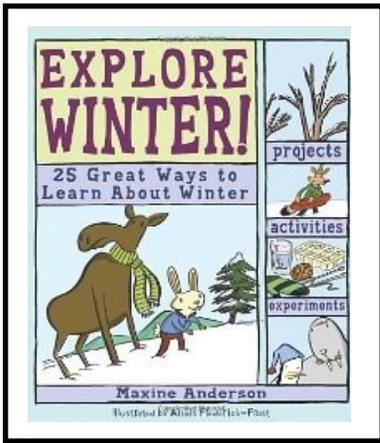
The Dietary Guidelines for Americans 2010 encourages us to eat nutrient dense foods and to choose a variety of protein foods, including plant based proteins like unsalted nuts. Research tells us there is evidence that eating peanuts and other tree nuts as part of a healthy diet reduces our risk factors for developing heart disease. Because nuts are relatively high in calories, you should eat small portions and use them to replace other protein foods like meat and poultry. The Dietary Guidelines also recommend replacing protein foods that are higher in solid fats, like meat and poultry, with choices that are lower in solid fats and/or that are sources of oil. Peanuts fit this recommendation perfectly.

Peanuts are a nutritional powerhouse. ***One ounce of roasted peanuts***, without added oil or salt, has ***170 calories, 14 grams of healthy fat***, zero grams of cholesterol, only 2 milligrams of sodium, ***7 grams of protein and 2 grams of dietary fiber!*** Peanuts are also a good source of magnesium, folate, niacin, phosphorus and vitamin E. Many Americans do not eat enough foods rich in magnesium and vitamin E, so adding peanuts to your meals and snacks can help you increase your intake of these nutrients. Nuts often get bad press because of the number of fat grams in a serving. Almost one half or 7 grams of the 14 grams of fat in one ounce of peanuts is monounsaturated fat, or the fat that is good for your heart. It is the same fat that makes olive oil so widely known for being a heart healthy oil choice.

Peanuts are one of the more ***affordably priced*** nuts, making them a natural choice for many families. Peanut butter is a great way to add plant protein to your family's diet. To keep the added sugars in check in your diet, look for natural peanut butter (not peanut spread) that only contains peanuts and salt.

Ideas for adding Peanuts and Peanut Butter to meals

- ◆ Try topping cereal, oatmeal or salads with peanuts or adding peanuts to yogurt, soups or stews.
- ◆ Keep peanuts or peanut butter and crackers in your desk drawer at work for an energizing afternoon snack.
- ◆ Add peanut butter to oatmeal, smoothies, yogurt or stews.



Building Strong and Vibrant New York Communities

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings and class topics include:

- Get Moving
- Fruits and Vegetables
- Go Lean with Protein
- Shop, Plan, Save
- Build Strong Bones
- Make a Change
- Whole Grains
- Celebration

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations. Class topics include:

- Cutting Back on Sugary Drinks
- Fruits and Vegetables
- Make Half your Grains Whole
- Power up with Breakfast
- Read It Before You Eat It
- Healthier Foods Fast

If you or your organization are interested in speaking with a local nutrition educator to schedule classes, please call:

 **Cornell University**
Cooperative Extension
Steuben County
3 E. Pulteney Square
Bath, New York 14810
607-664-2300

PutKnowledgeToWork.org

*This material was funded by the USDA's
Expanded Food and Nutrition
Education Program.*

KORNER

I Looking for something to do with your elementary-aged children over Winter Break? Borrow *Explore Winter! : 25 Great Ways to Learn about Winter* by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library.

D This book is jam packed with experiments and projects to help your child learn more about winter and includes indoor and outdoor activities.

Peanutty African Stew

Serving Size: 1 cup

Yield: 8

Ingredients:

- 1 cup instant brown rice
- 2 cups chicken broth, reduced sodium
- 1 teaspoon dehydrated onion, minced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ginger, ground
- 1/8 teaspoon cayenne pepper (optional)
- 2 cups sweet potato, peeled and diced
- 1 can (14.5 ounces) diced tomatoes with liquid
- 1/2 teaspoon salt (optional)
- 1/2 cup creamy peanut butter
- 1 1/4 cups fat-free milk
- 3 cups baby spinach leaves, coarsely chopped



Directions:

1. Combine brown rice, chicken broth, onion, garlic powder, ginger, cayenne pepper, sweet potato, diced tomatoes and salt in a soup pot. Bring to a boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls.

Tips:

- Substitute 12 ounces frozen spinach for fresh.
- Flavor boosters: chopped cilantro, red and green peppers, raisins.

Nutrition Facts: Serving Size – 1 cup, 200 Calories, 80 Calories from Fat, 8g Total Fat, 40% Calories from Fat, 1.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 510mg Sodium, 25g Total Carbohydrate, 4g Dietary Fiber, 8g Sugars, 8g Protein, 90% Vitamin A, 8% Calcium, 30% Vitamin C, 10% Iron

Source: Adapted from: Oregon State University Extension Service - Healthy Recipes
<http://healthyrecipes.oregonstate.edu/all-recipes>

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