

Cornell University
Cooperative Extension



Eat Smart NY Newsletter!

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Cook together. Eat together. Talk together. Make mealtime a family time.

It takes a little work to bring everyone together for meals. But it's worth it and the whole family eats better.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.

- Plan when you will eat together as a family. Write it on your calendar.
- You may not be able to eat together every day. Try to have family meals at least four times a week.

How to make family meals happy:

- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.

Fast family meals:

- Cook it fast on busy nights. Try stir-fried meat and vegetables, quick soups, or sandwiches.
- Do some tasks the day before. Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.

From: Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices, USDA



What's in Season



This month look for oranges, grapefruit, pears, bananas, kale, mushrooms, onions, potatoes, sweet potatoes, turnips and winter squash.



islandprescriptioncenter.com

February is American Heart Month

It's American Heart Month. One way to keep your heart healthy is to cut back on the amount of sodium you eat. According to the American Heart Association, here are some ways to keep your heart healthy by cutting back on sodium in foods you buy at the grocery store.

1. Buy lots of fresh and frozen (without added sauces) vegetables and fruits. These foods have potassium, a mineral that can help to keep your blood pressure in check and are naturally low in sodium.
2. When buying canned vegetables or canned beans, rinse them well before use. Rinsing can remove 40% of the sodium.
3. Look for fresh meat, poultry and seafood or frozen without breading or other seasonings. Prepared versions of these can pack a lot of sodium.
4. Choose unsalted nuts and seeds if they are available.
5. Buy lower sodium soups or make soup from scratch. Use frozen vegetables and canned beans in homemade soup to decrease the preparation time.
6. Compare brands of spaghetti sauce. The sodium content can vary widely from brand to brand and choose the brand with the least amount of sodium.
7. Consider making your own salad dressing. There are lots of great tasting, simple recipes and home-made will always have less sodium than those bought at the grocery store.

Caribbean Casserole

Serving Size: 1 cup
Yield: 10 cups

Ingredients:

- 1 onion (medium, chopped)
- ½ green bell pepper (diced)
- 1 Tablespoon canola oil
- 1– 14.5 ounce can stewed tomatoes
- 1 teaspoon oregano leaves
- ½ teaspoon garlic powder
- 1 ½ cups brown rice (instant, uncooked)
- 1 can black beans or beans of your choice

Directions:

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes
5. Remove from heat and let stand for 5 minutes.

Nutrition Facts: Serving Size: 1 cup, 100 calories, 15 calories from fat, 2g total fat, 0g saturated fat, 0mg cholesterol, 280mg sodium, 20g total carbohydrate, 3g dietary fiber, 2g sugar, 4g protein, 15% Vitamin C, 4% calcium, 8% iron.

Source: US Department of Health and Human Services. National Institutes of Health. National Heart, Lung and Blood Institute, Heart Healthy Cooking: African American Style



Taco Soup

Serving Size: 1 cup
Yield: 10 cups

Ingredients:

- 1 pound lean ground beef
- 2 cans diced tomatoes (14.5 ounces each)
- 2 cans corn (15.5 ounces each, rinsed and drained)
- 2 cans red kidney beans (15.5 ounces each, rinsed and drained)
- 1 ½ teaspoons chili powder
- ¾ teaspoon cumin powder
- ¾ teaspoon garlic powder
- 1[⁄]₃ cup water



Directions:

1. Cook meat in a pot over medium heat until brown.
2. Put meat in a strainer to drain fat. Rinse with hot water.
3. Put meat back in pot.
4. Add tomatoes, corn, kidney beans, chili powder, cumin, garlic powder and water.
5. Cook over low heat until thoroughly warm.

Nutrition Facts: 270 calories, 45 calories from fat, 5g total fat, 1.5g saturated fat, 30mg cholesterol, 490mg sodium, 39g total carbohydrate, 10g dietary fiber, 6g sugar, 18g protein, 35% Vitamin C, 2% calcium, 10% iron.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Apple Cranberry Salad Toss

Serving Size: 1/8 of recipe
Yield: 8

Ingredients:

- 1 head of lettuce, torn into bite sized pieces
- 2 apples, sliced
- 1/2 cup walnuts, chopped
- 1 cup dried cranberries
- 1/2 cup green onion, sliced
- 3/4 cup vinaigrette dressing



Directions:

1. Toss lettuce, apples, walnuts, cranberries, and onion in large bowl.
2. Add dressing; toss to coat. Serve immediately.

Nutrition Facts: 140 calories, 45 calories from fat, 5g total fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 24g total carbohydrate, 3g dietary fiber, 2g protein, 19g sugars, 2% calcium, 4% iron.

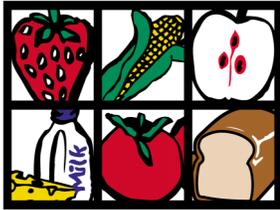
Source: USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs, Food Distribution Service

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START NOW!

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KEEPING IN SHAPE

SAVING MONEY ON FOOD

COOKING

EATING HEALTHY

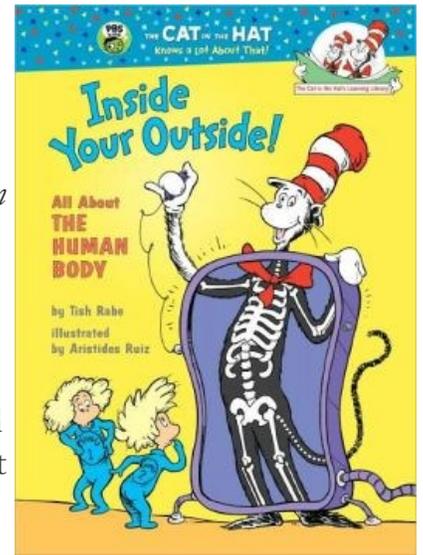
MAKING TASTY MEALS

KORNER

IDS

Head to the public library with your child and borrow *Inside Your Outside: All About the Human Body* (Cat in the Hat's Learning Library) by Tish Rabe.

It's American Heart Month and great time for kids to learn about how their body works and why healthy habits are important keep their body strong. When you finish reading the book, together prepare this heart healthy, kid friendly recipe.



Crunchy Bananas

Serving Size: 5 slices

Yield: 4

Ingredients:

- 2 medium sized bananas, cut in 1/2 -inch pieces (about 20 slices total)
- 1/2 cup no pulp orange juice
- 1 cup unsweetened cereal

Directions:

1. Dip banana chunks into orange juice.
2. Roll in cereal.
3. Insert a toothpick into each slice

Nutrition Facts: 92 calories, 0 calories from fat, 0g total fat, 0g saturated fat, 0mg cholesterol, 55mg sodium, 23g total carbohydrate, 2g dietary fiber, 1g protein, 11g sugars, 0% calcium, 10% iron.

Source: Cornell University Cooperative Extension—New York City Nutrition & Health Programs Recipe Collection, 2006



betterforyou.com



Ever have a question about what a word in a recipe means?

Here are definitions of some common food preparation terms:

Chop - to cut into irregularly shaped pieces

Mince - to cut very fine

Combine - to mix or toss so that ingredients are evenly distributed

Stir - to mix together with a spoon, often while food cooks in a pan on the stove

Simmer - to heat a liquid to just below its boiling point to cook in a simmering liquid