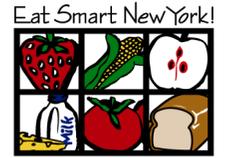


Cornell University
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Eat Smart NY Newsletter!

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Keep it or Toss it?

Now that the holidays are behind us, many people get in the mood to deep clean their homes and get life back to normal after the hustle and bustle the holidays bring. Cleaning your kitchen after the holiday is probably on your list of things to do this month. Use the following list to help you decide whether you should keep or toss some common foods found in many kitchens:



- **Barbeque sauce** - 4 months opened and stored in the refrigerator
- **Bouillon cubes stored in your pantry** - 2 years if individual cubes are unopened
- **Chinese mustard from a Chinese restaurant** - if unopened, 1 year in the pantry
- **Cocktail sauce** - 6 months opened and stored in the refrigerator
- **Bottled gravy** - 3 to 5 days opened and stored in the refrigerator
- **Bottled hot sauce** - 5 years opened and stored in the refrigerator
- **Ketchup** - 6 months opened and stored in the refrigerator
- **Bottle marinade** - 2 years opened and stored in the refrigerator
- **Pickles (store bought)** - 1 year opened and stored in the refrigerator
- **Sugar (white or brown)** - indefinitely when stored in an air tight container in the pantry
- **Yellow or Dijon mustard** - 1 year opened and stored in the refrigerator
- **Canola oil** - 1 year opened and stored in the pantry
- **Peanuts** - 1 month opened and stored in the pantry, 4-6 months opened and stored in the refrigerator



Make a Soup-er Meal this Month

Winter is the perfect time to cook a large, steaming pot of soup or stew, filled with vegetables and meat or fish or beans. Soup is a great way to get your family to eat vegetables and usually takes only minutes to prepare. Add whole grain bread or crackers and some fruit as a side dish and you have a simple, family pleasing meal - and soup makes great leftovers!

Try these easy and fast soup recipes:

Quick Garbanzo Bean Soup

Serving Size: 1 ¼ cups
Yield: 8

Ingredients:

- ½ cup chopped onion
- 3 garlic cloves or ½ teaspoon garlic powder
- 2 teaspoons vegetable oil
- 1 - 14.5 ounce can vegetable or chicken broth (low sodium)
- 1 - 14.5 ounce can diced tomatoes (low sodium)
- 2 ½ cups water
- 1 - 14.5 ounce can garbanzo beans (chick peas) drained and rinsed
- ¾ cup sliced carrots
- 1 teaspoon Italian seasoning
- ¼ teaspoon salt
- 1 cup whole wheat pasta (like tiny shells or elbows)
- 1 small zucchini sliced



Directions:

1. Peel and chop onion. Peel and mince (or use a garlic press) garlic cloves.
2. Heat oil in large saucepan. Add onion and garlic, and cook, stirring over medium low heat for 5 minutes.
3. Add broth, tomatoes and water to saucepan. Stir in garbanzo beans, carrots, Italian seasoning and salt.
4. Cook on medium high heat for about 5 minutes.
5. Stir in pasta and zucchini. Reduce heat to medium low.
6. Simmer about 10 minutes or until the pasta is tender.

Nutrition Facts: Serving Size: 1 ¼ cups, 130 calories, 2.5g fat, 15% calories from fat, 0g saturated fat, 0mg cholesterol, 310mg sodium, 24g carbohydrate, 4g dietary fiber, 3g sugar, 6g protein.

Source: Healthy & Homemade 2013 Nutrition and Fitness Calendar from Iowa State Cooperative Extension

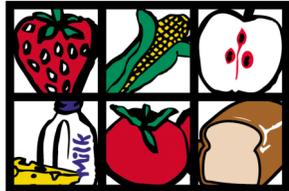
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START NOW!

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KORNER IDS



Try These Family Meal Conversation Starters

For toddlers: If you could have one super power, would you rather fly or be invisible? Why? What storybooks do you like to read? What special book would you like to read together after dinner?

For school kids: If you could travel anywhere in the world, where would you go? What would you like to see there? What are your favorite foods in the meals we make at home? What other foods or recipes would you like to try?

For teens: Name 2 or 3 of the most important people alive (in your opinion) and share why you chose them. Describe something our family should plan to do in the future.

Source: Healthy & Homemade 2013 Nutrition and Fitness Calendar from Iowa State Cooperative Extension

Black Bean Soup

Serving Size: 1 ¼ cups
Yield: 4

Ingredients:

- 1 cup onion (chopped)
- ¾ cups celery (chopped)
- 2 teaspoons garlic (chopped)
- 1 ½ cup beef broth
- 2 - 15 ounce cans black beans (drained and rinsed)
- ½ cup salsa (thick and chunky)
- 1 ½ teaspoon cumin
- ½ teaspoon onion powder
- ¼ teaspoon oregano (dried)



Directions:

1. Combine onion, celery, garlic, beef broth, black beans, salsa, cumin, onion powder and oregano in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.

Nutrition Facts: Serving Size: 1 ¼ cups, 160 calories, 10 calories from fat, 0g saturated fat, 0mg cholesterol, 860mg sodium, 27g carbohydrate, 8g dietary fiber, 3g sugar, 8g protein.

Source: Cornell Cooperative Extension of Onondaga County, *Good Food Cookbook: A Special Collection of Quick and Healthy Bean Recipes*

BUDGETING

KEEPING IN SHAPE

SAVING MONEY ON FOOD

COOKING

EATING HEALTHY

MAKING TASTY MEALS