

Cornell Cooperative Extension

Spring Quick Tips



How much protein do you need?

This is a common question on social media, online and anywhere people are gathering. The amount of protein you need is based on your age, gender, physical activity level, and how healthy you are. Your body needs protein regularly to make and repair cells. Many other body tissues, like your heart and eyes, are also made from protein. Protein helps your body fight infections, clots your blood, carries nutrients and oxygen around your body, and builds and contracts muscles.

You can find protein naturally in many foods, including meat, poultry, fish, seafood, eggs, milk, yogurt, cheese, cottage cheese, legumes, soy, and a variety of seeds. Eating small amounts of protein foods at meals and snacks helps to keep you feeling full. Most children and adults eat enough protein foods to stay healthy. Focus on choosing a variety of protein foods (plant and animal sources) that you like and that are affordable for you.



LET'S TALK ABOUT BEANS!

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Beans are also called legumes. You can find canned, dried, and sometimes frozen beans. Dried beans are the least expensive per pound. One pound of dried beans when cooked is 6 cups which equals 4 cans of beans! Dried beans can be cooked on a stove or using an instant pot. Prep beans by rinsing them in cool water using a strainer and remove any small stones. Soak beans in water to soften them. Place in a bowl, cover beans with water, cover bowl with lid, and store in refrigerator for 6 to 12 hours. Drain and cook!

Building Healthy Habits Recipe

Black Beans and Rice

Serving size: 1/6th of recipe

6 servings per recipe

Ingredients

1 teaspoon olive oil

1 onion, chopped

¾ cup uncooked white rice

2 cloves of garlic, minced

1 teaspoon ground cumin

¼ teaspoon cayenne pepper

1 ½ cups low sodium, low fat vegetable broth

3 ½ cups canned black beans, drained

Directions

1. Wash hands with soap and water.
2. Heat oil in a saucepan over medium-high heat. Add onion; cook and stir until onion has softened, about 3 minutes.
3. Add rice, garlic, cumin, and cayenne. Cook and stir for 2 to 3 minutes to lightly toast the rice and warm the spices until fragrant.
4. Add vegetable broth and bring to a boil. Reduce heat to low, cover, and simmer until liquid is absorbed and rice is tender, about 20 minutes.
5. Stir in black beans and cook until warmed through, 2 to 3 minutes.
6. Serve warm! Refrigerate leftovers within 2 hours.

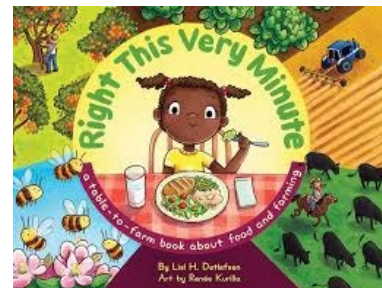
Source: Allrecipes.com



Nutrition Facts (per serving): 140 calories, 1 g Total Fat, 0g saturated fat, 354 mg sodium, 27g carbohydrates, 6g dietary fiber, 1g total sugars, 6g protein, 39mg calcium, 298mg potassium, 2mg iron

Kid's Book Club

Check out “Right This Very Minute: A Table-to-Farm Book” by Lisl H. Detlefsen. Read the book with your child and talk about new facts you learned. Then visit a Farmer’s Market to see what grows near you!



Building Healthy Habits can help you:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Contact us to see if you're eligible for this free program!

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