

SMART BITES

Eating Well Without Spending a Lot of Time or Money!

November 2009



Tips for Eating Together

- ◆ Make eating together a priority.
- ◆ Aim for eating 3 or more meals a week together.
- ◆ Keep a sense of humor about the undertaking (perfection isn't necessary).
- ◆ Make meals quick, easy, and nutritious.
- ◆ Shop for food and prepare meals together as a family.
- ◆ Make your meal quickly, but eat it slowly.
- ◆ Turn off TV during dinnertime.
- ◆ Take telephone calls later.
- ◆ Work toward happy, relaxing conversations at meals.
- ◆ Respect each individual's right to decide how much to eat.



Resource: Eat³ Campaign: Eat Well, Eat Local, Eat Together. Division of Nutritional Sciences, Cornell University. www.eat3.org

Eat Smart New York!



Cornell Cooperative Extension Orange County, Middletown, NY 10940 845-344-1234 www.cce.cornell.edu/orange
Eat Smart New York Nutrition Program Educators serve Newburgh, Middletown/Goshen, Port Jervis, & Monroe/Kiryas Joel

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The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact a Food Stamp Program Office near you.

- ◆ Quarry Road, Goshen (845) 291-4000;
- ◆ 141 Broadway, Newburgh (845) 568-5100;
- ◆ 150 Pike Street, Port Jervis (845) 858-1420.

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BONUS Recipe of the Month!

Corny Chili *This is a really quick and easy recipe. You can use the extra time to talk with your family.*

2 15-ounce cans kidney or black beans
1 medium onion, chopped
1 tablespoon vegetable oil
2 teaspoons chili powder

1 teaspoon garlic powder
1 15-ounce can diced tomatoes
2 tablespoons tomato paste

1 10-ounce package of frozen corn or corn kernels from 3 ears of fresh corn
8-ounce package low-fat cheddar cheese
Hot sauce (optional)

Place beans in a colander and rinse with water. Add onion and oil to saucepan. Cook over low heat for about 5 minutes, stirring occasionally. Stir in chili powder and garlic powder. Cook 1 minute. Add beans, tomatoes, tomato paste and corn. Simmer uncovered on medium low heat for about 15 minutes. Grate cheese and sprinkle over individual servings and add hot sauce to taste. Makes 8 servings: (1 cup per serving). Calories per serving: 220 (27 % from fat). Fat: 6 grams. Fiber: 5 grams. Resource: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, www.eat3.org

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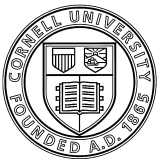
Recipe of the Month

Apple Filled Squash

2 acorn, buttercup or butternut squash
2 large apples, peeled, cored, chopped
2 ½ tablespoons brown sugar
2 ½ tablespoons melted butter

½ teaspoon cinnamon
¼ teaspoon nutmeg
Dash of cloves (or substitute 1 teaspoon pumpkin pie spice for cinnamon, nutmeg and cloves)

Preheat oven to 350° F. Wash fresh fruit and vegetables with cool water before cutting or peeling. Cut squash in half and remove seeds. Place squash in a baking dish cut side down in about 1 inch of water. Bake for 20 minutes. While the squash is cooking, mix apples with the other ingredients. Remove squash from oven, turn squash cut side up and fill with the apple mixture. Continue to bake the filled squash for 20 or 30 minutes or until tender. Makes 4 servings (each serving is ½ of a filled squash). Calories per serving: 240 (29% from fat.) Fat: 8 grams. Fiber: 6 grams. Resource: From Farm to Table, A Cooking Series, Co-production of WMHT and Cornell Cooperative Extension of the Capital Region. www.eat3.org



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