



Family Life

Vol. 8 No. 1

Produced by Cornell Cooperative Extension

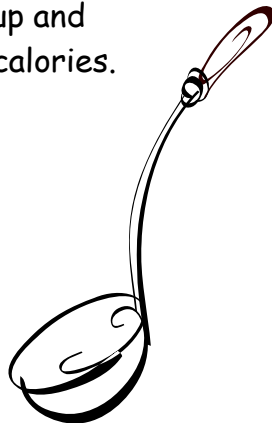
January 2007

CHOOSE SOUP!



Soup makes a great meal to chase away the winter chill. Here's why you should choose soup this month:

- ◇ Save time by using a crock pot - dinner is ready when you get home!
- ◇ Easy way to add servings of vegetables, whole grains like brown rice and barley and canned beans like kidney and navy beans to your family's meals.
- ◇ Great way to use up fresh vegetables that are past their prime.
- ◇ Use up leftover foods like cooked rice or chicken.
- ◇ Help control your appetite and lose holiday pounds by eating a bowl of broth based soup before your meal - soup fills you up and vegetable based soups are low in calories.
- ◇ No time to make homemade soup? Make a store bought low sodium canned soup more hearty and healthy by adding canned or frozen vegetables and canned beans.



Sausage and Black Bean Soup

Makes 4 servings

- 6 ounces turkey kielbasa sausage, sliced
- 1 cup diced green pepper
- 1 - 14 oz can chicken broth
- 1 - 15 oz can black beans, rinsed and drained
- 1/4 cup salsa or picante sauce

Directions:

Spray a medium pan with cooking spray. Place on medium-high heat until hot. Add sausage and sauté 1 minute or until sausage begins to brown. Add pepper, sauté 1 minute. Add broth; bring to a boil. Reduce heat to low; add beans and picante or salsa and simmer, covered, 5 minutes.

Nutrition Facts: Yield-4 serving; Serving size-1 cup; 172 calories, 23% calories from fat, 4.4 g total fat, 0 g trans fat, 23 mg cholesterol, 718 mg sodium, 20.5 g carbohydrate, 3.1 g dietary fiber, 12.2 g protein

Delicious Lentil Stew

Makes 8 servings

- 2 tablespoons margarine
- 1 cup chopped onion
- 6 cups water
- 1 pound dry lentils - washed, soaking not necessary
- 1 teaspoon Worcestershire sauce
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 6 large carrots cut into 1/2-inch pieces
- 4 large celery stalks
- 1 teaspoon salt
- 1 can (16 ounce) diced tomatoes

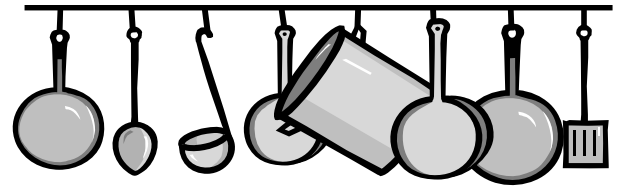


Directions:

1. Melt butter in a large skillet.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes. Heat thoroughly and serve.

**Nutrition Facts: Yield-8 serving; Serving size-1-1/2 cups; 270 calories, 30 calories from fat, 11% calories from fat, 4 g total fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 410 mg sodium, 44 g carbohydrate, 21 g dietary fiber, 18 g protein, 310% vitamin A, 30% vitamin C, 8% calcium, 35% iron

Adapted From: *Go With Beans, University of Wisconsin Extension*



Tomato Cheese Ravioli Soup

Makes 4 servings



- 1 - 14oz can stewed tomatoes
- 1 - 14½ oz can chicken or vegetable broth
- 1/2 teaspoon of dried Italian seasoning
- 3 cups (about 12 ounces) frozen cheese ravioli or cheese tortellini
- 1 small zucchini, sliced
- 1/4 teaspoon ground black pepper

Directions:

Combine stewed tomatoes, broth and Italian seasoning in a large pot. Bring to a boil. Cover, reduce heat and simmer 5 minutes. Add ravioli or tortellini, zucchini and pepper; bring to a boil. Cover, reduce heat and simmer 8 minutes or until pasta and zucchini are tender.

Nutrition Facts: Yield-4 serving; Serving size-1-1/4 cups; 317 calories, 18% calories from fat, 6.3 g total fat, 0 g trans fat, 39 mg cholesterol, 653 mg sodium, 47.9 g carbohydrate, 0.7 g dietary fiber, 14.6 g protein

Cooking Light 5 Ingredient 15 Minute Cookbook

Turkey Vegetable Soup

Makes 4 servings

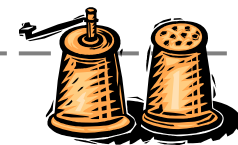
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| 1 pound ground turkey | 1 - 14oz can Mexican style stewed tomatoes, undrained | 1/4 teaspoon salt |
| 2 - 14oz cans beef broth, divided | 1 - 16oz package frozen vegetable soup mix | 1/4 teaspoon pepper |
| 1/4 cup flour | | |

Directions:

Spray a Dutch oven with cooking spray; place over medium-high heat until hot. Add turkey; cook, stirring constantly, until it crumbles. Drain fat. Combine 1 cup of broth with the flour, stirring well until blended. Add flour mixture, remaining broth, tomatoes, soup mix, salt and pepper to the pot. Bring to a boil; cover, reduce heat to medium and cook 20 minutes.

Nutrition Facts: Yield-4 serving; Serving size-2 cups; 295 calories, 13% calories from fat, 4.3 g total fat, 1.2 g saturated fat, 0 g trans fat, 74 mg cholesterol, 548 mg sodium, 29.6 g carbohydrate, 5 g dietary fiber, 30.7 g protein

Cooking Light 5 Ingredient 15 Minute Cookbook

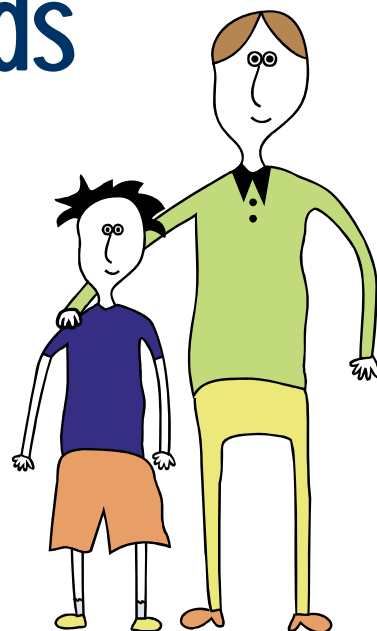


Communicating with Kids

Keep the Lines Open from www.kidnetic.com

The foundation for strong parent-children relationships is communication. If your children are comfortable talking with you, you may have a better chance of guiding them in a positive direction.

- ◇ **Encourage Conversation** - Be available to your child. Turn off the TV and computer and really listen to your child. Do your best to listen without interrupting.
- ◇ **Use Active Listening Skills** - Active Listening means showing your child you are focusing on what they are saying. Look directly at them when they are talking to you. Listen without trying to solve their problem.
- ◇ **Control Your Emotions** - Sometimes children tell you things that anger or alarm you. Try to take a few deep breaths and keep listening rather than responding, especially if you are angry. When you calm down, tell your child how you feel and why.
- ◇ **Respect Your Child's Viewpoint** - Kids often see things differently than their parents. Try to get a better understanding of your child's view by asking them why they feel the way they do. Try not to lecture about why they are wrong.
- ◇ **Spend Special Time Together** - Spending special time alone with each of your children helps to improve conversation. Be sure the "positives" outweigh the "negatives" during this time together.



January is Oatmeal Month



Oats are a whole grain food. The Dietary Guidelines recommend that we eat 3 servings of whole grain foods each day. Oats are always a whole grain. The only difference between old fashioned, quick and instant oatmeal is the way the oats are cut, steamed and rolled. These differences only affect cooking time and the texture of the oatmeal.

Eating one cup cooked old fashioned or quick oatmeal each day gives you two whole grain servings! Try these ideas to add one more whole grain servings each day: 1 slice of whole wheat or whole grain bread, 2 cups popped pop corn, 1/2 cup of cooked brown rice, barley or bulgur or 6 whole grain crackers.

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*Building Strong and Vibrant
New York Communities*

Corn Bread

Ingredients:

- 1 cup cornmeal
- 1 cup all-purpose flour
- 2 Tablespoons sugar
- 1 Tablespoon baking powder
- 1 each egg
- 1/4 cup vegetable oil
- 1 cup skim milk

Instructions:

1. Heat oven to 425°F. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir in combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Yield: 12 2-inch squares

*Nutrition Facts: Serving size-1 square;
Calories-140; Calories from fat-45; Total fat-5g; Trans Fat-0g; Cholesterol-20mg;
Sodium-140mg; Total Carbohydrate-20g;
Fiber-1g; Protein-3g*

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SUBTRACT SCREEN TIME

The biggest challenge for most Americans is getting enough physical activity. Spending hours in front of the TV, computer or video games crowds out time for being active. Experts recommend that children get a total of at least 60 minutes of physical activity each day. To make more time for family physical activity, try these tips for decreasing screen time in your home.

- ◇ Set a screen time budget for everyone. Allow kids one to two hours per day to spend on activities that involve a screen.
- ◇ Develop an after school plan. Watching TV is the #1 after school activity. Have your kids brainstorm a "Top 10" list of active things they can do. The list might include riding bikes, walking the dog, doing household chores or helping to make dinner. Post the list on the fridge.
- ◇ Add activity to commercials - while watching TV have your children do jumping jacks, jog in place or dance during commercials. Play Twister!
- ◇ Turn off the TV at meals times. Doing so will help you and your kids to talk about what is going on in each other's lives as well as to focus on the food you are eating.
- ◇ Join your kids in decreasing screen time. Cut back your own screen time and make family fitness a priority. You will be amazed at how much "time" you have!

