



Family Life

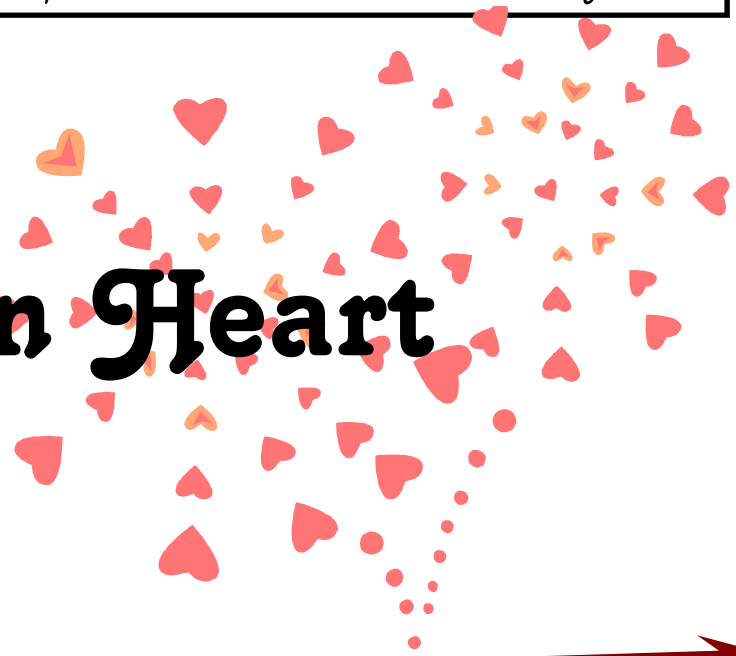
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February 2007

Go RED!

for American Heart Month



February 2, 2007 is National Wear Red Day.

A day to make a promise to yourself to take care of your heart by doing everything you can to reduce your risk factors for heart disease.

- ♥ Get regular check-ups.
- ♥ Know your blood pressure and cholesterol numbers.
- ♥ Take prescribed medication as directed.
- ♥ If you smoke, quit now.
- ♥ Be physically active for at least 30 minutes each day.
- ♥ Fill your meals with fruits and vegetables.
- ♥ Eat less meat and full fat dairy foods.



Go RED each day by trying these foods:

- ◇ Pasta with tomato sauce
- ◇ Coleslaw made with red cabbage
- ◇ Tomato soup
- ◇ Cherry or grape tomatoes on your salad
- ◇ Pink grapefruit for breakfast
- ◇ Red seedless grapes topped with low fat vanilla yogurt
- ◇ Sliced beets cooked with orange juice
- ◇ Radishes
- ◇ Red onions
- ◇ Cranberries
- ◇ Strawberries
- ◇ Watermelon
- ◇ Red Skinned Potatoes, smashed not mashed, for dinner
- ◇ Red apples as a snack

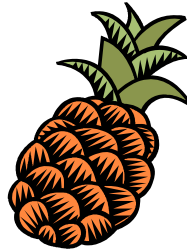
Heart Healthy Recipes



Fruit Salad

Makes 8 servings

- 1 cup chunk pineapple, drained
- 1 cup mandarin oranges, drained
- 1 cup seedless red grapes
- 1 cup chopped red apple
- ½ cup low fat vanilla yogurt
- ½ cup shredded sweetened coconut



Directions:

Mix pineapple, oranges, grapes and apples together in a bowl. Fold in the yogurt and coconut. Refrigerate until ready to serve.

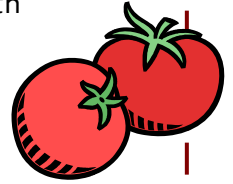
**Nutrition Facts: Yield-8 servings; Serving size-1/2 cup; 50 calories, 10 calories from fat, 19% calories from fat, 1.5 g total fat, 1 g saturated fat, 0g trans fat, 5 mg cholesterol, 220 mg sodium, 10 g carbohydrate, 3 g dietary fiber, 2 g protein, 15% vitamin A, 25% vitamin C, 4% calcium, 4% iron

Niagara County 4H Millennium Cookbook

Fresh Tomato Soup

Makes 3 servings

- 1 teaspoon margarine
- 4 green onions, chopped
- 1 - 14.5 oz can diced tomatoes
- 1 cup fat free chicken broth
- 2 teaspoons lemon juice
- 1 teaspoon sugar
- Salt and pepper to taste



Directions:

Sauté green onions in margarine in large saucepan. Add diced tomatoes; cover and cook gently for 5 minutes. Add chicken broth, lemon juice, sugar, salt and pepper. Cover and simmer for 10 to 15 minutes. This recipe may be doubled or tripled.

**Nutrition Facts: Yield-3 servings; Serving size-1 cup; 80 calories, 15 calories from fat, 20% calories from fat, 2 g total fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 25 mg sodium, 17 g carbohydrate, 1 g dietary fiber, 1 g protein, 4% vitamin A, 20% vitamin C, 4% calcium, 2% iron

Niagara County 4H Millennium Cookbook

Italian Baked Ziti

Makes 8 servings

- | | |
|--|--------------------------------------|
| 3 cups dry ziti or other tube shaped pasta | 2 tablespoons grated Parmesan cheese |
| ½ pound lean ground beef or ground turkey | 1 egg |
| 3 cups spaghetti sauce | 1 teaspoon dried parsley |
| 2 cups low fat cottage cheese | ½ teaspoon garlic powder |

Directions:

Preheat oven to 350°F. Cook ziti without salt or oil, according to package directions. Drain and set aside. Sauté meat in large skillet sprayed with cooking spray until meat is cooked. Drain fat. Add spaghetti sauce and stir to combine.

In a bowl, combine cottage cheese, Parmesan cheese, egg, parsley and garlic powder and mix thoroughly. Add ziti and mix well. Spread 1 cup of spaghetti sauce mixture in the bottom of a 9" x 13" pan sprayed with cooking spray. Spoon ziti and cheese mixture into pan on top of spaghetti sauce mixture. Pour remaining sauce over ziti and cheese. Cover with aluminum foil and bake 30 minutes.

**Nutrition Facts: Yield-8 servings; Serving size-1 cup; 300 calories, 60 calories from fat, 27% calories from fat, 7 g total fat, 2 g saturated fat, 0 g trans fat, 50 mg cholesterol, 630 mg sodium, 43 g carbohydrate, 2 g dietary fiber, 20 g protein, 10% vitamin A, 4% vitamin C, 15% calcium, 15% iron

Quick and Healthy Volume 11 by Brenda J. Ponichtera

**Nutrition Facts calculated by the Food Processor(R) Nutrition Analysis Software from ESHA Research, Salem, Oregon

Creamy Smashed Red-Skinned Potatoes

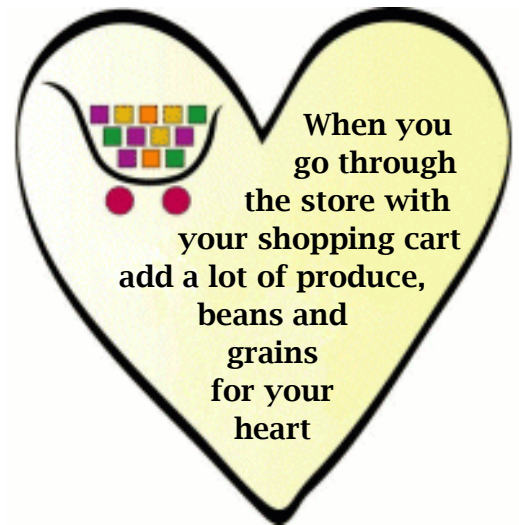
Makes 4 servings

| | |
|------------------------------|--------------------------------|
| 1 pound red skinned potatoes | 1 teaspoon dried dillweed |
| ¼ cup light sour cream | ¼ teaspoon salt |
| ¼ cup fat free milk | ¼ teaspoon ground black pepper |
| 1 tablespoon dried parsley | |

Directions:

Scrub the potatoes and cut in quarters. Place in a medium saucepan and cover with water. Bring to a boil. Reduce heat and simmer until potatoes are tender, about 15 minutes. Drain. Coarsely mash potatoes. Add sour cream, milk, parsley, dillweed, salt and pepper.

****Nutrition Facts:** Yield-4 servings; Serving size-1/2 cup; 110 calories, 15 calories from fat, 14% calories from fat, 1.5 g total fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 170 mg sodium, 20 g carbohydrate, 2 g dietary fiber, 4 g protein, 4% vitamin A, 40% vitamin C, 8% calcium, 6% iron



Quick and Healthy Volume 11 by Brenda J. Ponichtera



Healthy Nuts

From www.nutnutrition.com

Choose nuts – they have healthy fats, fiber, vitamins and minerals and are easy to pack and eat on the run! Nuts tend to be high in calories, so plan to stick to a one-ounce serving. A one ounce serving of nuts equals two ounces from the MyPyramid meat and bean group and has about 170 calories.

Here are some sensible ways to add nuts to your daily meals:

- ◇ Measure out one-ounce portions of your favorite nuts or seeds and pack them in snack size bags. This helps to control your portion.
- ◇ Add a handful of nuts to your salad.
- ◇ Add nuts to your yogurt for some added crunch.
- ◇ Toss nuts into your fruit salad.
- ◇ Choose one ounce of your favorite nuts for your afternoon snack.
- ◇ Add one ounce of nuts to your steamed vegetables – sliced almonds and green beans are nice!

Nuts contain vitamins and minerals:

Almonds contain Vitamin E
Peanuts provide folate
Cashews provide copper
Hazelnuts provide manganese

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*Building Strong and Vibrant
New York Communities*

Healthy Bodies Questionnaire

Are these statements
true or false?

1. Feeling good about yourself is part of a healthy lifestyle.
2. Healthy bodies come in many shapes and sizes.
3. Getting regular physical activity and eating a variety of foods are important for maintaining a healthy body.
4. Small lifestyle changes can make a difference in a person's health.
5. If a weight control product sounds too good to be true, it probably is.
6. If you want to learn more about healthy living for free, you can call one of our nutrition educators today at 585-786-2251!

All these statements are true!

Where trade names are used, no discrimination is intended and no endorsement implied by Cornell Cooperative Extension.

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BEAT CABIN FEVER!

Try these ideas to cure
cabin fever this month:

Read a great book -

Try Unlovable by Dan Yaccarino, a book about Alfred, the Pug. Then ask your kids these questions:

What do you think makes Alfred unhappy at the beginning of the story? Why is Alfred happy at the end of the story? What do you think makes Alfred lovable? What are some things that make YOU lovable? (From www.school.familyeducation.com)

Watch home videos - Kids love nothing more than seeing themselves when they were "little". Watching family videos brings lots of laughter and generates conversation about reliving happy memories.

Grab a board game - for the younger kids, try Chutes and Ladders or Twister. Older kids will love Clue and Life. Spend some quality time playing a game as a family. See what conversation arises.

Make homemade Valentine's Day cards - stock up on lacy doilies, stickers, construction paper and glitter glue from the dollar store. You can help your children cut out hearts or let them design their own cards. Best of all, you know that besides creativity, the cards are full of love from your child!

