

# Eat Smart New York!



*Produced By Cornell Cooperative Extension*

## Head Back To The Farmers' Market!



June is the time most farmers' markets reopen for the season. Farmers' markets offer farm fresh produce and sometimes other items like eggs, milk, cheese and locally raised meat. By heading to the farmers'

market during the summer, you help to support your local economy by buying produce grown by your neighbors. You also help to decrease the amount of fuel used to transport food. Most food at the farmers' market travels less than 25 miles, compared with produce from the supermarket that usually travels 1500 miles. Because you are buying produce with no packaging, the cost for the food and the cost to the environment is less.

Many farmers at the markets accept Farmers' Market Nutrition Program coupons. If you are a WIC family, WIC will distribute coupons to you the next time you pick up your WIC checks. If you are a senior who receives HEAP, you can contact your local Senior Center and Office of the Aging to learn how to get your coupons. Farmers' Market Nutrition Program coupons total about \$20 per family. The coupons are \$2 each. If what you are buying costs \$3, ask the farmer to add a bit more of the produce so it will cost \$4. Farmers cannot give change for foods bought with coupons.

You will find the farmers friendly, helpful and knowledgeable about the produce they bring to the market. So, take advantage of our wonderful locally grown produce and visit your local farmers' market today.



Every June, the dairy industry celebrates National Dairy Month. Dairy is an important agricultural product in New York State. Local milk is made into local cheese, butter and yogurt. You can find these products in the supermarkets where you shop. Dairy foods are important in our diet because they provide us with many nutrients. Dairy foods have protein to build muscle and carbohydrates to give us energy. They also have fat to help some vitamins work well, potassium to keep your blood pressure normal, vitamin D to help

potassium and calcium work and calcium to build strong bones and teeth. An 8 ounce or 1 cup serving of fat free milk has just 90 calories, 8 grams of protein, 12 grams of carbohydrate and 300 milligrams of calcium (or about 1/3 of what adults need each day). MyPyramid recommends 3 servings of low fat dairy foods each day. One serving equals 1 cup of milk or yogurt, 1 1/2 ounces of hard cheese (a cheese stick is 1 ounce), 2 ounces of processed cheese, like American cheese or 1 cup of pudding made with milk. By having a dairy food serving at each meal, it is easy to fit in your 3 servings each day.

## Magical Fruit Salad

Makes 12 servings

- 1 can (20-ounce) pineapple chunks
- 1/2 pound fresh strawberries, hulled and sliced
- 2 bananas
- 1-3/4 cups fat-free or low-fat milk
- 1 package (3-1/2 ounce) instant pudding mix, lemon or vanilla



### Directions:

1. Drain juice from pineapple chunks. Put chunks in a large bowl.
2. Rinse and drain the strawberries. Remove green tops and slice berries. Add to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

\*\*Nutrition Facts: Serving Size-1/12 of recipe (130g); 100 Calories; 0 Calories from Fat; 0% Calories from Fat; 0g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 140mg Sodium; 24g Carbohydrates; 1g Dietary Fiber; 21g Sugars; 2g Protein; 2% Vitamin A; 15% Vitamin C; 4% Calcium; 2% Iron

Source: [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov), Revised from: *Pectoral Recipes*, Lynn Myers Steele, 2000, Oregon State University Extension Service

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

## Bean Dip

Makes 6 servings

- 2 cups canned kidney beans (1-15 ounce can)
- 1 Tablespoon vinegar
- 3/4 teaspoon chili powder
- 1/8 teaspoon ground cumin
- 2 teaspoons finely chopped onion
- 3/4 cup grated reduced-fat cheddar cheese



### Directions:

1. Drain the kidney beans, but save the liquid in a small bowl.
2. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
3. Stir in the chopped onion and grated cheese.
4. Store in a tightly covered container and place in the fridge.
5. Serve with raw vegetable sticks or crackers.

**Notes:** If you don't have a blender, you can mix the first 4 ingredients in a medium bowl and mash with a fork. Then stir in the onion and cheese.

\*\*Nutrition Facts: Serving Size-1/2 cup; 110 Calories; 30 Calories from Fat; 27% Calories from Fat; 3.5g Total Fat; 2g Saturated Fat; 0g Trans Fat; 10mg Cholesterol; 340mg Sodium; 14g Carbohydrates; 5g Dietary Fiber; 2g Sugars; 8g Protein; 4% Vitamin A; 2% Vitamin C; 20% Calcium; 6% Iron

Source: [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov), Adapted from: *Pennsylvania Nutrition Education Network, Website Recipes*

# Tortilla Pizzas

Makes 6 servings

12 small flour or corn tortillas  
1/4 cup chopped onion  
6 Tablespoons red taco sauce  
3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and green bell pepper

1 can (16-ounce) refried beans  
2 ounces diced fresh or canned green chili peppers  
1/2 cup cheese, shredded part-skim mozzarella  
1/2 cup chopped, fresh cilantro



## Directions:

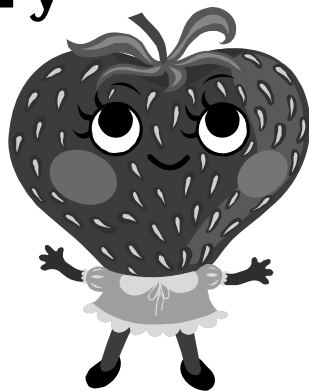
1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Evenly brown both sides of the tortilla pizza crust in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. In a medium saucepan, stir together refried beans, onion, and half of the chili peppers and heat until warm, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. One at a time, return each tortilla pizza to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

\*\*Nutrition Facts: Serving Size-1/6 of recipe (1 prepared pizza); 370 Calories; 80 Calories from Fat; 21% Calories from Fat; 9g Total Fat; 3g Saturated Fat; 0g Trans Fat; 5mg Cholesterol; 950mg Sodium; 63g Carbohydrates; 9g Dietary Fiber; 6g Sugars; 15g Protein; 180% Vitamin A; 25% Vitamin C; 20% Calcium; 25% Iron

Source: [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov), Adapted from: *Healthy Latino Recipes Made with Love, California Latino 5-A-Day Campaign, California Department of Health Services*

# June is Strawberry Season!

Farm fresh strawberries are available this month. Look for them in supermarkets, at roadside stands and at farmers' markets.



Strawberries are an excellent source of folate which is good for your heart, for helping to prevent certain cancers and for preventing birth defects. Strawberries make a great on the go snack and can be added to cereal or salads. Strawberries freeze well too.

# Strawberry Jam with Pectin

Makes 2 or 3 half pint jars

1 quart sliced, cleaned strawberries (green top removed)  
3 to 4 teaspoons artificial sweetener  
1 package powdered fruit pectin  
1 Tablespoon lemon juice

## Directions:

1. Crush strawberries with a potato masher or large spoon in a medium-sized saucepan.
2. Stir in artificial sweetener, powdered fruit pectin and lemon juice.
3. Bring to a boil and boil 1 minute. Remove from heat.
4. Continue to stir for 2 minutes.
5. Pour into plastic freezer containers, cover and freeze.

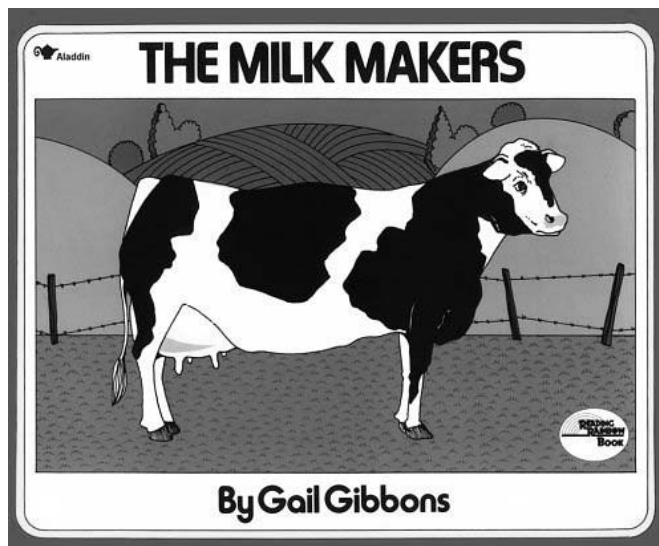
*Thaw to eat, and then keep refrigerated.*

\*\*Nutrition Facts: Serving Size-2 Tablespoons; 10 Calories; 0 Calories from Fat; 0% Calories from Fat; 0g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 0mg Sodium; 2g Carbohydrates; less than 1 g Dietary Fiber; 2g Sugars; 0g Protein; 0% Vitamin A; 30% Vitamin C; 0% Calcium; 0% Iron

Recipe Modified from: *So Easy To Preserve, Fifth Edition, The University of Georgia Cooperative Extension*

# KORNER SIDES

## Learn More About Dairy Foods



To learn more about dairy foods this month, with your children read The Milk Makers by Gail Gibbons.



## Then Make Your Own Strawberry Yogurt!

Buy vanilla yogurt and fresh strawberries. Wash the berries and remove the green tops. Thinly slice the berries and mix into the yogurt. Add a spoonful of cereal for a little crunch.

*This makes a quick and healthy snack for at home or on the run.*

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