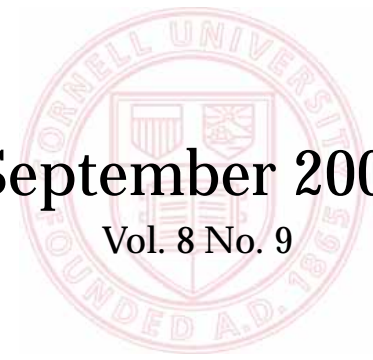


Eat Smart New York!



September 2007

Vol. 8 No. 9



Produced By Cornell Cooperative Extension

Celebrate National “Eat Dinner Together” Week September 16-22nd

This is the 11th year of National Eat Dinner Together Week, started in 1996 to remind busy families to connect with each other while eating dinner together.



Try these conversation starters at a family meal during this week:

- ◇ What is your ideal vacation?
- ◇ What is your favorite book of all time and why?
- ◇ What cartoon character would you most like to be and why?
- ◇ If you could own a store, what would you sell?
- ◇ What other country would you choose to live in and why?
- ◇ If you could teach any subject in school, what would it be?
- ◇ Name something new you would like to learn.

For more ideas, check out www.togetherfordinner.com.

Try These Family-Friendly Recipes This Month



Look for fresh vegetables and fruits at your local farmers' market.

Apple Slice Pancakes



1 Granny Smith apple 1-¹/₄ cup any pancake mix
¹/₂ teaspoon cinnamon 1 egg
2 teaspoons canola oil 1 cup low-fat milk

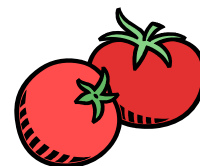
1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine pancake batter, cinnamon, egg, oil and milk. Stir until ingredients are evenly moist. (Small lumps are okay! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about 1/4 cup batter (using a 1/4 cup measuring cup makes this easy!) over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Nutrition Facts: **Makes 6 servings. Serving size: 2 pancakes; Calories: 160; Calories from Fat: 35 (22%); Total Fat: 4g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 45mg; Sodium: 360mg; Total Carbohydrate: 24g; Dietary Fiber: 1g; Sugars: 4g; Protein: 5g; Vitamin A: 2%, Vitamin C: 2%; Calcium: 10%, Iron: 6%

Adapted from: Kids a Cookin', Kansas Family Nutrition Program (recipefinder.nal.usda.gov)

Tomato and Feta Chicken

4 boneless, skinless chicken breasts
2 Tablespoons low-fat zesty Italian salad dressing
1 teaspoon dried Italian seasoning
Black pepper to taste
2 tomatoes, seeded and chopped
¹/₄ cup crumbled feta cheese
1 green onion, chopped



1. Heat oven to broil setting.
2. Place chicken breasts on broiler rack or baking pan and brush with dressing and sprinkle with Italian seasoning and pepper.
3. Broil, 4" from heat source, for 8-10 minutes, turning once, until chicken is thoroughly cooked, 165° using a food thermometer.
4. Remove chicken from oven and arrange tomato, cheese, and green onion on each chicken breast.
5. Return to oven and broil for 2-3 minutes until cheese is lightly browned.

Nutrition Facts: **Makes 4 servings. Serving size: 1 chicken breast; Calories: 180; Calories from Fat: 35 (19%); Total Fat: 4g; Saturated Fat: 2g; Trans Fat: 0g; Cholesterol: 75mg; Sodium: 240mg; Total Carbohydrate: 4g; Dietary Fiber: 1g; Sugars: 2g; Protein: 29g; Vitamin A: 15%, Vitamin C: 20%; Calcium: 6%, Iron: 6%

From <http://busycooks.about.com>

Fruit Dip



8 ounces low-fat vanilla yogurt 2 Tablespoons 100% orange juice frozen concentrate, thawed
1 Tablespoon lime juice 2 teaspoons brown sugar
2 apples—cored and sliced 1 pear—cored and sliced
1 peach—pitted and sliced Or any combination of fresh fruit you enjoy

In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar. Mix well. Place bowl containing dip on a large plate and surround with sliced fruit.

Nutrition Facts: **4 servings (serving-214 g), Calories: 140, Calories from Fat: 10 (7%); Total Fat: 1g, Saturated Fat: 0g, Trans Fat: 0g; Cholesterol: 5mg, Sodium: 400mg, Carbohydrates: 32g, Dietary Fiber: 3g, Sugars: 24g; Protein: 3g, Vitamin A: 4%, Vitamin C: 25%, Calcium: 10%, Iron: 2%

Adapted from: Discover the Secret to Healthy Living, California 5-A-Day—For Better Health! Campaign, California Department of Health Services - (recipefinder.nal.usda.gov)

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

Be Food Safe™ This Month

www.befoodsafe.gov



Did you know:

- ◇ This year about 5,000 people will die from foodborne illness?
- ◇ More than 325,000 people are admitted to the hospital each year for foodborne illness?
- ◇ About 76 million cases of foodborne illness happen in the US each year?

Keep you and your family safe by following these simple suggestions:

- ◇ **Clean** - Wash your hands, cooking utensils and cutting boards before and after you use them for raw meat, poultry, seafood and eggs.
- ◇ **Separate** - Keep raw meat and poultry away from foods that won't be cooked, like fresh vegetables for salads and fruit.
- ◇ **Cook** - Use a food thermometer when cooking meat. You can't tell if food is cooked safely just by looking at it. Cook ground meat and pork to 160°, chicken to 165° and steaks to 145° for medium rare.
- ◇ **Chill** - Chill leftovers, take out food and doggie bags from restaurants within 2 hours of the food being served and keep your refrigerator at 40°F or less.

September is Back to School Time

Try these kid-friendly ideas for brown bag lunches!

- ◇ Pack yogurt dip and fresh fruit.
- ◇ Use cookie cutters to cut sandwiches into fancy shapes.
- ◇ Stick a special note in your child's lunch bag.
- ◇ Tired of sandwiches? Try whole grain crackers and low-fat cheese or wrap sandwich fillings in a whole wheat tortilla.
- ◇ Fit in a serving of vegetables by packing vegetable soup in a thermos.
- ◇ Try a snack size baggie of low-fat microwave popcorn as a substitute for chips or pretzels.
- ◇ Remember to include a reusable ice pack to keep food safe!



What's In Season This Month?

Green and Yellow

Beans

Beets

Brussels sprouts

Broccoli

Cabbage

Carrots

Cauliflower

Corn

Eggplant

Lettuce

Onions

Peppers

Potatoes

Pumpkins

Summer and Winter

Squash

Tomatoes

Turnips

Apples

Blueberries

Cantaloupes

Grapes

Peaches

Pears

Plums

Raspberries

Watermelon

This month look for
the above fruits and
vegetables at your
local farmers'
markets!

KORNER I D S

It's Fall

(Celebrate the Seasons)

By Linda Glaser

Distributed by:

Eat Smart New York

Cornell Cooperative Extension
Wyoming County

401 North Main Street
Warsaw, NY 14569

(585) 786-2251

counties.cce.cornell.edu/wyoming

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BUDGETING

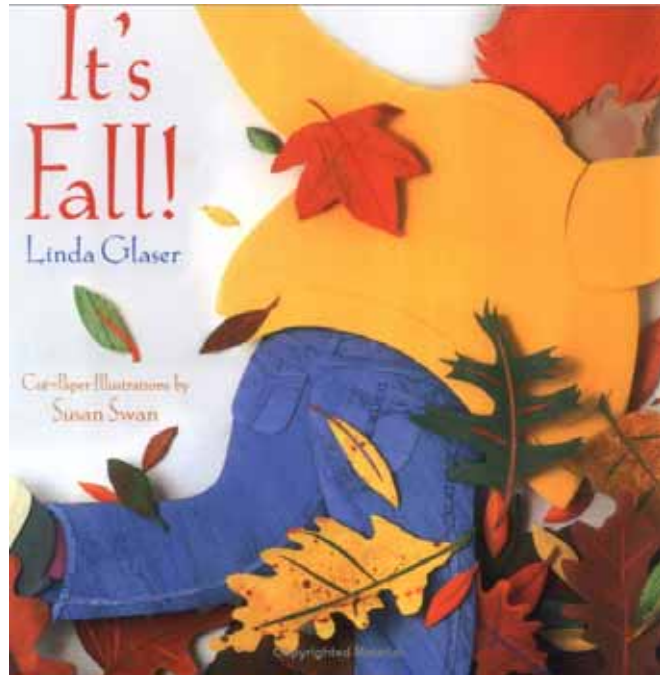
KEEPING IN SHAPE

SAVING MONEY ON FOOD

COOKING

EATING HEALTHY

MAKING TASTY MEALS



With your child this month, read *It's Fall (Celebrate the Seasons)* by Linda Glaser. In the story, a young boy describes what happens to the world around him in autumn. Learn about the changes people, animals and the planet go through to get ready for winter.

At the end of the book is an excellent list of nature activities you and your child can do together to welcome fall. Some other activities to try include making leaf rubbings from leaves you collect on a walk together and learning to identify different leaf shapes.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

