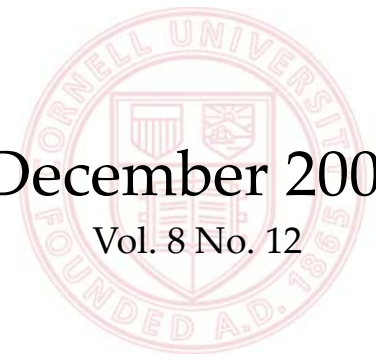


Eat Smart New York!



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Take The **STRESS** Out Of Meals This Month

USE YOUR CROCK POT

Benefits of using your Crock Pot or Slow Cooker

- ◇ Offers all day cooking. Most meat and vegetable combinations can cook for 8 to 10 hours without attention.
- ◇ Food will not overcook or burn.
- ◇ One-step preparation is easy. Just add all the ingredients to the crock pot and cook. Add milk or sour cream in the last hour of cooking.
- ◇ The crock pot is inexpensive to operate. It is less expensive to use low wattage over a long period of time than high wattage for a short period of time.
- ◇ Buy less expensive cuts of meats and they will be moist, tender, and have less shrinkage when cooked.



**Just Fix It And Forget It
Until Mealtime!**

Slow cooker tips

- ◇ The initial temperature of the crock pot should be as high as possible. You can do this by browning the meat in the crock pot before cooking.
- ◇ Keep the lid on! Every time you raise the lid, you will need to add 20 minutes to the cooking time due to the heat lost.
- ◇ To speed up the cooking time for most recipes, including soups and stews, follow the rule that 1 hour on high is equal to 2 hours on low.
- ◇ Steam collects on the slow cooker's lid and the contents can get watered down. Use thickeners like flour or cornstarch thicken dishes if needed.
- ◇ Use a crock pot on a buffet table to keep soup or stew warm.

Stay food safe when using a crock pot

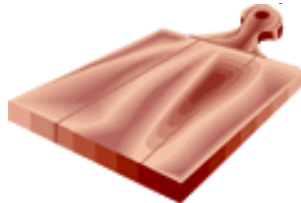
- ◇ Keep raw ingredients refrigerated until they are put in the cooker.
- ◇ Completely thaw meat and poultry before cooking.
- ◇ Fill the crock pot only half to three-quarters full.
- ◇ Do not leave cooked food to cool down in the crock pot.
- ◇ Reheat leftovers only on the stove or in the microwave - not in the crock pot.



*Tips from
University of
Wisconsin
Cooperative
Extension*

RED BEAN CROCK POT SOUP

- 3 celery ribs, chopped
- 2 medium onions, peeled and chopped
- 2 cans (14.5 oz. each) diced tomatoes
- 4 cans (16 oz. each) red kidney beans, rinsed and drained
- 4 cups reduced-sodium chicken broth
- 2 bay leaves
- 1/2 to 1 teaspoon salt
- 1/2 to 1 teaspoon Cajun seasoning
- 1/2 teaspoon pepper
- 1/2 teaspoon hot pepper sauce



Instructions:

1. In a 5-quart crock pot, combine the celery, onions, tomatoes, and beans.
2. Stir in the broth, bay leaves, salt, Cajun seasoning, pepper and hot sauce.
3. Cover and cook on low for 6 hours or until the vegetables are tender.
4. Discard bay leaves before serving.

Nutritional Analysis: (12 servings) Serving size: 1 cup, 156 calories, 1 g fat (trace saturated fat), 6% calories from fat, 1 mg cholesterol, 688 mg sodium, 28 g carbohydrate, 7 g fiber, 10 g protein.

Source: <http://www.easy-crock-pot-recipes.com>

CROCK POT PEPPER STEAK

- 1 pound lean round steak, cut into pieces
- 2 1/2 cups green bell pepper, coarsely chopped
- 1/2 cup onion, chopped
- 3 cups raw potatoes, diced
- 1 (12 ounce) jar fat-free beef gravy
- 1/4 teaspoon garlic powder

Instructions:

1. Spray crock pot with butter-flavored cooking spray.
2. Add steak pieces, green pepper, onion and potatoes and stir to combine.
3. Stir in gravy and garlic. Cover and cook on LOW for 6-8 hours.
4. Mix well before serving.

Nutritional Analysis: (4 servings) Serving size: 1/4 of recipe, 196 Calories, 4 gm Fat, 18% calories from fat, 23 gm Prot, 17 gm Carb, 361 mg Sodium, 15 mg Calcium, 2 gm Fiber

Source: <http://www.easy-crock-pot-recipes.com>

DEBBIE'S CROCK POT CHICKEN AND STUFFING

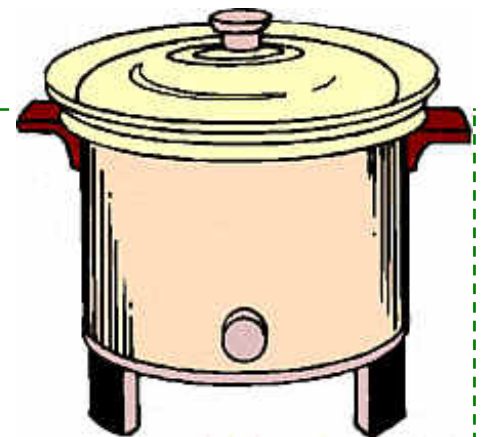
- 1 package herb-seasoned stuffing mix, prepared as directed on package
- 4 boneless chicken breast halves or boneless thighs, without skin
- 1 can cream of chicken soup
- 1 can (3 or 4 ounces or more) sliced mushrooms, drained

Instructions:

1. Prepare packaged stuffing mix with butter and liquid as directed on package.
2. Layer stuffing in the bottom of slow cooker sprayed with non-fat cooking spray.
3. Place the chicken pieces on top. Chicken can overlap some, but try to arrange with as little overlap as possible.
4. On top of the chicken, pour 1 can of cream of chicken soup (or any cream soup you have on hand). DO NOT add the liquid the soup can label says to use.
5. Add the mushrooms. Be sure to stir the mushrooms around a little so they are coated with the soup.
6. Cover and cook on low for 6 to 8 hours.

**Nutritional Analysis: (4 servings) Serving Size: 1/4 of recipe, Calories: 270; Calories from Fat: 90 (33%); Total Fat: 10g; Saturated Fat: 2g; Trans Fat: 0g; Cholesterol: 75mg; Sodium: 910mg; Total Carbohydrate: 15g; Dietary Fiber: 1g; Sugars: 2g; Protein: 31g; Vitamin A: 6%, Vitamin C: 2%; Calcium: 4%, Iron: 15%

Source: <http://www.southernfood.about.com>



CROCK POT PORK CHOPS WITH MUSHROOM SAUCE

8 small, thick pork chops
2 teaspoons salt
1/2 teaspoon pepper

1/4 teaspoon sage
1 can cream of mushroom soup
1 Tablespoon dried onion flakes

Instructions:

1. Trim extra fat from chops.
2. Spray fry pan with non-stick cooking spray.
3. Over high heat, brown each chop lightly on both sides.
4. Salt and pepper each chop and place in the crock pot.
5. Sprinkle the sage over the chops.
6. Stir the onion flakes into the soup then add to cover the pork chops.
7. Cover and cook on low for 8 to 10 hours.

**Nutritional Analysis: (8 servings) Serving Size: 1 pork chop, Calories: 180; Calories from Fat: 70 (38%); Total Fat: 8g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 60mg; Sodium: 870mg; Total Carbohydrate: 3g; Dietary Fiber: 0g; Sugars: 1g; Protein: 23g; Vitamin A: 0%, Vitamin C: 2%; Calcium: 2%, Iron: 6%

Source: University of Wisconsin Cooperative Extension



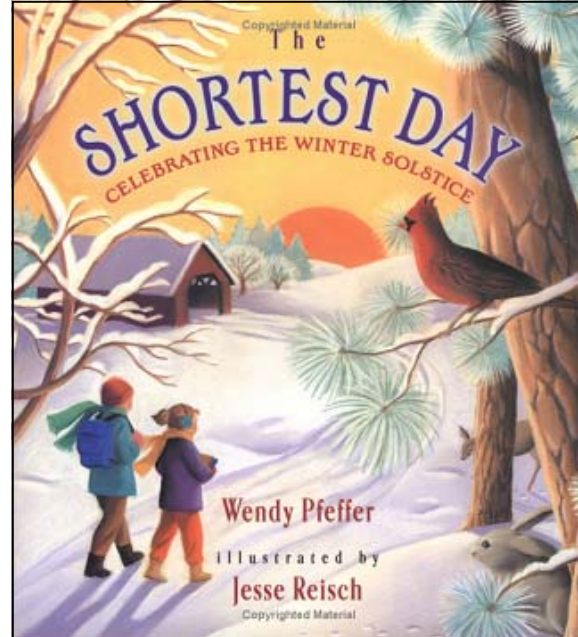
Stay **PHYSICALLY ACTIVE** This Holiday Season

The holidays bring stress, extra activities and lots of opportunities to over eat our favorite holiday foods. Here are some tips to stay physically active this holiday. Being physically active helps relieve stress and use up calories you might eat in your favorite holiday foods.

- ◇ **Plan time to be active.** Schedule family physical activity time just like you schedule a party or doctor's appointment. It is much easier to stay physically active if it is a scheduled part of your day.
- ◇ Shopping, cleaning, shoveling snow, building a snowman, making snow angels and walking in your neighborhood to view everyone's holiday displays are great ways to add physical activity to your day.
- ◇ Snack time? **Add 5 minutes of physical activity to your break.** Walk the parking lot at work or walk up and down the block. Short physical activity breaks all count toward your 30 minute a day goal.
- ◇ Reduce screen time for you and your children. Play active games like Twister or Hide and Seek. Turn your hall into an indoor bowling alley.
- ◇ Challenge friends, your family and co-workers to make and keep a physical activity schedule this holiday season. Consider doing something active as a group, like sledding at a local park.
- ◇ Is physical activity already a part of your family's life? Worried you don't have time to be as active as when it is not the holiday season? Shorten the amount of time you usually schedule physical activity and add other active activities like parking far from the door of the store or walking each aisle at the supermarket or discount store.



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Read to Me!

Take a few minutes out of your hectic holiday month and spend some time reading *The Shortest Day* by Wendy Pfeffer to your children. The book tells the story of the winter solstice (December 22nd this year), the shortest day of the year. At the end of the book talk with your children about how they feel about the days getting shorter and the weather turning colder. Try one of the activities included at the end of the book and take a trip to the library over Christmas break and borrow some of the other recommended books.



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MAKING TASTY MEALS

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