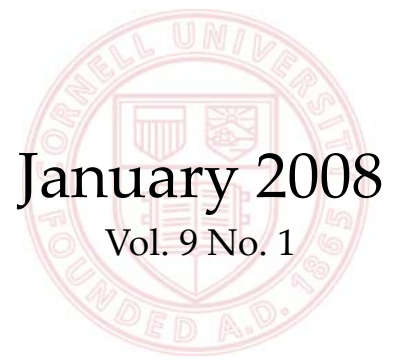


# Eat Smart New York!



Produced By Cornell Cooperative Extension



## A New Year

## A New You

## A Healthier Family



**It's the New Year and a great time for new beginnings.** This year make it your New Year's resolution to raise a healthier family. As a parent, you know that sometimes it is hard to get your family to make healthy food choices and to be more physically active. It's a good thing to be concerned because children who make unhealthy food choices and are not physically active are more likely to gain weight. Once they gain weight, they are at a higher risk of developing diabetes, heart disease and high blood pressure.

As a parent, you can help your child to grow into a healthy adult. Children are inspired by you and follow in the footsteps of their parents. You are your children's role model and chances are, they will copy things you do, including eating healthy foods and being physically active.

**Take this Healthy Habits Quiz from [Kidnetic.com](http://Kidnetic.com) to rate your skills as a role model.**

- Y / N Do you eat a balanced diet that includes whole grains, vegetables, fruits, low-fat dairy products and lean meats most days of the week?
- Y / N Do you eat breakfast every morning?
- Y / N Do you usually choose healthy snacks like fruits, vegetables, yogurt or whole grain crackers?
- Y / N Do you watch portion sizes for treats like chips, candy and sugary drinks, like pop?
- Y / N Are you physically active for at least 30 minutes most days of the week?
- Y / N Do you eat meals with your family on most days of the week?
- Y / N Do you limit "screen time", like watching TV and using the computer or video games, to one or two hours a day?
- Y / N Do you make time each day for yourself? When you make healthy choices that fit your lifestyle, you can do the things you want to do - and show your kids they can to.

**How did you do?** Congratulate yourself for every "yes" answer - you're doing a terrific job as a role model in these areas. Look at each "no" answer and consider how you can make a change in your own behavior so you are an even better role model for your kids.

# Benefits of Beans

Make beans part of your meals this month. Beans like kidney, black and pinto beans are technically called legumes. They are inexpensive, easy to use, taste great, are high in fiber and low in fat, and can be added to almost any dish to increase its nutritional value.

## Chili Casserole

- 2 (15-ounce) cans chili with beans
- 1 (8-ounce) can tomato sauce
- 7 cups cooked (2 cups dry, long cooking) white rice
- 2 cups reduced-fat shredded Cheddar cheese

Cook 2 cups of dry rice following instructions on the rice box. (This should yield 7 cups of cooked rice.) Combine chili, tomato sauce, cooked rice, and cheese. Place this mixture in a large (4-quart) casserole sprayed with non-stick cooking spray. Bake uncovered at 375°F for 25 minutes.

Nutritional Analysis: (10 servings) Serving size: 1 cup, 270 calories, 30 calories from fat, 11% calories from fat, 3.5 g fat, 1.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 660 mg sodium, 44 g carbohydrate, 4 g fiber, 3 g sugars, 14 g protein, 10% Vitamin A, 2% Vitamin C, 15% Calcium, 15% Iron

Source: <http://www.michiganbean.org>

## Beans and Greens Recipe

- 3-4 cloves garlic, chopped small
- 2 Tablespoons olive oil
- 1 large onion, chopped
- 2 cups chicken broth (or 1–14.5 ounce can)
- 2 (15-ounce) cans Great Northern beans
- 1 head romaine lettuce
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon black pepper
- Grated parmesan cheese

1. Wash lettuce well and chop leaves in quarters.
2. Sauté onion and garlic in oil in medium size pot until slightly brown, slowly add chicken broth, stirring well.
3. Add one can of beans with juice and one can without, lettuce and salt and pepper.
4. Cover and simmer 20 minutes on med-low heat.
5. Serve in bowls and top with cheese.

Nutritional Analysis: (10 servings) Serving size: 1 cup, 380 calories, 80 calories from fat, 21% calories from fat, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 820 mg sodium, 57 g carbohydrate, 13 g fiber, 4 g sugars, 20 g protein, 60% Vitamin A, 50% Vitamin C, 20% Calcium, 25% Iron

Source: <http://www.recipezaar.com>

## Black Bean Tortilla Casserole

- 2 large onions, chopped
- $1\frac{1}{2}$  cups chopped green pepper
- 1 (14.5 ounce) can diced tomatoes, drained
- $\frac{3}{4}$  cup picante sauce
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 2 (15-ounce) cans black beans, rinsed and drained
- 8 (6-inch) corn tortillas
- 2 cups (8 ounces) shredded reduced-fat cheddar cheese

### TOPPINGS:

- $1\frac{1}{2}$  cups shredded lettuce
- 1 cup chopped fresh tomatoes
- $\frac{1}{2}$  cup thinly sliced green onions
- $\frac{1}{2}$  cup sliced ripe black olives (about 20 olives)

### Instructions:

In a large saucepan, combine the onions, peppers, tomatoes, picante sauce, garlic and cumin. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in the beans. Spread a third of the mixture in a 13-in. x 9-in. baking dish coated with nonstick cooking spray. Layer with four tortillas and  $\frac{2}{3}$  cup cheese. Repeat layers; top with remaining beans.

Cover with foil and bake at 350 degrees F for 30-35 minutes or until heated through. Sprinkle with remaining cheese. Let stand for 5 minutes or until cheese is melted. Serve with toppings.

Nutritional Analysis: (9 servings) Serving size: 1–4"x3" square, 220 calories, 35 calories from fat, 16% calories from fat, 3.5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 770 mg sodium, 36 g carbohydrate, 9 g fiber, 6 g sugars, 14 g protein, 25% Vitamin A, 50% Vitamin C, 20% Calcium, 15% Iron

Source: <http://www.allrecipes.com>

# Red, Gold, Black and Green Chili

- 1/2 cup bulgar
- 1/2 cup hot water
- 3 cups undrained canned diced tomatoes (28-ounce can)
- 3 Tablespoons olive oil or vegetable oil
- 3 cups chopped onions
- 3 garlic cloves, minced or pressed
- 1 teaspoon cumin
- 1 generous teaspoon chili powder
- 1 Tablespoon Tabasco or other hot pepper sauce, or 1/4 teaspoon cayenne
- 2 sweet green bell peppers, chopped
- 2 cups fresh or frozen cut corn
- 1 1/2 cups drained cooked black beans (14-ounce can)
- 1 1/2 cups drained cooked red kidney beans (14-ounce can)
- Salt to taste

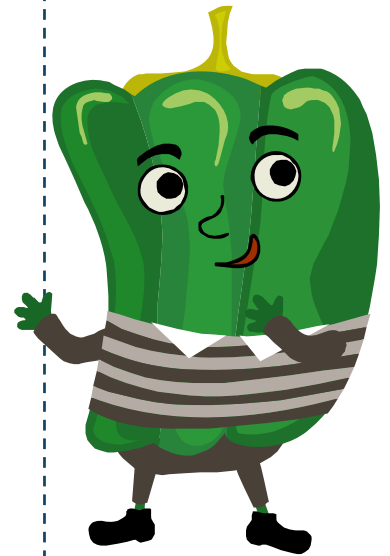
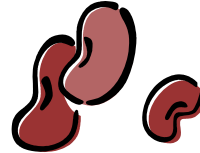
## Instructions:

Place the bulgar, hot water and about a cup of the juice from the canned tomatoes in a small saucepan. Cover and bring to a boil on high heat, then lower the heat and simmer gently.

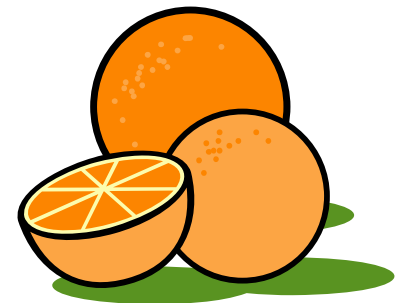
While the bulgar cooks, heat the olive oil in a large saucepan. Saute the onions, garlic, cumin, chili powder, and Tabasco or cayenne. When the onions are soft, stir in the green bell peppers and sauté for 2 to 3 minutes more. Add the tomatoes to the pan. Stir in the corn and beans, and heat thoroughly on low heat. Taste the bulgar. When it is cooked but still chewy, add it to the pan with its liquid. Cover and simmer for a few minutes for the flavors to meld. Add salt to taste.

Nutritional Analysis: (8 servings) Serving size: 1 cup, 240 calories, 60 calories from fat, 25% calories from fat, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 630 mg sodium, 42 g carbohydrate, 10 g fiber, 8 g sugars, 9 g protein, 10% Vitamin A, 80% Vitamin C, 10% Calcium, 10% Iron

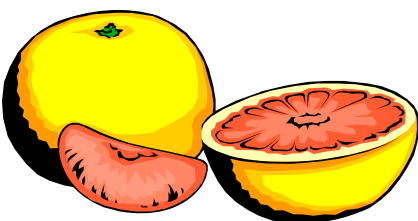
Source: Moosewood Restaurant, Cooks at Home by The Moosewood Collective



# What's in Season this Month? Citrus Fruits!



Citrus fruits are at their peak during the winter months. During the winter citrus is easy to find in supermarkets and usually is available at reasonable prices. Choose oranges and grapefruits for snacks or use them to make a fruit salad to serve with a meal. Try lemons and limes to add zest and zip to vegetable dishes or squeeze a slice into a glass of water for a flavor boost.



Citrus fruits are very good sources of vitamin C, are good sources of fiber, are low in calories and are fat free. Store citrus fruits in your refrigerator and they will last for 1 to 2 weeks.

# KORNER SIDES

Distributed by:  
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*Building Strong and Vibrant  
 New York Communities*

**LEARN MORE ABOUT**

Do you use WIC checks or Food Stamps?

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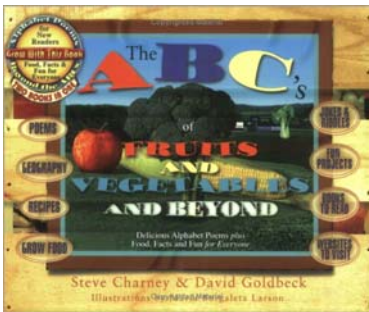
**START NOW!**

Call the Extension office at **(585) 786-2251** and Speak to a Nutrition Educator.

**BUDGETING**      **COOKING**  
**KEEPING IN SHAPE**      **EATING HEALTHY**  
**SAVING MONEY ON FOOD**      **MAKING TASTY MEALS**



This month, to celebrate citrus season, with your children read **The ABCs of Fruits and Vegetables and Beyond** by Steve Charney, David Goldbeck, Marie Burgaleta Larson. Then together prepare this Simple Mexican Salad one night for dinner.



## Simple Mexican Salad

Yield: 4




### Ingredients:

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

### Instructions:

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.



**Nutritional Analysis:** (4 servings) Serving size: 1/4 of recipe, 50 calories, 5 calories from fat, 0% calories from fat, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 300 mg sodium, 12 g carbohydrate, 3 g fiber, 8 g sugars, 1 g protein, 6% Vitamin A, 80% Vitamin C, 6% Calcium, 2% Iron

Source: Adapted From: Pictorial Recipes, Lynn Myers Steele, 2000, Oregon State University (OSU) Extension Service, <http://recipefinder.nal.usda.gov/index.php>

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