

Eat Smart New York!



Produced By Cornell Cooperative Extension

Take the Pledge

Turn off Your TV During **National TV Turn Off Week** April 21-27, 2008



The rapid rise of obesity in our country is partly due to the fact that most of us (adults and children) are much less physically active than we need to be. Our lives are full of screen based activities like TV, computers, video games and cell phones. One positive step you can take for your family's health is to decrease the amount of time you spend doing screen related activities.

A 2004 Kaiser Family Foundation study found that time youth spend on screen activities decreases the time they could be physically active. Also, the more youth watch TV, the more they are exposed to advertisements that influence them to make unhealthy food choices.

Lastly, youth tend to eat large amounts of snacks while doing screen based activities and then eat less healthy foods that are served at meal time. Although this study was based on the children, the results are true with regards to adult behavior. So take the challenge and Turn Off Your TV this month and engage yourself and your family in activities that do not involve screens.

Try these screen free family activities:

- ◇ Dance to your favorite music.
- ◇ Take a walk after dinner.
- ◇ Create a skit and perform it for family members.
- ◇ Play cards or board games.
- ◇ Make a craft.
- ◇ Design a collage using pictures from old magazines.
- ◇ Play with your pet.
- ◇ Spend time with a grandparent, aunt or uncle.
- ◇ Work a crossword puzzle or word search.
- ◇ Take a nature hike.
- ◇ Start seeds for plants for your garden.
- ◇ Write letters or cards to people you don't often see.
- ◇ Make a family meal with everyone helping to cook or set the table.

Enjoy Eggs This Spring!

For years eggs have had an unhealthy reputation. Recent research shows that the cholesterol from food does not affect your blood cholesterol as much as saturated and trans fats do. Eggs are an inexpensive source of protein and are quick and easy to prepare. Try some of these egg recipes with your family this month.



Arroz con Huevos

Makes 2 to 4 servings

- 1 cup water
- 1/2 cup brown rice
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1/2 teaspoon salt, optional
- 1/2 cup chopped green pepper
- 2 tablespoons bottled taco sauce or salsa
- 1/2 cup chopped tomato
- 4 large eggs
- 1/4 cup (1 oz.) shredded reduced-fat Cheddar cheese
- Cooking spray



Directions:

1. In medium saucepan stir together water, rice, onion, garlic and salt, if desired. Cover. Heat on high until boiling. Reduce heat to keep water simmering.
2. About 10 minutes before rice is done (check rice package for total cooking time needed), stir in green pepper and taco sauce. Re-cover and cook until rice is tender, about 10 minutes longer. Stir in tomato. Remove from heat, cover and keep warm.
3. Spray a frying pan with cooking spray. Crack each egg into the frying pan and cook until desired doneness.
4. To serve, spoon 1/4 (1/2) of the reserved rice mixture onto each of 4 (2) plates. Top each with 1 (2) of the fried eggs, sprinkle each egg with 1 tablespoon of the cheese.

**Nutrition Facts: Serving Size-1/2 of recipe (401g); 390 Calories; 130 Calories from Fat; 33% Calories from Fat; 14g Total Fat; 5g Saturated Fat; 0g Trans Fat; 435mg Cholesterol; 960mg Sodium; 44g Carbohydrates; 3g Dietary Fiber; 5g Sugars; 21g Protein; 25% Vitamin A; 60% Vitamin C; 30% Calcium; 15% Iron

Source: www.aeb.org

Honey Mustard Veggie Scramble

Makes 4 servings

- Cooking spray
- 1/2 cup shredded carrots
- 1/3 cup chopped onions
- 1/2 cup chopped green pepper
- 4 eggs
- 1 tablespoon skim milk
- 1 tablespoon honey mustard
- 1/4 teaspoon salt, optional
- 1/8 teaspoon pepper
- 2 whole wheat pita breads, halved
- Additional honey mustard and lettuce leaves

Directions:

1. Spray frying pan with cooking spray. Add carrots, onions, and peppers. Cook over medium heat, stirring occasionally, until vegetables are tender but not brown.
2. In medium bowl, beat together eggs, milk, mustard, salt, if desired, and pepper until blended. Pour over vegetables. Continue cooking over medium heat. As mixture begins to set, gently draw a spatula completely across bottom and sides of pan, forming large, soft curds. Continue until eggs are thickened and no visible liquid egg remains.
3. To serve, spread each pita half with mustard, line with lettuce leaves, and spoon in about 1/2 cup of egg mixture.

**Nutrition Facts: Serving Size-1/2 pita with 1/2 cup (136g); 180 Calories; 50 Calories from Fat; 28% Calories from Fat; 6g Total Fat; 1.5g Saturated Fat; 0g Trans Fat; 210mg Cholesterol; 420mg Sodium; 23g Carbohydrates; 3g Dietary Fiber; 3g Sugars; 10g Protein; 50% Vitamin A; 30% Vitamin C; 4% Calcium; 10% Iron

Source: www.aeb.org

Fajita Frittata

Makes 2 servings

Cooking spray	1 medium tomato, sliced
1/2 cup thinly sliced green pepper	2 tablespoons shredded low-moisture part skim mozzarella cheese
1/2 cup thinly sliced onion	Whole wheat flour tortillas, optional
1/4 to 1/2 teaspoon chili powder	Salsa, optional
1/4 teaspoon ground cumin	Reduced-fat sour cream, optional
1/2 cup chopped tomato	
4 eggs	
1/4 cup water	

Directions:

1. Spray a frying pan with cooking spray and heat over medium heat. Add pepper, onion, chili powder and cumin. Cook, stirring occasionally, until pepper is soft and onion is translucent, about 3 to 4 minutes. Add chopped tomato. Continue cooking 1 additional minute. Remove from heat. Set aside.
2. In medium bowl, beat together eggs and water until blended. Pour over vegetables. Cook over medium heat until eggs are almost set, about 6 to 8 minutes. Top with tomato slices. Sprinkle with cheese.
3. Cover pan handle completely with aluminum foil. Place pan under broiler and broil about 6 inches from heat until cheese is melted and eggs are completely set, about 1 to 2 minutes. Cut into wedges. Serve with tortillas and top with salsa and/or sour cream, if desired.

**Nutrition Facts: Serving Size-1/2 of recipe (387g); 310 Calories; 130 Calories from Fat; 41% calories from fat; 14g Total Fat; 5g Saturated Fat; 0g Trans Fat; 435mg Cholesterol; 480mg Sodium; 32g Carbohydrates; 5g Dietary Fiber; 7g Sugars; 20g Protein; 35% Vitamin A; 80% Vitamin C; 15% Calcium; 20% Iron

Source: www.aeb.org

Egg and Potato Skillet Supper

Makes 4 servings

1 tablespoon canola oil
4 medium potatoes, cooked and sliced (about 3 cups slices)
1 medium onion, sliced
1 tablespoon snipped fresh parsley or 1 teaspoon parsley flakes
1/2 teaspoon paprika
8 eggs
1/2 cup skim milk
1 teaspoon salt, optional
1/4 teaspoon pepper



Directions:

1. In a large frying pan cook potatoes, onion, parsley and paprika in hot oil over medium-high heat, stirring occasionally, until potatoes begin to brown and onion is tender, about 5 to 7 minutes.
2. Reduce heat to medium. Meanwhile, beat together eggs, milk, salt, if desired, and pepper. Pour egg mixture over potato mixture. As eggs begin to set, gently draw spatula completely across bottom and sides of pan, forming large, soft curds. Continue until eggs are thickened, but do not stir constantly. Cook until no visible liquid egg remains.
3. Serve with whole wheat toast, a green salad and/or fruit.

**Nutrition Facts: Serving Size-1/4 of recipe (313g); 310 Calories; 120 calories from Fat; 39% calories from fat; 14g Total Fat; 3.5g Saturated Fat; 0g Trans Fat; 425mg Cholesterol; 740mg Sodium; 31g Carbohydrates; 3g Dietary Fiber; 4g Sugars; 17g Protein; 15% Vitamin A; 50% Vitamin C; 15% Calcium; 15% Iron

Source: www.aeb.org

Great Garlic!

You can buy fresh garlic in the produce section of the supermarket. A head of garlic contains many bulbs within its papery skin. A head of garlic is inexpensive and gives your food a much more garlicky taste than food seasoned with garlic powder or garlic salt. One bulb of garlic finely chopped with a knife or pushed through a garlic press is equal to about 1 teaspoon of garlic. Research shows fresh garlic may even be extra good for your health and may help to protect you from some chronic diseases.

Have you tried fresh garlic?



Distributed by:

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MAKING TASTY MEALS

Family meals are important to stay connected with your kids. Kids who eat meals with their families are less likely to be overweight and more likely to eat fruits, vegetables and low fat dairy foods. Use these Meal Time Conversation Starters, aimed at school aged kids, to talk with your family during meal time.

- ◇ What is a job or a profession that really interests you? Why?
- ◇ What planet or star in the solar system would you like to visit? What do you imagine you would find there?
- ◇ What is something that makes you afraid? What is something you used to be afraid of but aren't afraid of now?
- ◇ If you could change one thing that happened to you to today, what would it be? How would you make it different?
- ◇ What new word did you learn today? What does it mean? How would you use it in a sentence?
- ◇ What would you like to do if you were elected President of the United States? Why?
- ◇ If you could travel anywhere in the world, where would you go? What would you like to see there?
- ◇ What are your favorite foods in the meals we make at home? What other foods or recipes would you like to try?



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

*This information provided by the
Cattlemen's Beef Board and National
Cattlemen's Beef Association and was
funded by the Beef Checkoff.*