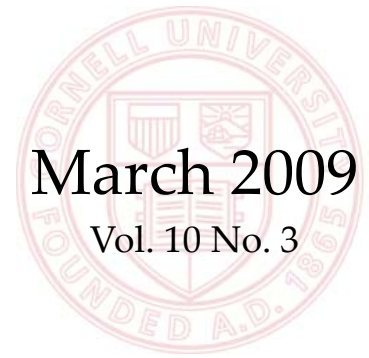
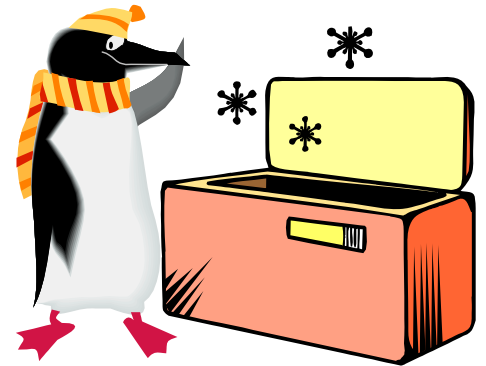


Eat Smart New York!



Produced By Cornell Cooperative Extension

Frozen Foods In the Spotlight this Month



March is National Frozen Food Month. Frozen foods offer lots of health and financial benefits. Did you know that frozen produce may be even fresher than fresh produce? How can this be? Produce that is frozen is picked and frozen when it is freshest. Freezing produce at its height of freshness preserves its nutrients. Fresh produce starts losing some of its nutrients during shipping, sitting at the supermarket, then sitting in your refrigerator.

- ❄ **Store frozen foods at 0° in your freezer to keep them safe.** This temperature also helps to retain the nutrients in the food. Use a freezer thermometer to make sure your freezer is set correctly.
- ❄ **Cook frozen vegetables until tender-crisp, so they still have a bit of crunch when you chew them.** Boiling frozen vegetables in too much water only helps to drain the vitamins and minerals from the food. Try steaming (on the stove or in the microwave) or stir frying for best results.
- ❄ **When buying frozen food, choose food in packages that are clean, firm, ice free and in undamaged packages.** At the supermarket, pack all your frozen foods together to keep them cool. In summer, place frozen foods in a cooler with ice or ice packs for the trip home. Stop at the frozen foods department just before you head to the check out.
- ❄ **Frozen produce is easier on your budget because you pay only for the edible parts of the fruits and vegetables, so there is no waste.** With fresh produce, you are paying for pits, seeds, skins and peels. Frozen produce has a longer shelf life than fresh produce. Frozen foods also are convenient because you can use as much or as little from the package as you need at one time. An added bonus - frozen produce is already washed, prepped and cut for use in recipes, so your cooking preparation time is shorter.
- ❄ **Many frozen fruits and vegetables have nothing added to them - no sugar, no salt, no preservatives.** They easily fit into your family's healthy eating plan.

THIS MONTH'S RECIPES

Orange-Honey Acorn Squash

Makes 6 servings

- 3 small acorn squash
- 2 Tablespoons orange juice (frozen concentrate)
- $\frac{1}{4}$ cup honey
- 1 teaspoon salt
- 2 Tablespoons butter or margarine
- $\frac{1}{8}$ teaspoon nutmeg, if desired



Directions:

1. Preheat oven to 400°F.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan, cut sides up.
3. Combine orange juice, honey, and salt. Mix well. Put some of the orange-honey mixture in each squash cavity.
4. Add 1 teaspoon of the margarine to each squash half. Sprinkle with nutmeg if desired.
5. Cover pan with aluminum foil to keep steam in and to speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

**Nutrition Facts: Serving Size – 1/2 squash, 160 Calories, 20 Calories from Fat, 2g Total Fat, 12% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 420mg Sodium, 36g Total Carbohydrate, 3g Dietary Fiber, 18g Sugars, 2g Protein, 20% Vitamin A, 8% Calcium, 50% Vitamin C, 8% Iron (calculated using light spread)

Try Meatless Mondays

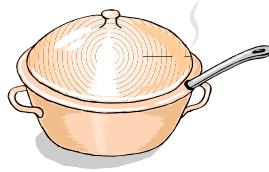
Meatless Mondays is a national health campaign to help Americans decrease their risk of chronic diseases like heart disease and cancer. Eating one meatless dinner each week helps your family to eat more fruits, vegetables and whole grains. These plant based foods provide you with a variety vitamins, minerals, antioxidants and fiber which are all great for good health!

Recipes on this page from: *Cent\$ible Nutrition Program*
University of Wyoming Family and Consumer Sciences

Hamburger Vegetable Soup

Makes 8 servings

- 1 pound lean ground beef
- 2 peeled diced potatoes
- 1 can (15 ounces) kidney beans (do not drain)
- 1 bag (20 ounces) frozen vegetables or 3 cups of any combination of vegetables
- 2 Tablespoons dried minced onion
- 1 teaspoon Italian seasoning
- 1 teaspoon dried basil
- $\frac{1}{2}$ teaspoon garlic powder
- 3 beef bouillon cubes
- 1 can (8 ounces) tomato sauce
- 6 cups water



Directions:

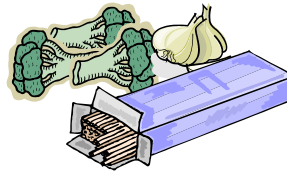
1. Brown ground beef in large pan. Drain and rinse to remove grease. Wipe pan clean with a paper towel. Return beef to pan.
2. Add the potatoes, kidney beans, vegetables, dried minced onion, Italian seasoning, dried basil, garlic powder, bouillon cubes, tomato sauce and water.
3. Bring to a boil.
4. Cover, reduce heat and simmer for 15 to 20 minutes, until vegetables are tender. You may need to add more water.

**Nutrition Facts: Serving Size – 1/8 recipe, 210 Calories, 50 Calories from Fat, 6g Total Fat, 24% Calories from Fat, 2.5g Saturated Fat, 0g Trans Fat, 35mg Cholesterol, 560mg Sodium, 22g Total Carbohydrate, 6g Dietary Fiber, 4g Sugars, 17g Protein, 90% Vitamin A, 6% Calcium, 45% Vitamin C, 15% Iron (calculated using broccoli, carrots and cauliflower blend)

Pasta with Broccoli

Makes 4 servings

- 6 ounces spaghetti
- 4 cups broccoli florets or 20 ounces frozen broccoli
- 1 Tablespoon oil
- 2 cloves garlic, minced
- 1 large can (28 ounces) tomatoes, chopped
- 1/8 teaspoon pepper



Directions:

1. Cook the spaghetti according to package directions. Drain well and place in a large serving bowl.
2. In the same pan, add the broccoli and just enough water to cover. Cook only until tender, (2-3 minutes). Drain and set aside.
3. Using the same pan again, heat the oil over low heat for 30 seconds, then add the garlic and cook, uncovered, until golden - stir constantly so the garlic does not burn.
4. Add the tomatoes and pepper.
5. Simmer, uncovered, for 15 minutes.
6. Add the cooked broccoli to the warm tomato sauce, tossing to heat through. Pour over the pasta.

**Nutrition Facts: Serving Size – 1/4 recipe, 280 Calories, 35 Calories from Fat, 4g Total Fat, 12% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 290mg Sodium, 48g Total Carbohydrate, 87g Dietary Fiber, 7g Sugars, 9g Protein, 15% Vitamin A, 8% Calcium, 110% Vitamin C, 10% Iron

From the University of Georgia Cooperative Extension, Foods and Nutrition Education Program

Corn & Rice Medley

Makes 8 $\frac{1}{2}$ cup servings

- 1/2 cup brown rice
- Water
- 1 Tablespoon margarine
- 2 cups frozen corn kernels
- 1/4 cup onion, chopped finely
- 1/2 teaspoon salt (optional)
- ground black pepper to taste
- 1 teaspoon paprika



Directions:

1. Combine 1/2 cup rice with the amount of water listed on your rice package. Bring to boil, stir, lower heat. Cover tightly and simmer 20-30 minutes without removing cover or stirring rice, until liquid is absorbed and rice is tender. Fluff with fork.
2. When the rice is almost done cooking, melt margarine in a large skillet over medium heat.
3. Stir in corn, onion, salt, pepper, and paprika. Cook for 4 to 6 minutes or until tender, stirring occasionally.
4. In a serving bowl, combine corn mixture with cooked rice. Serve and enjoy.

**Nutrition Facts: Serving Size – 1/2 cup, 90 Calories, 15 Calories from Fat, 1.5g Total Fat, 17% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 15mg Sodium, 18g Total Carbohydrate, 2g Dietary Fiber, 2g Sugars, 2g Protein, 4% Vitamin A, 0% Calcium, 6% Vitamin C, 2% Iron (calculated using light spread and without added salt)

From the University of Georgia Cooperative Extension, Foods and Nutrition Education Program

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*Building Strong and Vibrant
 New York Communities*

KORNER IDEAS

Bundle up and Enjoy the Winter



Play outside! Children who go outside to play are more active. Walk to the park or school playground.

- ❄ **Shovel snow!** Buy a small shovel for your child. Ask him to help you shovel snow. Small children love to copy what their parents do.
- ❄ **Make snow angels.** Lay on your back in the snow. Move your arms up and down to create "wings" in the snow.
- ❄ **Build snow forts or snow houses.** Make paths through the snow. Play tag in the snow.
- ❄ **Build a snowman.** Roll up 3 large snow balls and stack them on top of each other. Add stones and sticks to create a face. Dress your snowman with old clothes.
- ❄ **Create snow animals.** Build a cat, dog, snake, bear or pig out of snow.
- ❄ **Take a walk in the zoo or park.** Talk about how animals live and sleep in the winter.

Play Inside

- ❄ **Build "tents" in the living room on a cold or rainy day.** Let children drape blankets on chairs and other furniture.
- ❄ **Invite other children to your home.** Children are more active when playing with other children.
- ❄ **Create a safe play area in your home.** Clear out an area where your child can ride small bikes, push toys, pull wagons and dance. This could be a room, the garage or basement.
- ❄ **Buy active toys.** Children love balls, tricycles, bikes, wagons, jump ropes, skates and push toys. Buy mittens, sleds, shovels and pails for playing in the snow.

Enjoy the benefits of active children!

Children who are active are better behaved, learn easier and sleep better at night!

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

From Kid Food January 2005 newsletter by Nutrition Matters Inc.