

# Eat Smart New York!

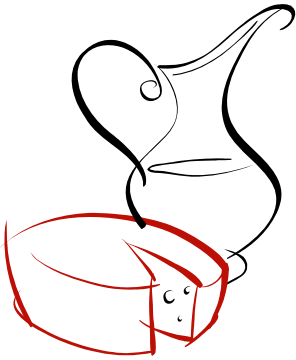


*Produced By Cornell Cooperative Extension*

## June is Dairy Month

How can you fit in your 3 servings of calcium rich dairy foods each day?

Try these ideas:

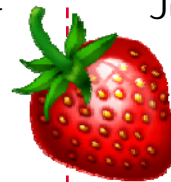


- Add fat free or low fat milk to oatmeal and hot cereals in place of water.
- Choose fat free or low fat yogurt as a healthy snack.
- Add reduced fat string cheese to your family's packed lunches.
- Provide an 8 ounce glass of fat free or low fat milk for each family member at dinner. Try chocolate milk if your kids just do not like unflavored milk!
- Use plain yogurt in place of sour cream to make a yummy dip for cut up fresh vegetables.
- Serve low-fat vanilla yogurt with cut up fresh or canned fruit for a dessert.
- Make pudding with fat free or low fat milk.

### What's so special about calcium-rich dairy foods?

- The calcium in dairy foods help to prevent osteoporosis, a disease caused in part by not consuming enough calcium in your diet. This leads to weak, brittle bones that can easily break.
- Calcium helps to keep your teeth strong.
- Milk and yogurt also are good sources of potassium, a mineral that can help keep your blood pressure in check.
- Many dairy foods are fortified with vitamin D, a vitamin that is hard to get from other sources of food yet plays an important role in bone health and may help to prevent some cancers and other chronic diseases.

### What's In Season?



June means it is time for fresh, local strawberries! For a fun family activity, try picking your own at a local U-Pick strawberry farm. You can also find home grown strawberries at road side stands, farmers' markets and many times in supermarkets. Store fresh strawberries in your refrigerator and wash them just before you eat them. If you wash them then store them, they tend to get moldy. Strawberries have lots of folic acid, vitamin C and fiber. They make a great snack or try adding them to salads for a different twist!

# Dairy Rich Recipes

## Colorful Quesadillas

Makes 8 servings

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 small flour tortillas
- 1 cup chopped sweet red or green bell peppers
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 ounces frozen, thawed and squeezed dry



### Directions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese one half of each tortilla.
4. Add spinach: ¼ cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

\*\*Nutrition Facts: Serving size – 1 quesadilla, 200 calories, 45 calories from fat, 5g Total Fat, 23% Calories from Fat, 1.5g Saturated Fat, 0g Trans Fat, 10mg Cholesterol, 570mg Sodium, 25g Total Carbohydrate, 1g Dietary Fiber, 3g Sugars, 12g Protein, 80% Vitamin A, 25% Calcium, 40% Vitamin C, 10% Iron

Source: *Loving Your Family, Feeding Their Future - The Healthy Family Guide Book*

## Grapes with Ginger Crème

Makes 4 servings

- 6 cups black or purple seedless grapes
- 1 Tablespoon grated fresh ginger root
- 2 cups low fat vanilla yogurt
- 2 Tablespoons brown sugar
- Ground cinnamon
- Fresh mint leaves for garnish (optional)

### Directions:

1. In a large bowl, toss grapes with fresh ginger. Spoon equal amounts into 4 stemmed glasses or serving dishes.
2. Carefully spread ½ cup vanilla yogurt on top of grapes and sprinkle with ½ Tablespoon brown sugar followed by a dusting of cinnamon for each serving.
3. Allow desserts to chill for 20 to 30 minutes. Garnish with fresh mint leaf if desired and serve chilled.

\*\*Nutrition Facts: Serving Size – 1½ cups, 300 Calories, 15 Calories from Fat, 2g Total Fat, 5% Calories from Fat, 1g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 90mg Sodium, 67g Total Carbohydrate, 2g Dietary Fiber, 61g Sugars, 8g Protein, 4% Vitamin A, 25% Calcium, 45% Vitamin C, 6% Iron

Source: *5 A Day Recipes*

## Cauliflower Mashed Potatoes

Makes 4 servings

- 4 cups water
- 2 potatoes, cut into chunks
- 3 cups cauliflower florets
- ½ cup shredded reduced-fat cheddar cheese
- ⅔ cup low fat milk
- Salt and pepper, to taste
- ½ teaspoon garlic powder (optional)

### Directions:

1. In a large pot, bring 4 cups of water to a boil.
2. Add potatoes and cook for 5 minutes.
3. Add cauliflower and cook for 5 more minutes. Drain.
4. In a large mixing bowl, add potatoes, cauliflower, and shredded cheese. Mash with a fork until well blended.
5. Add milk, salt, pepper and garlic powder. Mix well.
6. Serve and enjoy! Refrigerate leftovers.

\*\*Nutrition Facts: Serving Size – ¼ of recipe, 130 Calories, 30 Calories from Fat, 3.5g Total Fat, 22% Calories from Fat, 2g Saturated Fat, 10mg Cholesterol, 160mg Sodium, 20g Total Carbohydrate, 3g Dietary Fiber, 4g Sugars, 8g Protein, 4% Vitamin A, 30% Calcium, 80% Vitamin C, 6% Iron

Source: *Just Say Yes to Fruits and Vegetables Cookbook*

# Manicotti

Makes 8 servings

## Manicotti:

2 eggs, beaten  
1 cup water  
1 cup flour  
cooking spray



## Filling:

1 egg  
1 cup low-fat small curd cottage cheese  
¼ cup Parmesan cheese  
2 cups part-skim shredded mozzarella cheese  
½ Tablespoon dried parsley flakes or chives

3 cups spaghetti sauce

## Directions:

*This recipe works best if you make one manicotti shell, fill it and place it in the pan, and then make the next shell, and repeat.*

1. Preheat oven to 350°.
2. Place a thin layer of spaghetti sauce on the bottom of a 9 x 13 inch pan.
3. Make manicotti batter: Mix together the beaten eggs, water and flour. Batter will be thin.
4. Make the filling: Mix together 1 egg, cottage cheese, Parmesan cheese, mozzarella cheese, and parsley or chives.
5. Assemble: Pour batter on a heated frying pan sprayed with non-stick cooking spray to make a 5-inch circle (as if making pancakes). Cook until it sets and you can slide it out of the pan. Manicotti will not brown. Slide manicotti shell onto a dinner plate and put 2 Tablespoons of filling in the shell. Roll and place manicotti in pan seam side down.
6. Repeat process until ingredients are gone – about 8 manicotti.
7. After filling the pan, pour remaining sauce over manicotti, cover with aluminum foil and place in oven for 20 to 30 minutes or until heated through. Remove foil and sprinkle leftover mozzarella cheese on top about 10 minutes before it finishes baking, if desired.

\*\*Nutrition Facts: Serving Size – 1 manicotti, 210 Calories, 60 Calories from Fat, 7g Total Fat, 28.5% Calories from Fat, 3g Saturated Fat, 0g Trans Fat, 95mg Cholesterol, 720mg Sodium, 26g Total Carbohydrate, 3g Dietary Fiber, 9g Sugars, 14g Protein, 15% Vitamin A, 20% Calcium, 10% Vitamin C, 10% Iron

Source: Cornell Cooperative Extension of Genesee County



## Farmers' Markets Open This Month

*New this year:* Use your monthly WIC vegetable and fruit check at the farmers' market!

Farmers' markets offer farm fresh vegetables, fruit and herbs. By heading to the farmers' market during the summer, you help to support your local economy by buying produce grown by your neighbors.

Many farmers at the markets accept Farmers' Market Nutrition Program coupons. If your family receives WIC, WIC will distribute coupons to you the next time you pick up your WIC checks. If you are a senior who receives HEAP or Food Stamps, you can contact your local Senior Center to see if you are eligible for this program. WIC families receive \$24 in coupons and seniors receive \$20. Each coupon value is \$4 and will come together in a booklet for you to use. If what you want to buy is less than \$4, farmers will work with you to add produce to your order to total \$4.



Distributed by:

Eat Smart New York

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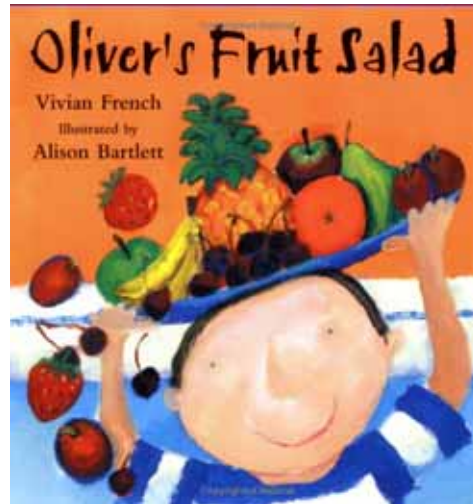
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# KORNER IDS



## Read "Oliver's Fruit Salad" by Vivian French

Buy fresh strawberries and make easy freezer jam!

All you need is a quart of fresh strawberries, freezer zip style bags, liquid or powdered pectin, lemon juice and sugar. Liquid pectin seems to work best for freezer jam. Any brand that you buy will have easy to follow instructions included. Follow the recipe exactly for Freezer Jam and follow the chart for exact amounts of strawberries, pectin, lemon juice and sugar. Put jam in freezer bags and store flat in your freezer. Freezer jam tastes just like fresh fruit!

This is a kid friendly activity because there is not cooking involved and kids can help to mash strawberries with a potato masher. Have fun and start a new family tradition.



### LEARN MORE ABOUT

Do you use WIC checks or Food Stamps?

You qualify for  
Eat Smart New York's  
**FREE**  
**PROGRAM!**

**Have more control over your health, your weight, and your life!**



Call the Extension office at

**(585) 786-2251**

and Speak to a Nutrition Educator.

**START NOW!**

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