

# MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

## “Eat<sup>3</sup>”

Eat<sup>3</sup> is a campaign to encourage families to “Eat Well, Eat Local, and Eat Together” and runs July-November 2009. It is designed to help you choose, prepare, and enjoy healthy family meals using locally-grown produce. Here are the “Meal of the Month” recipes for July & August:

### Broccoli Black Bean Quesadilla

- 1 cup cooked black beans
- 1/4 cup salsa
- 4 oz low-fat cheddar cheese (1 cup grated)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 4 8-inch flour tortillas



In a large bowl, mash beans. Drain salsa and add to beans. Grate cheese and add to beans. Chop broccoli and add to beans. Heat 1/2 tablespoon of oil in frying pan on medium. Lay tortilla flat on plate. Using 1/4 of bean mixture; fill half of tortilla, folding other half over mixture. Place folded tortilla in pan. Cook 3-4 minutes until lightly browned. Flip and cook second side. Remove from pan and cut in half. Repeat with remaining tortillas adding 1/2 tablespoon of oil to the pan just before cooking the third quesadilla.

*Yield: 4 servings; serving size 1 tortilla (150 calories, 5 grams fat, 3 grams fiber, 300 mg sodium, sugar)*

### Lemony Green Beans

- 1 pound fresh green beans, trimmed and cut into 2-inch pieces (approximately 4 cups)
- 1-1/2 teaspoons lemon juice
- 1 teaspoon olive oil

- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper

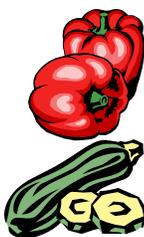
Steam green beans, covered, 5 minutes or until crisp-tender. Drain and return to pan. Add juice, oil, salt, and pepper; toss to coat. Serve immediately.



*Yield: 4 servings; serving size 1 cup (46 calories, 1.3 grams fat, .8 grams fiber, 154 mg sodium)*

### Mini Veggie Pizza

- 5 English muffins (or bagels)
- 1 small zucchini
- 1 green or red bell pepper
- 8-ounces part-skim mozzarella cheese
- 8-ounce can of tomato sauce
- 1/2 teaspoon dry oregano



Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven. Wash zucchini and bell pepper. Grate zucchini. Chop pepper into small pieces. Grate mozzarella cheese. Top each muffin half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano. Broil in oven until cheese is melted (about 2 minutes).

*Yield: 10 servings; serving size 1/2 English muffin (140 calories, 5 grams fat, 2 grams fiber, 350 mg sodium)*

### Fruity Pops

- 1-1/2 cups chopped peaches, strawberries, blueberries or raspberries
- 2/3 cup low-fat vanilla yogurt
- 2 cups orange juice
- 6 paper cups (6-8oz size)
- 6 spoons
- aluminum foil

Chop fruit and divide equally among 6 paper cups. Place yogurt in medium bowl. Slowly pour orange juice into yogurt, stirring until blended. Pour juice mixture over fruit. Place spoon in each cup. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds the spoon in the center of the cup. Freeze at least 4 hours. To eat, peel paper cups away from pops.

*Yield: 6 servings; serving size 1 fruity pop (74 calories, .5 grams fat, .8 grams fiber, 18.6 mg sodium)*



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**EAT**  
**WELL**  
**LOCAL**  
**TOGETHER**

### Eat Well

**Why eat well?** Obesity and chronic disease are on the rise. Families in the US are eating too many calories but not enough of the healthy foods they need.

#### Three important improvements that are needed:

- 1. Eat More Fruits and Vegetables-** Only about 1 in 3 US adults eats the recommended number of fruits and vegetables per day. This number is less for children, with only 1 in 5 children getting their recommended amounts of fruits and vegetables.
- 2. Eat More Whole Grains -** The average American adult eats less than one serving of whole grains per day while 3 servings are recommended.
- 3. Eat Fewer Calories -** Balance energy intake with energy output to avoid weight gain. For most adults and children in the US, this balance is a daily challenge.

### Eat Local

**Why eat local?** There are two reasons to eat locally grown food

- **Retains nutrients-**Because foods begin losing nutritional content at harvest and transport is shorter for local farms
- **Tastes better-**Because farmers may choose better-tasting and healthier varieties over better-traveling ones
- **Preserves genetic diversity-**Because less common and heirloom fruit and vegetable varieties are more often grown locally

#### Benefits for your community:

Local food

- Supports local farm families
- Builds community and strengthens the local economy
- Reduces the carbon footprint agriculture

### Eat Together

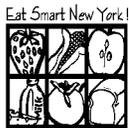
**Why eat together?** Research shows that it is worth the effort.

#### Here are some of the benefits:

- Children's educational and emotional development is enhanced by eating with family members. American teenagers who eat regular family meals have greater academic success and positive psychological adjustment.
- Family members who eat home-prepared meals eat better.
- Home-prepared meals can save money since you get more for your money when you buy in larger quantities and do the preparation yourself.
- Children who eat with family member are more likely to be a healthy body weight.

**For more recipes, information, and to register to win a \$50 grocery gift card go to [www.eat3.org](http://www.eat3.org)**

### Free Nutrition Education Programs



Nutrition staff are available to help limited income families and individuals throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers.

#### Topics include:

- Stretching food dollars
- Preparing low cost, easy recipes and menus
- Eating healthy and staying active

#### Contact:

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(315)866-7920 email:  
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### Visit Farmers' Markets in Herkimer County:



**Herkimer:** Aubuchon Hardware Parking lot  
Thursdays (8am-1pm)

**Kuyahora:** Post Office Parking lot  
Wednesday (2:30pm-6:30pm)

**Dolgeville:** Municipal lot N. Helmer near Kinneys  
Fridays(8am-noon)

**Little Falls:** M & T Bank lot, Albany Street  
Saturdays (8am - noon)

**Old Forge:**Park Ave. between Crobsy and Lamberton St.  
Friday (2pm-6pm)

Need help paying your grocery bill? Food Stamps can help!  
Call (315) 894-9917 today.

Nutrition Outreach & Education Program  
Catholic Charities of Herkimer County