



Putting Healthy Food
Within Reach

August 2017 | SUMMER EDITION

Eat Smart New York

WESTERN NEW YORK

Erie | Niagara | Cattaraugus | Chautauqua | Allegany | Genesee | Orleans | Wyoming

No Cook Corn Salad



Makes: about 6 servings

Ingredients:

- ✓ 4 large ears of corn
- ✓ 1 green pepper
- ✓ ¼ jalapeño pepper
- ✓ 2 green tomatoes
- ✓ 12 grape tomatoes
- ✓ ¼ cup scallion
- ✓ 1 clove garlic
- ✓ 2 carrots
- ✓ 2 teaspoon olive oil
- ✓ 2 tablespoons red wine vinegar (or cider vinegar)
- ✓ Dash of pepper
- ✓ Dash of salt (optional)
- ✓ ½ cup fresh cilantro, chopped

Directions:

1. Cut the corn off the cob. (Using a sharp knife, cut off the bottom of the corn and stand it up on the cutting board. Hold the corn at the top and begin slicing off the kernels in a downward motion.)
2. Cut the peppers, tomatoes, scallions, garlic, and tomato into small pieces.
3. Grate the carrots with a vegetable peeler or the large side of a cheese grater.
4. Add all vegetables to a large bowl and toss together.
5. Season with oil, vinegar, and pepper. (Add salt if desired.) Add fresh cilantro and mix well.
6. Enjoy your no cook corn salad!

Nutrition Facts: 130 Total Calories, 85mg Sodium, 7g Total Sugars, 3g Total Fat, 0g Saturated Fat, 4g Protein, 26g Carbohydrates, 0mg Cholesterol, 5g Dietary Fiber

From Cornell University Cooperative Extension in New York City



Pack Your Snack

Save money and eat healthier by avoiding the vending machine. Try the snack tips highlighted to the right, whether you're headed to work or school.

Peach Salsa



Prep time: 15 minutes

Makes: 2 cups

Serving Size: 2 Tablespoons

Ingredients:

- ✓ 1 cup chopped peaches, canned or fresh (about 1.5 to 2 medium fresh)
- ✓ 1 large tomato, chopped
- ✓ 1 bell pepper, seeded and chopped
- ✓ ½ cup chopped onion (½ medium onion)
- ✓ ½ cup chopped cilantro
- ✓ 1 Tablespoon lime juice
- ✓ ¼ teaspoon each salt and pepper



Directions:

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

Notes:

For extra flavor, add cayenne pepper or diced jalapeno peppers. Serve with fresh vegetables, crackers or Food Hero Baked Tortilla Chips. Try with tacos, tostadas, fish, chicken, and more.

Nutrition Facts: 20 Total Calories, 40mg Sodium, 3g Total Sugars, 0g Total Fat, 0g Saturated Fat, 0g Protein, 5g Carbohydrates, 0mg Cholesterol, 1g Dietary Fiber

From FoodHero.org

Hack your kids' back to school snack

August is **National Back to School Month**, and while your kids might not start until September, now's the time to start thinking about healthy after-school snacks.

- ☑ **Build Your Own:** Make your own trail mix using unsalted nuts, dried fruit, and add-ins like popcorn, seeds, or a sprinkling of chocolate chips. Portion it out into baggies so kids can grab and go.
- ☑ **Prep Ahead:** Slice veggies over the weekend so they're ready for kids to grab when they get home.
- ☑ **Delicious Dippers:** For a budget-friendly veggie dip mix low-fat plain yogurt with garlic or herbs (like dill). Fruit is great dipped in low-fat vanilla yogurt. Short on time? Store-bought hummus can be an affordable option.
- ☑ **Make it a combo:** Pair up food groups for a filling snack: yogurt and berries, apples and peanut butter, whole grain crackers with turkey and avocado.
- ☑ **Be a Healthy Role Model:** Pack healthy snacks for yourself when you're on the go, or reach for them at home.

Find more snack tips on ChooseMyPlate.gov!

Did you know? Empty calories come from foods that are high in calories, fat, and sugar but these foods do not provide high amounts of vitamins and minerals - things our bodies need to function well.

AT THE TABLE: Kids Eat Right!

August is **Kids Eat Right Month**. Did you know kids of all ages can help out in the kitchen? Cooking with kids is a great way to get them excited about eating healthier foods! Try these simple skills and find more for each age group from the American Academy of Dietetics at eatright.org.

3-5 years old

- ✓ Rinse produce in a large bowl of water
- ✓ Use a plastic knife to cut soft fruits and veggies on a cutting board
- ✓ Mix simple ingredients
- ✓ Clear tabletops

6-7 years old

- ✓ Use a vegetable peeler
- ✓ Prepare lettuce for a salad
- ✓ Crack eggs into a bowl
- ✓ Use blunt scissors to cut herbs
- ✓ Shuck and rinse corn

8-9 years old

- ✓ Use a can opener
- ✓ Use a food thermometer
- ✓ Rinse and clean vegetables
- ✓ Beat eggs

10-12 years old

- ✓ Follow a simple step-by-step recipe
- ✓ Slice and chop vegetables
- ✓ Boil pasta and vegetables
- ✓ Simmer ingredients on the stove top



Reach Your Nutrition Goals: Start with Small Changes

Instead of a diet overhaul, make **small changes** to what you eat and drink that will work for you now and in the future.



Blueberry Thyme Fruit Salad

Makes: 5 servings.

Ingredients:

- ✓ 1 cup blueberries
- ✓ 5 peaches or nectarines
- ✓ 1 tablespoon chopped fresh thyme
- ✓ 2 teaspoons grated ginger
- ✓ ¼ cup lemon juice
- ✓ 1 teaspoon grated lemon peel
- ✓ 1 tablespoon sugar



Directions:

1. In a large bowl, combine all ingredients. Add ¼ cup water and mix well.
2. Refrigerate for 1 hour.
3. Serve and enjoy!
4. Refrigerate leftovers.

Nutrition Facts: 90 Total Calories, 0mg Sodium, 18g Total Sugars, 0.5g Total Fat, 0g Saturated Fat, 2g Protein, 23g Carbohydrates, 0mg Cholesterol, 3g Dietary Fiber

From JSYfruitveggies.org

- ☑ For the **best buy**, choose fresh blueberries that are firm and not wrinkled.
- ☑ **To prepare** fresh blueberries, rinse and remove the stems.
- ☑ Refrigerate fresh blueberries, for **up to 3 days**.

What's in Season in WNY?

Veggies

Beans, Dry
Beans, Snap
Beets
Beet Greens
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Corn
Cucumbers
Eggplant
Garlic Herbs

Leeks

Lettuce
Mustard Greens
Onions
Peppers
Potatoes
Radishes
Spinach
Summer Squash
Swiss Chard
Tomatoes
Turnips
Turnip greens
Winter Squash
Zucchini

Fruits

Apples
Blackberries
Blueberries
Cantaloupes
Currants
Grapes
Peaches
Plums
Prunes



For more information on Eat Smart New York or to find a class near you, call us or visit us online:

Erie County | 822-2288

Niagara County | 299-0905

Cattaraugus County | 699-2377

Chautauqua County | 363-6050

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