



MAKE YOUR FOOD DOLLARS COUNT

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Enjoy Fall Produce

Eating more fruits and vegetables provides vitamins, minerals, complex carbohydrates and other substances for good health. Nutrients such as vitamin C, carotenoids and dietary fiber found in fruits and vegetables are believed to reduce the risk of certain cancers and heart disease. And as an added benefit, fruits and vegetables are naturally low in fat.



Despite recommendations to eat at least two servings of fruit and three servings of vegetables each day, most Americans eat far fewer than these recommended amounts. Here are some quick veggie main dishes that will help you reach your "5-A-Day" goal with seasonal produce.

Tortilla Roll-ups

- 8 flour tortillas
- 2 cups (about 4 ears) cooked corn kernels, drained
- 4 carrots, grated
- 1 green or red bell pepper, chopped
- 2 cups cabbage, sliced
- 1 scallion, sliced
- 6 ounces cheddar cheese, shredded
- 3 tablespoons low-fat salad dressing

Wrap the stack of tortillas in aluminum foil and heat in 350° oven for 5 minutes.

Mix all vegetables and cheddar cheese together in large bowl with salad dressing.

Place a spoonful of the vegetable mixture on a warmed tortilla. Roll it up to eat. May be microwaved until cheese melts.

Variations:

- Omit salad dressing and top vegetable mixture on tortilla with salsa.
- Substitute fresh chopped broccoli, or cauliflower for corn.
- Substitute romaine lettuce for cabbage.

- 2 red or yellow bell peppers
- 2 green bell peppers
- 2 large onions
- 2 tablespoons vegetable oil
- 1 cup undrained canned whole tomatoes, or 2 fresh tomatoes
- 2 tablespoons vinegar
- Salt and pepper to taste
- 1 teaspoon sugar (optional)

Slice peppers and onions lengthwise into strips. Heat oil in skillet. Add peppers and onions and sauté on medium heat, stirring often, for 10 - 15 minutes until tender and lightly browned.

While vegetables cook, chop the tomatoes. Stir the tomatoes and vinegar into the peppers and cook for about 5 minutes more, or until the liquid has evaporated.

Add salt and pepper to taste. Add sugar if desired.

Serve over one pound cooked pasta of your choice.

"Kid Friendly" Mini Veggie Pizzas

- 5 English muffins
- 1 small zucchini, grated
- 1 green or red bell pepper, chopped
- 8 ounce can of tomato sauce
- 8 ounce package part-skim mozzarella cheese, shredded
- 1/2 teaspoon dry oregano



Slice English muffins in halves. Place them on a baking sheet, and toast lightly in oven or toaster oven.

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).

Frittata

- 5 eggs
- 3 cups chopped vegetables - may be any combination of: leftover (cooked), canned (drained), or frozen (thawed)
- 1/2 cup grated Parmesan cheese (may use other cheese)
- 1/4 teaspoon garlic powder
- Black pepper to taste
- 1 tablespoon butter or margarine



Break the eggs into the bowl, beat with a fork until blended.

Mix the vegetables, Parmesan cheese, garlic powder, and black pepper into the beaten eggs.

Melt the butter or margarine in the skillet over medium heat. As soon as the butter begins to foam, add the egg mixture. Reduce heat to very low.

When the eggs have mostly set and thickened (about 5 minutes) and the surface is runny, place the skillet under a broiler for a few seconds or place a cover on the skillet.

As soon as the surface of the egg mixture sets, remove the skillet from the heat, and use a spatula to slice the frittata into wedges like pizza to serve.



Pepperonata

Kid's Corner: Be a Vegetable Detective

- Wash two or three of the following:
carrot, cauliflower, mushroom, cabbage, collard greens, green pepper, broccoli, tomato, lettuce, celery

Help your child to answer these questions about the vegetables, one at a time:

Seeing

- What does it look like? (like a tree, a ball, a leaf, a little house...)
- What shape is it? (round, flat, smooth, straight...)
- What color is it?
- How big is it compared to other things?



Feeling

- How does it feel? (smooth, rough, hard, soft, bumpy, cold, warm, crinkly...)
- What else feels like this?

Smelling

- How does it smell?
- Cut the vegetable and ask about seeing, feeling, and smelling, as well as tasting.
- What does the vegetable taste like?
 - What does it feel like in your mouth? (sweet, juicy, salty, crisp, hard...)

Handle Fruits & Vegetables Safely

- Purchase produce that is not bruised or damaged. If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.

- After purchase, put produce that needs refrigeration away promptly. (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.



- Wash hands often. Hands should be washed with hot soapy water before and after handling fresh produce, or raw meat, poultry, or seafood, as well as after using the bathroom, changing diapers, or handling pets.



- Wash all fresh fruits and vegetables with cool tap water immediately before eating. Don't use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.

Free Nutrition Education Programs

Eat Smart New York!



Nutrition Teaching Assistants are available to help limited income individuals and families 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. Newsletters and other resources are also available by mail.

Topics include:

- ⇒ Budgeting and stretching food dollars.
- ⇒ Basic nutrition and menu planning.
- ⇒ Preparing low cost, easy recipes and menus.
- ⇒ Preserving, storing and preparing food safely.

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- Wash surfaces often. Cutting boards, dishes, utensils, and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce, or raw meat, poultry, or seafood. Sanitize these utensils after use with a solution of 1 teaspoon of chlorine bleach in one quart of water.

- Don't cross contaminate. Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry, and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry, or seafood.

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