



# MAKE YOUR FOOD DOLLARS COUNT

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## Taking Advantage of Summer Produce

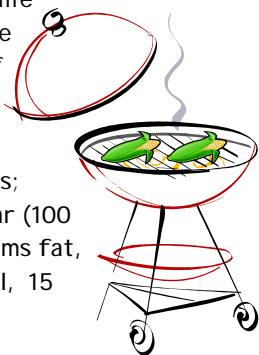
Summer is the perfect time of year to increase your consumption of fruits and vegetables. Take advantage of local farmers markets since they have a variety of fresh produce at low prices!

### Fiesta Corn

- 1 Tablespoon fresh lime juice
- 1 teaspoon ground cumin or chili powder (optional)
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons olive oil (or vegetable oil)
- 6 ears fresh corn, in the husk
- 2 limes, cut lengthwise into wedges, optional

Heat the grill. In a small bowl, whisk together the lime juice, cumin, pepper and oil. Prepare the corn, one ear at a time. Pull off and discard the 2 or 3 tough outer leaves. Carefully pull back the remaining leaves (without tearing them off), one at a time, until you can see the kernels. Pull off all of the silk and brush the kernels with the oil mixture, using just enough to coat them lightly. Smooth the folded leaves back into place, one by one, until the ear is completely covered. Arrange the corn on the grill or place them in the oven. Roast for 15 minutes, turn the ears 2 or 3 times. Serve the corn immediately. Squeeze lime wedges over the corn instead of using butter, if desired.

**Yield:** 6 servings; serving size 1 ear (100 calories, 2.5 grams fat, 0 mg cholesterol, 15 mg sodium)



### Grilled Vegetables

- 6 cups fresh vegetables, cut up (suggestions: broccoli, potatoes, carrots, summer squash, cauliflower, or other favorite vegetable)
- 2 Tablespoons oil
- 1 Tablespoon lemon juice
- 1/2 teaspoon rosemary or tarragon\*
- 1/4 teaspoon pepper
- \*or favorite seasoning to taste (dill, garlic, parsley, etc.)



Cut vegetables in similar size pieces for even cooking. Place vegetables in plastic storage bag. Mix oil and seasonings. Pour over vegetables in bag. Shake to mix. Wrap vegetables in foil (or place on skewers). Grill to desired tenderness. Refrigerate leftovers.

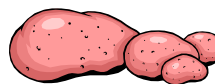
#### Variation:

Warm tortillas in the microwave or in a large skillet over low heat. Spoon grilled vegetables on tortilla, tuck in ends and roll up for a Veggie Wrap.

**Yield:** 12 servings; serving size 1/2 cup (50 calories, 2.5 grams fat, 0 mg cholesterol, 15 mg sodium)

### Grilled Potato Packets

- 4 medium red potatoes, sliced thin
- 4 thin slices of yellow onion
- 4 pieces of foil (8" by 12")
- 2 teaspoons olive oil
- dried rosemary leaves
- black pepper to taste



Arrange sliced potatoes and onions on

each piece of foil overlapping like shingles. Sprinkle each with 1/2 teaspoon olive oil and a pinch of rosemary and pepper. Seal foil edges well. Bake or grill until potatoes are tender, about 20 minutes.

**Yield:** 12 servings; serving size 1/2 cup (60 calories, 1 gram fat, 0 mg cholesterol, 0 mg sodium)

### Vegetable Pasta Salad



- 4 cups cooked pasta (2 cups uncooked or 8 ounces)
- 2-1/2 cups raw vegetables such as: carrots, onions, broccoli, cauliflower, green pepper, etc.
- 1 teaspoon garlic powder or 2 garlic cloves, chopped.
- 2 teaspoons Italian seasoning
- 2 Tablespoons oil
- 2 Tablespoons Italian dressing (optional)
- 3 Tablespoons Parmesan cheese

Cook & drain pasta according to directions. Set aside.

Pour oil in fry pan. Start with the firmest vegetables and fry for 5 minutes or so, stirring constantly. Add remaining vegetables (and seasonings) and fry for 3 minutes until all vegetables are tender-crisp. Allow vegetables to cool slightly. When cooled, add 2 Tablespoons Italian dressing. Mix well and sprinkle with Parmesan cheese. Serve cold. Refrigerate leftovers.

**Yield:** 10 servings; serving size 1/2 cup (120 calories, 3.5 grams fat, 0 mg cholesterol, 30 mg sodium)



## Fresh Ideas for Fresh Produce

- To keep corn from drying out when you grill it, pull back husk (don't remove) and remove all the silk. Pull the husk back up and soak corn in water for 10-15 minutes before grilling
- Unripened fruits can be ripened in a paper bag at room temperature. Check daily until fruit is ripe.
- Try using portabella mushrooms in place of meat for burgers. They're lower in calories and fat, but full of flavor!
- Summer squash pizza - a new twist on an old favorite:

Slice a summer squash in half and scoop out seeds. Grill squash for 5-6 minutes. Top with tomato sauce and parmesan (mozzarella cheese), place under a broiler until cheese is melted.

- Using your microwave oven can be a great way to cook fresh vegetables. Moisture content and maturity directly affect cooking time. Fresh vegetables microwave faster with less water than vegetables picked late in the season.

Cover most vegetables with a casserole lid or microwave safe top to hold in moisture and speed cooking. Check your owners manual for recommended cooking times.

## Free Nutrition Education Programs



Nutrition staff 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.

### Contact:

Cornell Cooperative Extension  
5657 State Rt. 5,  
Herkimer, NY 13350  
(315) 866-7920

## Keeping Food Safe in the Refrigerator

In order to keep your food safe inside your refrigerator during the hot summer months, follow these simple rules:

- ✓ Clean around the outside of your refrigerator, making sure that the coils located behind or below the unit are not clogged with dust.
- ✓ The temperature inside the refrigerator should be kept at 40°F or below; the freezer kept at 0°F or below.
- ✓ Be sure there is sufficient room for air to circulate inside your refrigerator.
- ✓ Keep your refrigerator clean, so there are no spots or spills for bacteria to grow.
- ✓ Date and cover all leftovers. Use your leftovers stored in the refrigerator in 2-3 days or freeze immediately and use in 2-3 months.



## Visit Farmers' Markets in Herkimer County:

- Middleville:** Routes 28 & 169 across from----- Wednesdays (1 pm-6 pm) Stewarts
- Herkimer:** W. Albany St. across from ----- Thursdays (8 am-noon) the Foot Doctors
- Dolgeville:** Municipal lot N. Helmer near Kinneys ---- Fridays (8 am - noon)
- Little Falls:** Albany St., Partners Trust parking lot --- Saturdays (8 am - noon)

## Stretching Your Food Dollars at Farmer's Markets

- \$ Shop early in the day for the best selection. Some fruits and vegetables may sell out.
- \$ Take a basket or sturdy tote to make it easier to carry produce.
- \$ Get to know your local farmers. They will let you know when produce is in season and when prices are lowest! You may also get lower prices at the end of the market day, so ask.
- \$ Buy only as much fresh produce as you will use within 3 to 4 days. Throwing away food is expensive.
- \$ When you find a good price on fruits and vegetables, buy extra and freeze for the winter if you have room in your freezer.



Need help paying your grocery bill? Food Stamps can help!

Call (315)894-9917 today

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

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