

MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

SUMMER SALADS

Salads are a great way to give a meal some summer style and variety. And on a hot summer evening, salads are a good way to keep the kitchen cool by not using the stove or oven.

Broccoli Salad



- 2 cups shredded broccoli (found in produce section) or finely chopped broccoli florets
- 2 cups shredded carrots (found in produce section) or finely chopped carrots
- 1 cup light salad dressing (mayo type)
- 3/4 cup black beans, drained and rinsed
- 1-1/2 cups apples, chopped
- 1 cup seedless grapes, cut into halves
- 1/3 cup sunflower seeds (optional)

Mix all ingredients well. Cool and serve.

Yield: 15 servings; serving size 1/2 cup (70 calories, 3.5 grams fat, 0 grams trans fat, 2 grams fiber, 200 mg sodium)

Pear Bistro Salad*



- 1 pound cooked, skinned chicken breast halves
- 8 cups assorted torn mixed salad greens
- 2 fresh pears, cored and sliced
- 2 Tablespoons minced onion
- 1/8 cup chopped walnuts (optional)
- 1/8 cup crumbled blue cheese or favorite cheese, shredded
- 3/4 cup balsamic vinegar (or cider vinegar)

Cut cooked chicken into strips. Line platter with greens; top with pears, chicken, onions and walnuts, if desired.

Top with cheese. Drizzle vinegar to taste over salad. Serve with crusty bread if desired.

Yield: 10 servings; serving size 1 cup (90 calories, 1 grams fat, 0 grams trans fat, 2 grams fiber, 70 mg sodium)

Golden Pineapple Salad*



- 4 cups romaine or other dark greens
- 1 20-ounce can pineapple chunks in 100% juice, drained (reserve juice)
- 1 cup carrots, shredded
- 2/3 cup raisins
- 1/3 cup walnuts, chopped (optional)
- 1/3 cup reduced fat mayonnaise
- 1/4 cup pineapple juice from canned pineapple chunks
- 1/4 teaspoon cinnamon

Divide greens on six salad plates. Spoon equal amounts of the drained pineapple chunks and of shredded carrots in the middle of each salad bed. Top with equal amounts of raisins and walnuts, if desired. In small bowl, make dressing by combining mayonnaise, pineapple juice and cinnamon. Using a spoon, drizzle dressing over each salad to taste and serve.

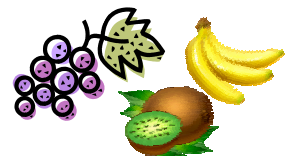
Yield: 6 servings; serving size 1 cup (130 calories, 2 grams fat, 0 grams trans fat, 2 grams fiber, 135 mg sodium)

Grape Tasting Treat*

- 2 Tablespoons 100% orange or pineapple juice
- 1 medium banana, sliced
- 6 ounces low-fat vanilla yogurt
- 1/2 cup kiwi, sliced (approximately 1-2 kiwis)
- 1 cup seedless red grapes
- 1/2 cup crunchy, nutty, nugget cereal

Combine juice and banana slices in a medium bowl. Stir gently to coat banana well to prevent browning. Drain juice from bananas and combine with yogurt; mix well. Add sliced kiwi, whole grapes and bananas to yogurt mixture and stir gently to blend all ingredients. Place equal amounts of combined fruit into each of the four small bowls. Top each with 1 Tablespoon of cereal. Chill and serve.

Yield: 4 servings; serving size 1/2 cup (120 calories, 1 grams fat, 0 grams trans fat, 2 grams fiber, 75 mg sodium)



*Recipes adapted from -
www.fruitsandveggiesmorematters.org

Shared by: Meghan Murphy,
Summer Nutrition Assistant



Kids Corner: Melon Balls

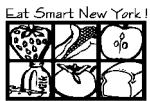
With a melon baller or small ice cream scoop, take a cantaloupe, watermelon, or honeydew melon, and have your kids scoop out the flesh to make little melon balls. Use a variety of melons and the kids can make their own melon ball salad.



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.

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. Newsletters and other resources are also available by mail.

Topics include:

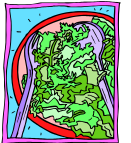
- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

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

Produce Tips



- Salads are a great way to teach children the basics of cooking and to get them to eat their fruits and vegetables.
- Oil-based dressings are typically lower in calories and made of the "good" unsaturated fats.
- To prevent apples or bananas from browning, dip in lemon juice or orange juice after cutting.
- Most fruits and vegetables should be stored unwashed because water encourages bacterial growth and speeds deterioration. Wash just before use.
- To help fruits, such as bananas, pears, peaches, and nectarines ripen, place them in a brown paper bag at room temperature. Adding an apple to the bag will accelerate the process.
- Darker greens like Romaine and spinach have more vitamins and minerals than traditional iceberg lettuce, so go for the darker varieties.
- Be an artist and create your own salad with a colorful plate of fruits and vegetables.



Visit Farmers' Markets in Herkimer County:



- Herkimer: Aubuchon Hardware Parking lot -- Thursdays (8 am-1pm)
- Dolgeville: Municipal lot N. Helmer near Kinneys -- Fridays (8 am - noon)
- Little Falls: M & T Bank lot, Albany Street -- Saturdays (8 am - noon)
- Old Forge: Park Ave. between Crosby & Lambertson St. -- Friday (2pm - 6pm)

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

To view past issues of "Make Your Food Dollars Count" newsletter on line see:
<http://counties.cce.cornell.edu/herkimer/esnynewsletters.htm>

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