

SMART BITES

Eating Well Without Spending a Lot of Time or Money!

August 2008

Vary Your Veggies

Eating vegetables provides health benefits - people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Most vegetables are naturally low in fat and calories. Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamins A, C and E.

Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweetpotatoes, white potatoes, white beans, tomato products, beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.

Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens;
orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and
beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.

In general, 1 cup of raw or cooked vegetables or vegetable juice or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. For a 2000 calorie diet, you can eat 2½ cups of vegetables each day. Visit MyPyramid.gov to find the amount that's right for you.



Tips to Help You Eat Vegetables

Plan some meals around a vegetable main dish, such as vegetable stir-fry or soup.

Try a main dish salad for lunch. Go easy on the salad dressing.

Include a green salad with your dinner every night. Add color to salads by adding carrots, shredded red cabbage, or spinach leaves. Include in-season vegetables for variety through the year.

Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, or red or green pepper strips.

Set a good example for children by eating vegetables with meals and as snacks.

Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.

Resource: MyPyramid.gov (Inside the Pyramid, Vegetables)

Eat Smart New York!



Cornell Cooperative Extension Orange County, Middletown, NY 10940 845-344-1234 www.cce.cornell.edu/orange

Eat Smart New York Nutrition Program Educators serve Newburgh, Middletown/Goshen, Port Jervis, & Monroe/Kiryas Joel

This material was funded by USDA's Food Stamp Program and Cornell Cooperative Extension Orange County in cooperation with the Orange County Department of Social Services. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact a Food Stamp Program Office near you.

- ◆ Quarry Road, Goshen (845) 291-4000;
- ◆ 141 Broadway, Newburgh (845) 568-5100;
- ◆ 150 Pike Street, Port Jervis (845) 858-1420.

2008 Orange County Farmers Markets

Watch for announcements in your community for special activities at some of the Farmers' Markets.

Florida: Tuesdays, 3 - 7 pm, Rte. 17A/Rt 94 - Across from Quick Chek	Newburgh: Fridays, 10 am - 5 pm, Downing Park, Corner at Rte. 9W and South Street	Tuxedo: Saturdays, 9 am - 2 pm, 240 Rt 17, Tuxedo Train Station
Goshen: Fridays, 10 am - 5 pm, Village Square	Newburgh: Mondays, 9 am - 2 pm, 130 Broadway (WIC Parking Lot)	Walden: Thursdays, 11:30 am - 4 pm, Village Square in front of library
Middletown: Saturday, 8 am - 1 pm, Erie Way between Grove St. and Cottage St.	Pine Bush: Saturdays, 9 am - 2 pm, Main and New Street Behind the Cultural Center	Warwick: Sunday, 9 am - 2 pm, South Street Parking Lot
Monroe: Wednesdays, 9 am - 3 pm, 1010 Rte. 17M, Museum Village	Port Jervis: Saturdays, 8 am - 2 pm, Municipal Lot between Front Street and Ball Street	West Point Town of Highlands: Sundays, 9 am - 2:30 pm Across from West Point Visitor's Center

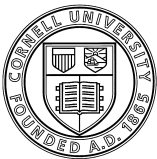
SMART BITES Recipe of the Month

Potato Vegetable Salad with Dijon Yogurt Dressing

You can use other vegetables that your family likes to add variety to this recipe. The Dijon mustard adds a little kick to the flavor. Use milder mustard if you prefer.

<i>2 pounds of red (or white potatoes) potatoes</i>	<i>¼ cup sliced radishes</i>	<i>½ teaspoon salt</i>
<i>4 cups broccoli florets</i>	<i>½ cup sliced scallions (or onions)</i>	<i>½ teaspoon pepper</i>
<i>2 medium carrots, peeled</i>	<i>1 cup plain low-fat yogurt</i>	
<i>1 medium cucumber</i>	<i>3 Tablespoons Dijon mustard</i>	

Wash all fresh vegetables with cool water before peeling or cutting. If potatoes have young tender skins, you can leave the skins on and save time and get extra nutrition from the potatoes. Steam potatoes until they are tender (about 30 to 40 minutes). While the potatoes are cooling, steam broccoli until slightly cooked, about 4 minutes. Set broccoli aside to cool. Cut carrots into thin slivers. Slice the cucumber (cut slices into 4 pieces if you choose). Cut potatoes into chunks. Gently stir all vegetables together in a large mixing bowl. In another bowl, whisk together yogurt, mustard, salt and pepper. Pour yogurt dressing over vegetables and stir carefully until vegetables are coated evenly. Refrigerate 1 hour before serving. Refrigerate leftovers. Makes 12 servings (1 cup per serving). Calories per serving: 90 (5.5% from fat). Fat: 0.5 gram. Fiber: 3 grams. Resource: Adapted from Center for Disease Control, Fruit and Vegetable Recipes.



Cornell University
Cooperative Extension
Orange County

18 Seward Ave., Suite 300, Middletown, NY 10940-1919