

# EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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## Enjoy Vegetarian Meals



There is no better time of the year than summer to start including one weekly vegetarian meal. The freshest and most flavorful vegetables are available during the summer growing months and summer is a great time to try a vegetable that is new to you and your family.

Try these ideas for going vegetarian one day a week:

⇒ Have a cold pasta or grain salad and add lots of different vegetables you enjoy. All vegetables fit in cold salads and it is your choice to choose what you love.

- ⇒ Add lots of different vegetables to pizza in place of pepperoni or sausage. Again, add your favorites. All that matters is that you enjoy the vegetables you choose.
- ⇒ Include beans at lunch and/or dinner. Add beans to a pasta, grain or lettuce salad (think chick peas or kidney beans). Replace chicken or beef in a taco or burrito with refried beans or black beans you season yourself. Cumin, oregano and coriander are tasty additions to beans.
- ⇒ Choose vegetables as snacks and eat them plain, with low fat dip or hummus.

**Lots of variety in local vegetables and fruits available this month at your local farmers' market! Find the Herkimer County market information at <http://bit.ly/CCEHerkFarmersMkts>**

### Look for these vegetables:

Lettuce, kale, collards, arugula  
Yellow and green beans  
Beets  
Onions  
Zucchini and yellow squash  
Bell peppers  
Broccoli and cabbage  
Cucumbers  
Eggplant  
Potatoes  
Basil, oregano, mint  
Corn



### Look for these fruits:

Apples  
Peaches  
Blueberries  
Blackberries  
Nectarines  
Raspberries  
Plums  
Cantaloupe  
Currants  
Ground Cherries  
Pears



**EFNEP** is a free program helping families with children eat better for less.

**Learn how to:**

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

**Who is eligible for this program?**

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative Extension Herkimer County  
5657 State Route 5  
Herkimer NY 13350  
315.866.7920  
herkimer@cornell.edu

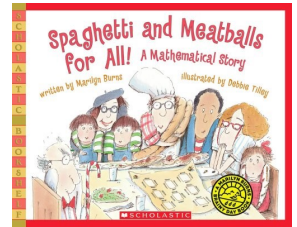
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



*This material was funded by the USDA's Expanded Food and Nutrition Education Program.*

# KORNER IDS

Continue adding to your list of books read this summer by borrowing “Spaghetti and Meatballs for All! A Mathematical Story” written by Marilyn Burns from the library. After reading the book with your child, have them help you make Pasta with Fresh Tomato Sauce using the recipe below.



## Pasta with Fresh Tomato Sauce

Serves 8  
Serving size 1/8th of the recipe

### Ingredients

- 16 oz. dried pasta, preferably whole wheat
- 4 pounds tomatoes (Romas work best, but any variety will do)
- 1/4 cup olive, canola, or vegetable oil
- 1 small onion, finely chopped
- 3 small cloves of garlic, minced
- 1/2 medium carrot, minced
- 1/3 stalk of celery, minced
- Slivers of fresh basil, to finish



### Directions

1. Cook pasta according to package directions; drain and set aside.
2. Bring a pot of water to boil. Place tomatoes in the water for 10-30 seconds, then rinse immediately under cold water. Peel the tomatoes.
3. Cut tomatoes lengthwise and remove the seeds. Chop the tomatoes coarsely.
4. Heat oil in a large pot over medium heat. Cook onions, carrots, celery, and garlic until just golden, about 10 minutes. Lower heat to medium-low. Add tomatoes and bring to a gentle simmer.
5. Simmer for 45 minutes, stirring occasionally.
6. Serve with pasta and chopped basil on top.

Nutrition facts for 1/8th of the recipe: 330 calories, 8g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 59g total carbohydrate, 11g dietary fiber, -g total sugars, -g added sugars, 12g protein, 6% calcium, 15% iron

21% calories from fat

Source: Cornell Cooperative Extension Farmers' Market Nutrition Program