

# EFNEP Newsletter

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

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## Spice Up January!

After the holidays, filled with rich and decadent foods, many families are looking to get back to healthier options as the new year begins. Many spice blends you buy at the store are loaded with sodium. Diets high in sodium can effect your heart health and increase your blood pressure. Try making these salt-free spice blends at home to add new flavors to your favorite meals and snacks. These spice blend recipes are from North Dakota State University.

### Mexican Blend Seasoning

- 1½ teaspoons dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon ground black pepper
- 1 Tablespoon chili powder
- 1 teaspoon paprika
- 1½ teaspoons cumin

Add the parsley, garlic powder, onion powder, oregano, black pepper, chili powder, paprika and cumin to a bowl. Mix well. Store in an air tight container or zip bag.

Use in soups, ground beef for tacos or in enchiladas.

### Italian Spice Blend

- 2 Tablespoons dried basil
- 2 Tablespoons dried oregano
- 1 Tablespoons dried thyme
- 1 Tablespoon dried rosemary
- 1 Tablespoon garlic powder
- ¼ teaspoon onion powder

Add the basil, oregano, thyme, rosemary, garlic powder and onion powder to a bowl. Mix well. Store in an air tight container or zip bag.

Use in yogurt as a dip with celery and carrots, or on baked chicken or popcorn.

### Ranch Blend

- 2 Tablespoons onion powder
- 2 Tablespoons onion flakes
- 2 Tablespoons dried parsley
- 1 Tablespoon garlic powder
- 1 Tablespoon dried dill weed
- ¼ teaspoon dried thyme
- 2 teaspoons ground black pepper

Add the onion powder, onion flakes, parsley, garlic powder, dill weed, thyme and black pepper to a bowl. Mix well. Store in an air tight container or zip bag.

Use in stuffed bell peppers or pasta, or on toasted garlic bread.



**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

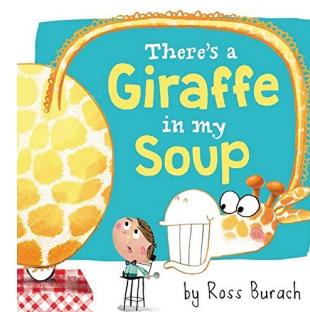
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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# KORNER IDS

From your public library, borrow "There's A Giraffe in My Soup" by Ross Burach. As you read this book with your child, talk about your child's favorite animals and foods.



## Slow Cooker Chicken Tortilla Soup

Serving Size: 1 cup

Servings per recipe: 10

### Ingredients:

- 1 pound skinless, boneless chicken breast
- 3 cups reduced-sodium chicken broth
- 2 Tablespoons Mexican Seasoning Blend or substitute low-sodium taco seasoning)
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 1 16-ounce package frozen corn
- 1 16-ounce jar salsa
- 1 teaspoon shredded cheese (as garnish per bowl), optional
- 1 6-ounce container low-fat, plain Greek yogurt, optional



### Directions:

1. Cut chicken breasts in half and place in 3-quart slow cooker.
2. Add chicken broth, Mexican Seasoning Blend, kidney beans, black beans, corn and salsa to the slow cooker.
3. Cook on low for six to seven hours or high for four hours.
4. Shred chicken into bite-sized pieces inside the slow cooker.
5. If desired, top individual servings with a pinch of shredded cheese and a dollop of yogurt.

Nutrition Facts: Serving Size – 1 cup, 210 Calories, 2.5g Total Fat, 23 calories from fat, 11% calories from Fat, -g Saturated Fat, 0g Trans Fat, -mg Cholesterol, 530mg Sodium, 30g Total Carbohydrate, 8g Dietary Fiber, -g Sugars, 19g Protein, -% Calcium, -% Iron, -% Vitamin A, -% Vitamin C

Source: North Dakota State University