

# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Oswego County programs, call 315-963-7286 ext. 300 or visit [www.thatscooperativeextension.com](http://www.thatscooperativeextension.com).

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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.

## Lots of variety in local vegetables and fruits available this month at your local farmers' market!

### 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



### Look for these fruits:

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



The EFNEP program provides nutrition education to income-eligible families and children in counties throughout New York State.

**A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.**

Workshop series include:

Family Nutrition Education Curriculum  
Finding A Balance —  
Diabetes  
Healthy Children, Healthy Families  
Healthy Cents  
Breastfeeding

**A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.**

Workshop series include:

Choose Health: Food, Fun and Fitness  
Cooking Up Fun! Vary our Veggies  
Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

SallyAnn Danforth  
Cornell Cooperative Extension of Oswego County  
315-297-5415  
sd848@cornell.edu

# 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)  
¼ cup olive, canola, or vegetable oil  
1 small onion, finely chopped  
3 small cloves of garlic, minced  
½ 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, g 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, - Vitamin D, 6% calcium, 15% iron, - potassium  
21% calories from fat

Source: Cornell Cooperative Extension Farmers' Market Nutrition Program