Knowledge @ Noon

Local Foods

Wednesday, June 18, 2025

Marais Des Cygnes Extension District

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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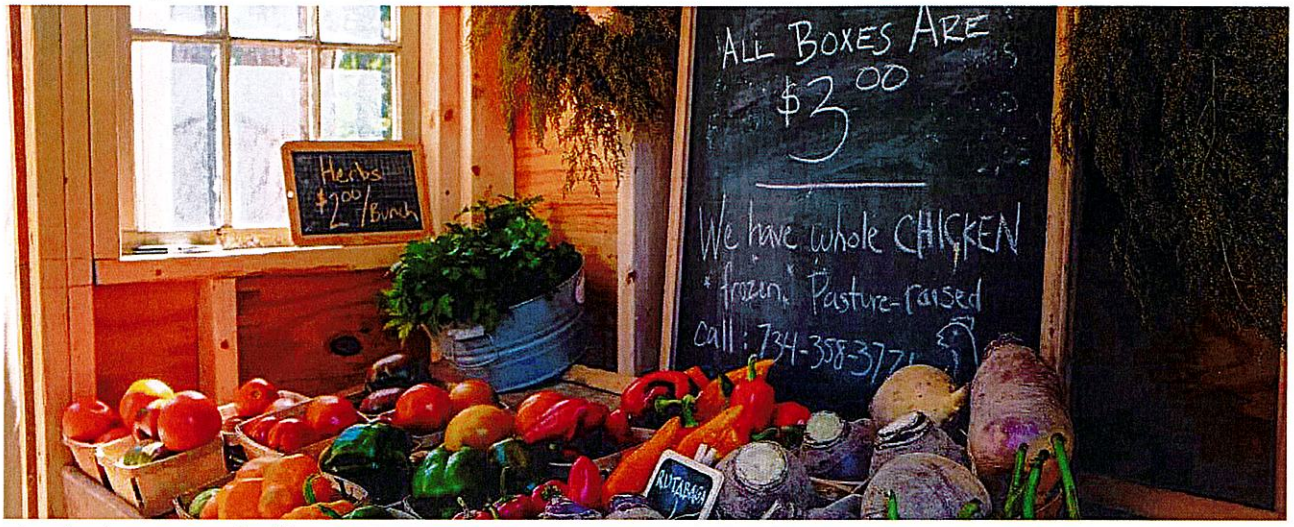
Extension

Health Benefits of Eating Locally

TUESDAY, MAY 17, 2022

SHARE

Madison McCurdy, UNH Extension Intern, Nutrition Connections



What does it mean to eat locally?

The "localness" of food has been defined many different ways, with no unified definition. For simplicity's sake, the geographical definition of food products coming from a 100–250-mile radius of being sold or the consumer's home is often used to define local food.[1-4] Eating local foods has slowly become a priority of the United States Department of Agriculture (USDA) to strengthen rural economies, environmental health, food access and nutrition, along with agricultural producers and markets across America.[2,5] Since it's terming on Earth Day 2005, 'locavore' Google searches have progressed from a trickle to a surging current as more people have explored the diverse benefits that come from joining the local food movement or others that share a similar spirit: To support the planet and sustainable agriculture while eating healthier by including more fresh and nutritious foods.[5-7] There has been abundant research focused on the various attributes to eating locally, but outstanding among the results are the health benefits of dining like a locavore.

So, what *are* the health benefits from eating locally?

- **Safer Consumption-** Lately, consumers have started shopping for safe and transparent food products. As a means of doing so, local food has become the key piece in finding food free from harmful pesticides, herbicides, and fertilizers that are standard in conventional farming practices.[8,10] Consuming these can result in serious health complications ranging from headaches to cancer.[9] Small-scale farms usually don't use chemicals (food additives, enzymes, flavorings, and preservatives) to help improve their foods, and rarely do they package foods in materials that could contain chemical substances, as their foods don't need to travel far.[11] If you are curious, growers will probably be open to discussing their beliefs and practices, so don't hesitate to ask.

- **Shorter Food Supply Chain-** Locally sourced produce is usually picked within 24 hours of being sold.[11,12] Less steps from farm to plate means less handling, meaning less potential for bacterial or viral contamination during distribution. When food doesn't have to travel as far, produce is able to ripen naturally, resulting in higher nutrients, and not to mention, better flavor.[13,14]

- **Nutrient Dense-** Choosing fresh foods means choosing whole, minimally processed foods. When produce is picked at peak ripeness, key nutrients like potassium and magnesium, phosphorus, and vitamins C and A can be found at higher concentrations.[13,15] Antioxidants and polyphenols found in fruits and vegetables are particularly beneficial for your health, especially when a mix of fruits and veggies are eaten.[15] Replacing processed with whole foods leads to less consumption of "empty calorie foods" that are often high in sodium, saturated fat, and sugar.[16] This can improve your heart, blood, brain, gastrointestinal/digestion, and vision health.[16]

- **Physical and Social Possibilities-** Buying from farmers in your community brings opportunity for walking in farmers markets, partaking in community supported agriculture (CSA), and possibly even learning to grow your own foods, which can be more physically active than shopping for conventional foods.[17] Challenging yourself as a gardener, whether it's in your backyard or helping a CSA down the road, can be as educational as it is physical work.[19] Meeting new people while learning and practicing new skills can contribute to improved brain health and mental elasticity too.[18]

Why does this matter?

Often, talk surrounding local food includes a few common reasons to join local food movements like supporting the environment, local economies and growers, a safer food supply, and a healthier diet.[1-7] Transportation distances, land use, crop yields, animal welfare, greenhouse gas emissions, farmer preferences and practices, among other influences contribute to local foods being beneficial.[1,5] When compared with conventional foods, there are less greenhouse gas emissions from transportation and additives to keep items fresh, particularly in foods that are plant-based. Choosing regionally-sources foods encourages small-scale farmers to grow indigenous foods that thrive in the local climate. This then increases biodiversity and makes pesticides, herbicides, and unnatural fertilizers less necessary. Supporting local foods often means also supporting regional traditions and cultures that use environmentally motivated growing techniques. An example of this is a local farmer using organic growing practices but not being USDA Organic certified.

The sustainability attributes of eating locally tie in well with the health benefits, which is why the USDA, World Health Organization (WHO), Food and Agriculture Organization (FAO), and various international alliances have begun incorporating local foods into dietary recommendations. A diet that emphasizes cooking and eating plant sources like whole grains, legumes, nuts and seeds, oils, and herbs and spices has been found to be both sustainable not only for the environment, but also dietary habits, and preventative of heart disease, stroke, obesity, high blood pressure, high cholesterol, Type 2 Diabetes, and many cancers.[3,4,13,14,16,18,19]

So, now you might be asking, *how* can I eat locally?

- Sometimes the price of local produce can be higher, but the key to finding more affordable options is to buy products in-season.
- Farmer's markets are also often competitively priced compared to nearby retail prices to help keep them reasonable.
- The University of New Hampshire Farm Products Map | Extension (unh.edu) is an AMAZING resource to see what kinds of farms, CSA's, and foods are around NH.
- CSA's offer subscriptions for weekly pick-ups of fresh produce for a fee or in exchange for helping with care or harvesting.
- Check out the USDA's Farmers Market Directory for the almost 9,000 registered markets across the United States.
- Look for roadside farm stores to stop by
- Social media is a great way to find and reach out to local farmers
- If you have the space, you can try growing your own foods in a garden or planter too!
  - If you have any *extra* garden space, consider planting a row for donation to a local food bank. UNH has the Plant a Row program that can help out with seeds and donation sites.

References:

1. Cappelli, Lucio, Ascenzo, Fabrizio D, Ruggieri, Roberto & Gorelova, Irina (2022). "Is Buying Local Food a Sustainable Practice? A Scoping Review of Consumers' Preference for Local Food." Sustainability, 14(2).10.3390/su14020772
2. Gonzalez, C., & Garnett, T., Wahlqvist, M., Roos, E., Dibb, S., van Dooren, C., Baquero, D., Bhattacharjee, L., Lee-Gammage, S., Levy, L., Monteiro, C., Pearson, M., Seed, B., Williamson, D., (2016). *Plates, Pyramids, Planet - Developments in national healthy and sustainable dietary guidelines: a state of play assessment*. Food and Agriculture Organization of the United Nations: Plates, pyramids, and planets. Retrieved March 7, 2022, from https://www.fao.org/3/i5640e/I5640E.pdf
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7 benefits of eating local foods

Questions about this information? Contact us. April 13, 2013

Updated from an original article written by Rita Klavinski, Michigan State University Extension.

Eating locally grown foods has many benefits for the consumer, grower and the community.

Soon farmers markets and roadside stands will be open and offering early spring crops such as rhubarb and asparagus. Also, growers who have greenhouses or hoop houses can offer greens early in the growing season. After what seemed like a long, cold winter season the chance to have locally grown food available to add to meals is irresistible.

Having the option to purchase locally grown food has many benefits. Michigan State University Extension suggests the following benefits of buying locally grown food.

- **Locally grown food is full of flavor.** When grown locally, the crops are picked at their peak of ripeness versus being harvested early in order to be shipped and distributed to your local retail store. Many times produce at local markets has been picked within 24 hours of your purchase.
- **Eating local food is eating seasonally.** Even though we wish strawberries were grown year round in Michigan, the best time to eat them is when they can be purchased directly from a local grower. They are full of flavor and taste better than the ones available in the winter that have traveled thousands of miles and picked before they were ripe.
- **Local food has more nutrients.** Local food has a shorter time between harvest and your table, and it is less likely that the nutrient value has decreased. Food imported from far-away states and countries is often older, has traveled and sits in distribution centers before it gets to your store.
- **Local food supports the local economy.** The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community.
- **Local food benefits the environment.** By purchasing locally grown foods you help maintain farmland and green and/or open space in your community.
- **Local foods promote a safer food supply.** The more steps there are between you and your food's source the more chances there are for contamination. Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping and distribution.

- **Local growers can tell you how the food was grown.** You can ask what practices they use to raise and harvest the crops. When you know where your food comes from and who grew it, you know a lot more about that food.

As the growing season starts and gets into full swing, you should think about how you can add more locally grown foods to your menus. By doing so you are supporting the many benefits of locally grown food.

MSU (Michigan State University) Extension has educators working across Michigan who provide community food systems educational programming and assistance. For more information, you can contact an educator by conducting a search with MSU (Michigan State University) Extension's Find an Expert search tool and using the keywords, "community food systems."

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Quiche Lorraine

Modified from Better Homes and Garden New Cookbook 16th Edition

Bake 13 minutes at 450 degrees F/45 minutes at 325 degrees F Makes 8 servings

Pastry for Single-Crust Pie (store bought or homemade)
8 slices of thin bacon
1 medium onion, chopped finely
1 cup additional vegetables of choice (colored peppers, broccoli, spinach, mushrooms, etc.)
4 eggs, lightly beaten
1 cup half-and-half or light cream
¾ cup milk
¼ teaspoon salt
Dash ground nutmeg
1 ½ cups shredded cheese of choice (Swiss, Mozzarella, Gruyere, etc.)
1 tablespoon all-purpose flour

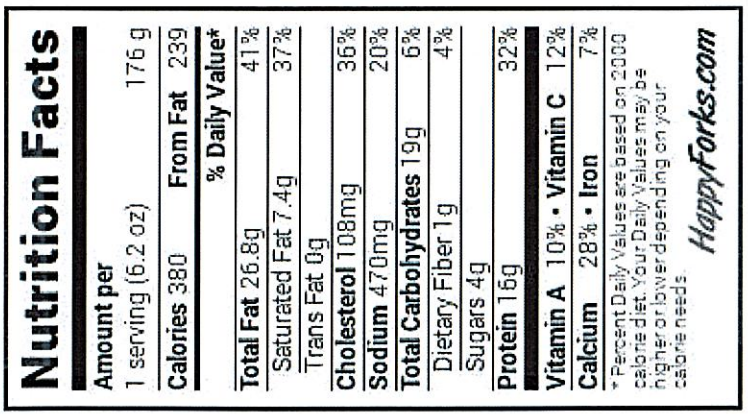
Prepare oven to 450 degrees F. Prepare pastry for single-crust pie, fluting the edges high to contain filling. Line the unpricked pastry shell with a double thickness of heavy foil. Bake for 8 minutes; remove foil. Bake for 5 to 6 minutes more or until pastry is set and light brown. Remove from oven. Reduce oven temperature to 325 degrees F. (Pastry shell should still be hot when filling is added; do not partially bake pastry shell ahead of time.)

Meanwhile, in a large skillet, cook bacon until crisp. Drain, reserving 2 tablespoons of the drippings. Crumble bacon finely; set aside. Cook onion and additional vegetables in 2 tablespoons of the drippings over medium heat about 5 minutes or until tender but not browned; drain.

In a medium bowl whisk together eggs, half-and-half, milk, salt, and nutmeg until well mixed. Stir in crumbled bacon and vegetables. In another medium bowl combine shredded cheese and flour; toss until flour coats cheese. Add to egg mixture; mix well.

Carefully pour egg mixture into the hot baked pastry shell. To prevent overbrowning, cover edge of crust with foil. Bake for 45 to 55 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes. Cut into 8 wedges.

Submitted by Judy Welter, MFV



Mom's Perfect Chocolate Chip Zucchini Bread

Mom's Perfect Chocolate Chip Zucchini Bread is quick to put together and is a perfect way to use the zucchinis that just seem to appear in the garden overnight. Like zucchini bread without chocolate chips, just leave them out.

Prep Time 10minutes **Cook Time** 1hour **Makes** 2 loaves **Servings**: 20 **Calories**: 254kcal

Ingredients

3 eggs	1 c. vegetable oil	2 c. sugar
2 c. grated zucchini	2 t. vanilla	3 c. flour
1 t. baking soda	1 t. salt	3 t. cinnamon
1/4 t. baking powder	1 c. chocolate chips	1 T. flour

Instructions

Add eggs, oil, sugar, grated zucchini to a large mixing bowl and blend until mixed well. Shred the zucchini and then measure it. No need to squeeze excess moisture out of it. Add vanilla and combine. In a separate bowl, mix together flour, baking soda, salt, cinnamon and baking powder. Sift together dry ingredients for this zucchini bread. Add flour mixture slowly to wet ingredients, blending after each addition until just incorporated. Mix the dry ingredients into the wet ingredients. Coat chocolate chips with tablespoon of flour before mixing into batter. Stir chocolate chips into batter by hand. Pour into 2 loaf pans that have been sprayed with nonstick cooking spray. If desired, sprinkle chocolate chips on top. Bake at 325 degrees F for one hour until toothpick comes clean when inserted in the middle of the loaf.

Notes

Some classic zucchini bread recipes ask you to drain the zucchini or remove excess moisture. You do not need to do this for our version. Just grate and add.

The easiest way to grate a zucchini is with a food processor and a grater plate; however, you can absolutely use an old fashioned hand grater if that's all you have.

Do not over-mix once the flour has been added. You don't want a tough bread.

The chocolate chips are truly optional. Leave them out it you want a regular zucchini bread recipe.

To ensure the loaves come out of the pan easy, be sure to spray generously with nonstick cooking spray or go old fashioned and grease and flour.

Our chocolate chip zucchini bread also freezes great. Wrap it in plastic wrap and then a layer of foil. We have pulled loaves that are over a year old from the freezer, and they still taste great!

The carb counts, calorie counts and nutritional information below is auto-calculated and can vary greatly depending on the products used. Do not use it for specific dietary needs.Nutrition Calories: 254kcal | Carbohydrates: 35g | Protein: 3g | Fat: 12g | Saturated Fat: 9g | Cholesterol: 25mg | Sodium: 187mg | Potassium: 62mg | Fiber: 1g | Sugar: 20g | Vitamin A: 60IU | Vitamin C: 2mg | Calcium: 14mg | Iron: 1mg

Submitted by Beverly Burke, MFV

Southern Strawberry Punch Bowl Cake

For the cake layers:

1 box yellow cake mix (plus ingredients listed on the box)

1 lb. fresh strawberries, hulled and sliced

1/4 c granulated sugar (to sweeten strawberries)

1 16 oz.tub whipped topping or make your own

1 box (3.4oz) instant vanilla pudding mix

2 c cold milk

1 8 oz. cream cheese, softened

Optional Garnish:

Extra whole of halved strawberries

Swirls of whipped cream

Directions:

Prepare the cake and bake according to package directions in a 9x13 pan. Let cool completely, then cut into 1-2 inch cubes. Sweeten the strawberries with sugar. Stir well and set for at least 20 minutes to release juices. In a large bowl, whisk the pudding mix with milk and let set for 5 minutes. Then beat in the softened cream cheese until smooth. Fold in about 2/3 of the whipped topping. Assemble the layers in a trifle or punch bowl, layer half of the cake cubes on the bottom. Top with half of the pudding mixture, then spoon over 1/2 of the strawberries including some juice. Repeat the layers.Spread or pipe remaining whipped topping on the top. Garnish if desired. Refrigerate the dessert for at least 2 - 3 hours or overnight to allow the flavors to meld.

Calories per serving: 350. Servings: 12

Submitted by Gayle Plummer, MFV

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	**342**
	% Daily Value*
Total Fat 26g	**33%**
Saturated Fat 16.4g	**82%**
Cholesterol 75mg	**25%**
Sodium 380mg	**17%**
Total Carbohydrate 21.4g	**8%**
Dietary Fiber 0.3g	**1%**
Total Sugars 16.6g	
Protein 6g	
Vitamin D 0mcg	0%
Calcium 87mg	7%
Iron 1mg	5%
Potassium 109mg	2%

Snickerdoodle Zucchini Bread

This easy snickerdoodle zucchini bread recipe makes two loaves of snickerdoodle bread. Each slice is moist, tasty, cinnamon-sweet, and oh-so filling.

Prep Time 20 minutes

Cook Time 1hour

Servings: 2 loaves Calories: 110kcal

Ingredients

1 c. vegetable oil	3 eggs	1 3/4 c. granulated sugar
1 t. vanilla extract	3 c. all-purpose flour	2 t. cinnamon
1/2 t. allspice	1 t. baking soda	1/2 t. baking powder
1 t. salt	2 c. zucchini about 1 large zucchini, grated	

Topping

1/2 c. granulated sugar	1 t. cinnamon

Instructions

Preheat oven to 350 degrees. Grease and flour two standard-sized loaf pans and set them aside. In a large bowl, beat the oil, eggs, sugar, and vanilla extract until well combined. In a separate bowl, combine the flour, cinnamon, allspice, baking soda, baking powder, and salt, and whisk to combine. Pour the flour mixture into the egg mixture and beat again until fully mixed. The batter will be thick. Add zucchini and beat once more until incorporated. In a small bowl, combine the topping ingredients. Pour half the batter into the prepared pans and sprinkle with 1/2 of the cinnamon sugar mixture. Cover with the remaining batter and sprinkle with the remaining cinnamon and sugar. Bake at 350 degrees for 45-50 minutes or until a knife inserted in the center comes out clean. Allow the bread to cool before slicing. The serving size is 1 slice.

Nutrition

Serving: 1slice | Calories: 110kcal | Carbohydrates: 15g | Protein: 1.2g | Fat: 5g | Fiber: 0.5g | Sugar: 9.5g

Submitted by Beverly Burke, MFV

Zucchini Butter

By Kendra Vaculin

It's That Simple is our series about recipes so easy, you can make them with your eyes closed. Think tiny ingredient lists, laid-back techniques, and results so delicious you'll text home about them.

There are lots of ways to use this luscious zucchini butter. Toss a big scoop (about 1 cup) with 12 oz. pasta, cooked, and a splash of pasta cooking liquid, then top with lemon zest and shavings of Parmesan cheese. Or dollop on ricotta toast and crown with a poached egg and flaky sea salt. Stir a mound of zucchini butter into a pot of rice to serve as a side dish to grilled salmon. Combine with mayo (or don't!) to make a spread for veggie burgers. Or simply have a spoonful as a 3 p.m. snack.

This recipe can handle quite a bit of riffing. Trade the zucchini for patty pan or yellow squash, or use a mix. Swap the garlic for thinly sliced shallots or the lemon for vinegar (sherry or Champagne vinegars would both be lovely). Add heat with a pinch of crushed red pepper flakes, or finish it off with a handful of chopped fresh herbs.

Recipe information

Total Time 1 hour Yield Makes about 3 cups

Ingredients

2½ lb. zucchini (about 5 medium), scrubbed, grated on the large holes of a box grater

1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt, plus more

3 Tbsp. extra-virgin olive oil

1 garlic clove, finely grated

3 Tbsp. fresh lemon juice

Freshly ground pepper

3 Tbsp. unsalted butter

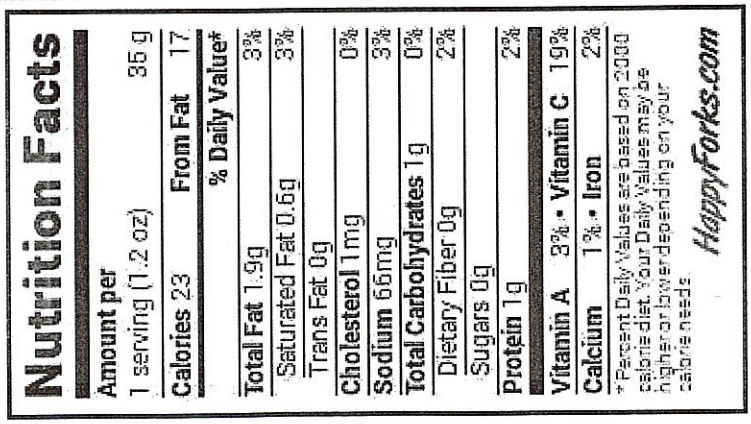
Preparation

Place 2½ lb. zucchini (about 5 medium), scrubbed, grated on the large holes of a box grater, in a large-mesh sieve set over a large bowl. Sprinkle 1 tsp. or ½ tsp. kosher salt over and toss to combine. Let sit 30 minutes.

Press down on zucchini to expel some liquid (no need to get crazy and really squeeze here, you're not making zucchini bread). Discard liquid. Heat 3 Tbsp. extra-virgin olive oil in a medium Dutch oven or other heavy pot over medium-high. Cook zucchini, stirring occasionally, until liquid cooks off and zucchini is starting to brown and stick to pot, 13–15 minutes.

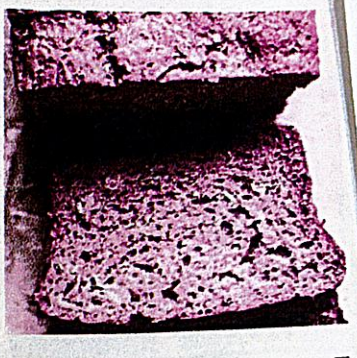
Add 1 garlic clove, finely grated, and 3 Tbsp. fresh lemon juice and season with salt and generously with freshly ground pepper. Cook, stirring occasionally, until lemon juice is incorporated, 2–3 minutes. Add 3 Tbsp. unsalted butter and cook, stirring often, until butter is melted and combined, 2–3 minutes.

Do Ahead: Butter can be made 3 days ahead. Let cool. Transfer to an airtight container; cover and chill.



Healthy Zucchini Bread

This Healthy Zucchini Bread is fluffy, moist and made in one bowl with not a drop of oil. It is also low sugar and low fat!



iFoodReal

★★★★★
4.94 from 381 votes

Prep Time	10 mins
Cook Time	1 hr
Cooling Time	1 hr
Total Time	2 hrs 10 mins

Course: Muffins and Quick Bread Cuisine: North American Diet: Vegetarian
Servings: 12 slices Calories: 148kcal Author: Olena Osipov

Ingredients

- 2 cups coarsely or medium shredded zucchini packed and not squeezed
- 1 large egg
- 1/2 cup unsweetened applesauce
- 3/4 cup honey or maple syrup
- 1 teaspoon pure vanilla extract
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups whole wheat or spelt flour
- Cooking spray I use Misto
- 1/2 cup walnuts coarsely chopped (optional)

Instructions

1. Preheat oven to 350 degrees F, line 9 x 5 loaf pan with unbleached parchment paper and spray with cooking spray. Set aside.
2. In a large mixing bowl, add egg, applesauce, honey, vanilla, cinnamon, baking soda, baking powder and salt; whisk until combined. Add zucchini and stir.

3. Add flour and mix gently with a spatula just enough to combine.
4. Pour batter into previously prepared loaf pan and bake for 50-60 minutes or until the toothpick inserted in the middle comes out clean.
5. Remove from the oven and transfer to a cooling rack to cool off for 10 minutes. Then holding onto the flaps of parchment paper remove bread from a loaf pan and let it cool off for another 30 minutes or completely.
6. Using sharp serrated knife cut into 12 slices and enjoy!

Notes

Store: Covered or in a resealable bag in a cool dry place for up to 3 days. Freeze in an airtight container for up to 3 months. Defrost on a counter which takes about 3-4 hours.

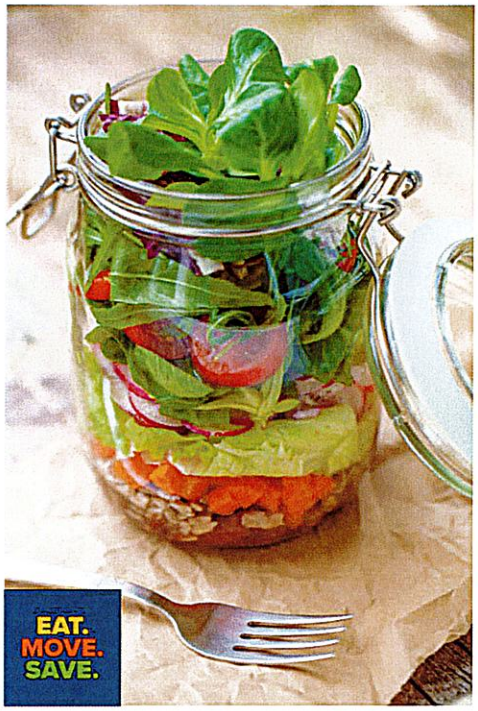
What other flour can I use?

- The only other flours I may suggest is white whole wheat flour and whole wheat pastry flour with a 1:1 ratio. Please let me know if you try.
- I have not tested this recipe with all-purpose flour but if I were to try, I would use 2 1/2 cups. Again, I can't guarantee the results. I think you can get away with half whole wheat and half white flour.
- Gluten-free flour blend may make bread dry if used on 1:1 ratio.
- Coconut flour will not work as it is very "thirsty".
- Almond flour is ground up almonds and acts differently. Try this almond flour zucchini bread recipe.
- Oat flour will not work as it will make bread gummy. However, I believe one of the readers tried successfully 50% whole wheat flour and 50% oat flour.

Nutrition

Serving: 1slice | Calories: 148kcal | Carbohydrates: 34g | Protein: 3g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 14mg | Sodium: 291mg | Fiber: 3g | Sugar: 19g

Need some salad ideas? All these salads can be topped with your favorite bottled dressing or homemade dressing. Serves 1.



The Southwest: 1-2 cups Mixed green salad, 1/4 cup diced bell peppers, 1/2 cup black beans (rinsed), 1/4 cup chopped tomatoes, 1/4 cup pepper jack cheese 2-3 Tablespoons dressing, tortilla chips.

The Summer: 1-2 cups Mixed green salad, 1/2 cup sliced strawberries, 1/4 cup diced cucumbers, 2-4 Tablespoons goat cheese, 2 Tablespoons almonds, 2-3 Tablespoons dressing.

The Classic: 1-2 cups Mixed green salad, 1/4 cup shredded carrots, 1/4 cup broccoli, 1/4 cup chopped tomatoes, 2-4 Tablespoon cheddar cheese, 2 Tablespoon croutons, 1 boiled egg, 2-3 Tablespoon dressing.

***Warm Salad:** 1-2 cups Mixed green salad, 1/2 cup cubed baked sweet potato, 1/4 cup baked beets, 1/4-1/2 cup baked chickpeas, 2-4 Tablespoons feta, 2-3 Tablespoons dressing.

*Note: Prepping Warm Salad

1. Preheat your oven to 420 degrees F.
2. Wash hands with warm water and soap
3. Rub vegetables under cool water and rinse can of chickpeas.
4. Dice sweet potato and beet into small pieces.
5. Add potato, beet, and chickpeas to a shallow pan.
6. Drizzle with 2 tablespoons of vegetable oil and salt and pepper to taste. Give a quick toss to make sure all is coated.
7. Bake for 30 minutes (or until fork tender), flipping the veggies half way.

Source: Illinois Extension

Baked Zucchini Sticks

Ingredients

4 medium **zucchini**

2 **eggs**

½ cup **water**

¼ cup finely grated **parmesan cheese**

1 ½ cups **bread crumbs**

1 Tablespoon dry **Italian herbs**

Makes: 8 cups
Prep time: 20 minutes
Cooking time: 15 minutes

Directions

1. Cut zucchini into long sticks, about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat zucchini sticks dry with a paper towel.
3. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
4. Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
5. Arrange zucchini in rows on a metal baking sheet that has been sprayed with cooking spray. Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.
6. Refrigerate leftovers within 2 hours.
   Recipe adapted from Nutrition Matters.

Notes

- Try with warm marinara sauce or ketchup.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

8 servings per container

Serving size	1 cup (137g)
Amount per Serving	
Calories	**70**
	% Daily Value*
Total Fat 2.5g	3 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 50mg	17 %
Sodium 110mg	5 %
Total Carbohydrate 9g	3 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
Protein 4g	
Vitamin D 0mcg	0 %
Calcium 57mg	4 %
Iron 1mg	6 %
Potassium 303mg	6 %
Vitamin A 36mcg	4 %
Vitamin C 18mg	19 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fiesta Corn and Black Bean Salad

Makes: 4 Servings

Super fast to make! Uses low-sodium canned vegetables and beans. You can make this in the blink of an eye.

Ingredients

1 can low-sodium corn (drained, 15 1/4 ounces)
1 can black beans (drained, 15 ounces)
1/2 cup onions (chopped)
1 can unsalted tomatoes (diced or chopped, drained, 14 1/2 ounces)
1 can green chiles (drained, diced, 4 ounces)
2 tablespoons vegetable oil
1/2 teaspoon ground cumin (if you like)
1/4 cup chopped cilantro (for topping, if you like)
lime juice (to taste, for topping, if you like)

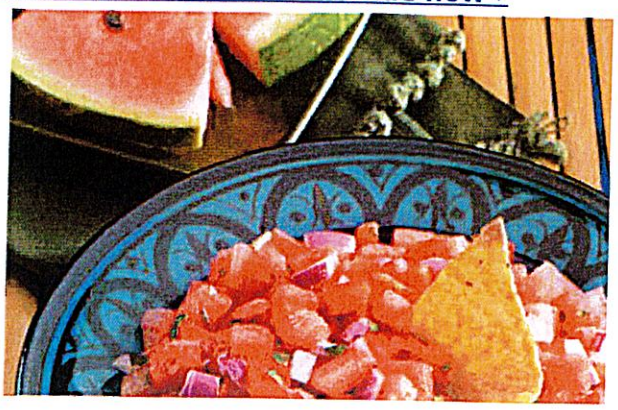
Directions

1. Combine all ingredients in medium bowl and mix. If using cumin, add that too. 2. If using cilantro and lime juice as a topping, shake cilantro over the top of the salad. Squeeze lime juice over the top of the salad.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	**150**	
Total Fat	5 g	
Protein	5 g	
Carbohydrates	24 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	445 mg	

Watermelon Salsa



Budget-friendly recipe

0 Comments

Serves: 8
Ready in: 15 mins.

A mouthwatering combination of sweet and zesty.

Ingredients

3 cups Watermelon *seeded and chopped*
½ Medium onion *chopped*
½ Red bell pepper *chopped*
1 Jalapeño pepper *seeded and chopped*
2 tablespoons Fresh cilantro *chopped*
2 tablespoons Lime juice
1 teaspoon Vegetable oil

What You'll Need

Measuring spoon
Cutting board
Sharp knife
Medium bowl

Directions

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition Info and more

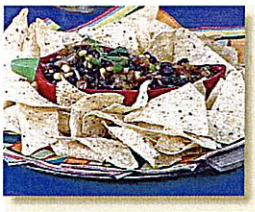
Serving size: ½ cup
Total calories: 28 Total fat: 1 g Saturated fat: <1 g Carbohydrates: 6 g Protein: 1 g Fiber: 1 g Sodium: 2 mg

Walk Kansas for Kids!

K-STATE Research and Extension

A Tasty Salsa

Farmers Market Salsa



Makes
8 servings

Ingredients:

½ cup corn, fresh cooked or frozen

1 can (15 ounce) black beans, drained and rinsed

1 cup fresh tomatoes, diced

½ cup onion, diced

½ cup green pepper, diced

2 tablespoons lime juice

2 cloves garlic, finely chopped

½ cup picante sauce

Directions:

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

Nutrition Facts:
One serving provides 60 Calories, 5 Calories from Fat, 0 g Total Fat, 0 g Saturated Fat, 0 g Trans Fat, 320 mg Sodium, 14 g Total Carbohydrate, 4 g Dietary Fiber, 3 g Sugar, 4 g Protein, 2% Calcium, 4% Iron

Kids-a-Cookin' Recipe

Newsletter developed by Susie Bilderback, Extension Program Assistant, NEA; Tandalayo Kidd, Ph.D., R.D., L.P.N., Associate Professor/ Extension Specialist in Human Nutrition• Wally illustrations by Bob Davis, Engineering Communications • Resources: Adapted from *http://www.choosemyplate.gov/*, *http://www.kidscookin.org*, *http://www.healthykansas.org*, and *Red Light, Green Light, Eat Right*, by Joanna Dolgoff, M.D.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Fruit Salsa and Cinnamon Chips

15 servings

Make half your plate fruits and vegetables.

Fruit Salsa

- 3 kiwi, gently rubbed under cold running water, peeled and diced
- 2 apples, gently rubbed under cold running water, peeled, cored, and diced
- 6 ounces raspberries, washed gently under cool running water
- 1 pound strawberries, washed gently under cool running water, sliced
- 2 Tablespoons sugar
- 1 Tablespoon brown sugar
- 3 Tablespoons strawberry fruit preserves

Cinnamon Chips

- ¼ cup sugar
- 1 teaspoon cinnamon
- 10 whole wheat flour tortillas

1. Wash hands with soap and water.
2. In a large bowl, combine kiwis, apples, raspberries, strawberries, 2 Tablespoons sugar, brown sugar, and fruit preserves. Mix gently.
3. Cover and chill in the refrigerator for at least 15 minutes.
4. In a small bowl, mix ¼ cup sugar with 1 teaspoon of cinnamon.
5. Preheat oven to 350 °F.
6. Cut tortilla into wedges and arrange in a single layer on a large baking sheet. Coat one side of each wedge with cooking spray. Sprinkle wedges with cinnamon and sugar mixture. Spray again with cooking spray.
7. Bake 8-10 minutes. Repeat with any remaining tortilla wedges. Serve with chilled fruit salsa.
8. Store leftover salsa in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/15 of recipe): *Calories 160, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 190mg, Total Carbohydrate 31g, Dietary Fiber 2g, Total Sugars 15g, includes 6g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%.*

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

Fruit Pizza

This pizza has a cookie crust, creamy filling and fruit on top!

Level: Medium

Serves 12

Kids' Tool Kit

- Mixer
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Small mixing bowl
- Pizza pan or baking sheet
- Rubber scraper
- Knife
- Cutting board
- Spatula

Chef's Choice

Fruit Pizza
Strawberry Milk

Ingredients:

Cookie Crust
1/2 cup margarine
1/2 cup sugar
1 teaspoon vanilla extract
1 egg
2 cups flour
2 teaspoons baking powder

Cheese Spread
8 ounces cream cheese (nonfat or light)
1/2 cup sugar
1 teaspoon vanilla extract
(optional - 1 drop red food color)

Fruit Topping Ideas:
Sliced strawberries, kiwi, bananas, pineapple, mandarin oranges, pears, peaches, blueberries or grapes

Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar, vanilla and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture, about 1/8 inch thick, on a pizza pan, baking sheet or 9 x 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, vanilla and food color, if desired. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

Helpful Hints: This cookie dough crust is a simple sugar cookie recipe. Making this is much less expensive than buying tubes of cookie dough in the dairy section at the grocery store! If you want to make individual fruit pizzas, divide the dough into 12 balls and pat out into circles. Once they are baked, the kids can top with whatever fruit they like.

Safety Tip: Young children may need help using an electric mixer. If they are not tall enough to reach the countertop, be sure kids stand on a stable stool with supervision. Avoid teetering on a chair or bar stool. Remember: Turn the mixer off before using a rubber scraper to clean the sides of the bowl.

Nutrition Facts

Serving Size 1/12 pizza (115g)
Servings Per Container 12

Amount Per Serving	
Calories 260	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**13%**
Saturated Fat 1.5g	**8%**
Cholesterol 20mg	**6%**
Sodium 280mg	**12%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 1g	**5%**
Sugars 21g	
Protein 6g	

Vitamin A 10% • Vitamin C 20%
Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

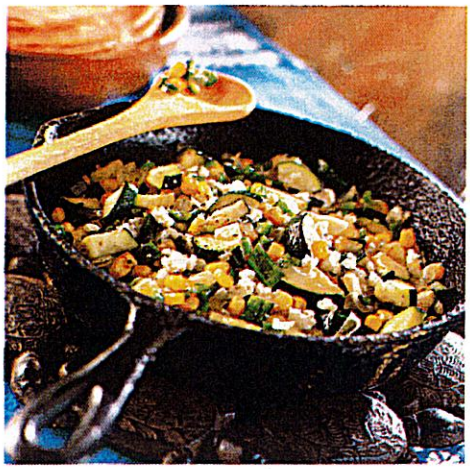
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at *www.kidsacookin.ksu.edu*, or e-mail *kidsacookin@ksu.edu*.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Recipes

CORN AND SQUASH SAUTÉ



30 Minutes | 9 Ingredients | 100 Calories | 4 Serv

INGREDIENTS

To make this flavorful side dish a whole meal, just add a can of drained and rinsed black beans.

½ tablespoon vegetable oil
1 cup chopped onion
1 cup fresh or frozen corn, thawed
1 cup chopped zucchini
1 teaspoon dried oregano
¼ teaspoon salt
2 cloves garlic, chopped
1 poblano pepper, seeded and chopped
¼ cup crumbled Queso Fresco cheese

PREPARATION

1. In a medium nonstick skillet, heat oil over medium-high heat.
2. Add onion and cook for 10 minutes, stirring frequently.
3. Add vegetables and seasonings to skillet and cook for 8 minutes more, stirring occasionally.
4. Sprinkle with cheese and serve hot.

Makes 4 servings - ¾ cups per serving.

NUTRITIONAL INFORMATION

Calories: 100
Total Fat: 2 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 5 mg
Sodium: 170 mg
Total Carbohydrate: 16 g
Dietary Fiber: 3 g

FoodRight
Grow Strong. Live Long. Cook.

Chopped Salad

Serves 10

Salad Ingredients

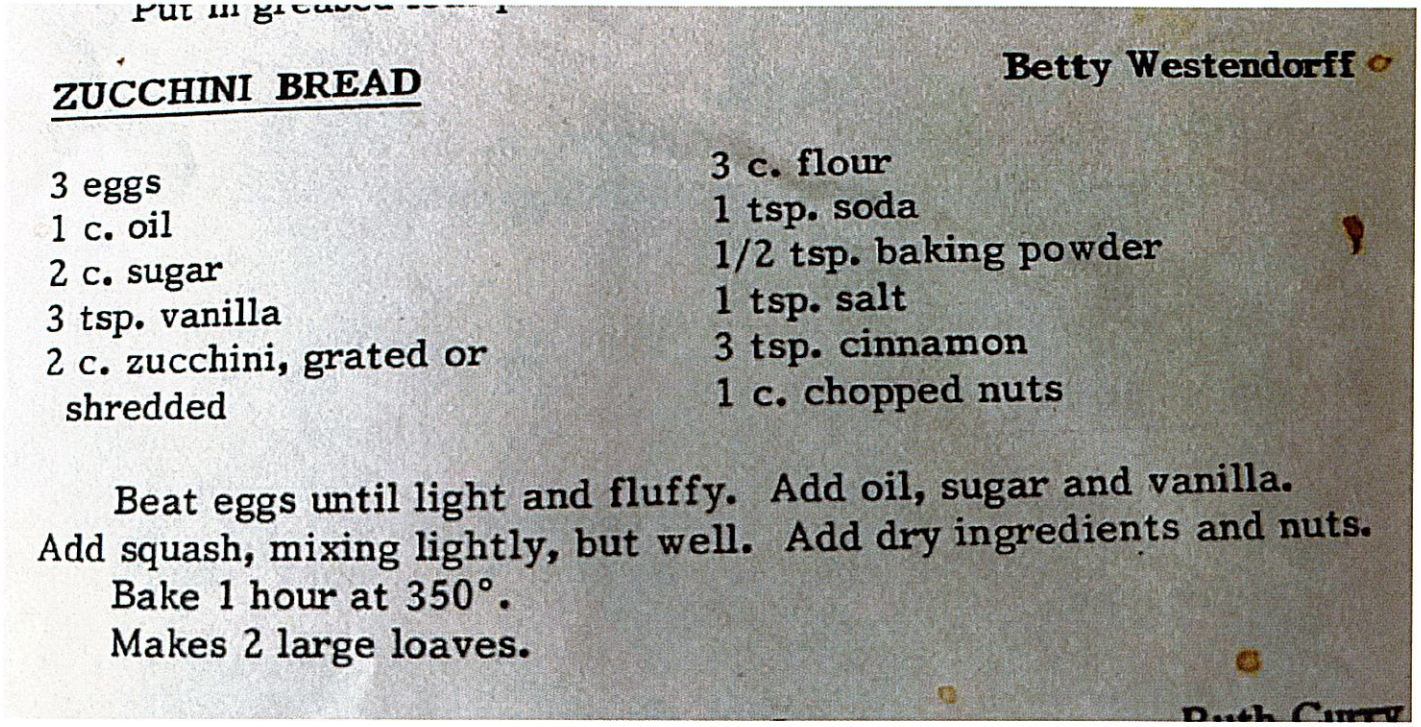
- 12 oz. of Romaine lettuce, chopped into ½ inch pieces
- ½ pint of cherry tomatoes, chopped in half or quarters
- 1 small cucumber, peeled, seeded, and cubed (optional)
- 4 oz. Parmesan, finely shredded
- 3 Tablespoons fresh basil (or 1 tsp dry), cut into thin ribbons
- 2 Tablespoons fresh parsley (or 1 tsp dry), minced
- ¼ cup salted sunflower seeds

Dressing Ingredients

- 2 Tablespoons balsamic vinegar
- 2 pinches of sugar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 Tablespoons olive oil

Directions

1. Make Dressing:
    a. Whisk together balsamic vinegar, salt, pepper, and sugar in large bowl.
    b. Very slowly drizzle in oil while continuously whisking.
2. Add prepared salad ingredients to bowl and gently toss with dressing.



Put in greased

ZUCCHINI BREAD

Betty Westendorff

3 eggs
1 c. oil
2 c. sugar
3 tsp. vanilla
2 c. zucchini, grated or shredded

3 c. flour
1 tsp. soda
1/2 tsp. baking powder
1 tsp. salt
3 tsp. cinnamon
1 c. chopped nuts

Beat eggs until light and fluffy. Add oil, sugar and vanilla. Add squash, mixing lightly, but well. Add dry ingredients and nuts.
Bake 1 hour at 350°.
Makes 2 large loaves.

Ruth Curry

Submitted by Karen Nelson, MFV

Nutrition Facts

Amount per 1 serving (1.4 oz)	41 g
Calories 150	**From Fat** 81
	% Daily Value*
Total Fat 9.1g	14%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrates 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 1g	1%
Vitamin A 0% • **Vitamin C**	3%
Calcium 0% • **Iron**	0%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

HappyForks.com