

Eat³ Campaign Promotes Family Mealtimes

Want a tip on how to get your kids to eat better? Eat together! Research shows that when family members eat a home-prepared meal together, they generally eat better. This means they consume more fruits, vegetables and dairy foods, and less fried foods and soft drinks. As a result, the intake of key nutrients including fiber, calcium, folate and iron goes up, and the intake of saturated fat and trans fat goes down.

Eating together is one of three key messages in the Eat Well, Eat Local and Eat Together campaign, also known as Eat³. This campaign was launched in July and is being coordinated by Cornell Cooperative Extension in 20 New York counties including _____. The campaign's goal is to help families choose, prepare and enjoy healthy meals together using locally grown produce.

Each month, the campaign features one local and healthful meal that families can prepare and enjoy together. The recipes have been chosen to emphasize kid-friendly foods that take advantage of in-season, locally-grown fruits and vegetables.

Cornell Cooperative Extension will distribute recipes highlighting the Meal of the Month, as well as postcards and a colorful refrigerator magnet to remind families to Eat Well, Eat Local and Eat Together. Families are also encouraged to visit and register at the Eat³ website, www.Eat3.org, where they can find recipes for an additional "meal-of-the-month" and other dishes to include in family meals, as well as, nutrition information. Those who register on the website will be entered into a monthly drawing for a \$50 grocery store gift card.

Here is the Meal of the Month for August, which can also be found on www.Eat3.org.

Mini Veggie Pizza

Ingredients

5 English muffins (or bagels)
1 small zucchini, grated
1 green or red bell pepper, finely chopped
8-ounce package part-skim mozzarella cheese, grated
8-ounce can of tomato sauce
1/2 teaspoon dry oregano

Instructions

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.

4. Top each muffin in half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).

Yield: 10 pizza muffins (serving size: 1 pizza)

Lemony Green Beans

Ingredients

1 pound green beans, trimmed and cut into 2-inch pieces
1 1/2 teaspoons fresh lemon juice
1 teaspoon olive oil
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Instructions

1. Steam green beans, covered, 5 minutes or until crisp-tender. Drain and return to pan.
2. Add juice, oil, salt, and pepper; toss to coat. Serve immediately.

Yields 4 servings (serving size: 1 cup)