

The second week of the Eat³ campaign, the Healthy Start Partnership's project that helps participants choose, prepare and enjoy healthy family meals using locally-grown produce in six upstate New York counties, is October 5th through 11th. To join the campaign, just log on to the website at: www.eat3.org. To participate in this healthy eating initiative, prepare this delicious menu of Beef and Vegetable Stir Fry and Apple Cinnamon Wrap and Roll one night during this week using the recipes below. The nutrition analysis is on www.eat3.org

BEEF AND VEGETABLE STIR FRY

serves 4

This recipe can also be made meatless or with chicken or turkey instead of steak.

Ingredients

3/4 pound lean beef round steak, boneless
1 teaspoon vegetable oil
1/2 cup carrots, sliced
1/2 cup celery, sliced
1/2 cup onion, sliced
2 cups zucchini squash, cut in thin strips
1 tablespoon light soy sauce
1/8 teaspoon garlic powder
1 dash of pepper
1 tablespoon cornstarch
1/4 cup water

Instructions

1. Trim all fat from steak. Slice steak into thin strips.
2. Heat oil in frying pan. Add beef strips and stir-fry over high heat. Reduce heat.
3. Add carrots, celery, onion, squash and seasonings and cook until vegetables are tender.
4. In a small cup, mix cornstarch and water until a smooth paste is formed. Add paste to beef mixture, stirring constantly. Cook until thickened.

APPLE CINNAMON WRAP & ROLL

8 servings

Ingredients

3 tablespoons sugar
1 teaspoon cinnamon
3 teaspoons vegetable oil
2 apples (2 cups chopped)
1/3 cup low fat vanilla yogurt
4 6-inch flour tortillas

Instructions

1. Mix sugar and cinnamon in small bowl. Pour 1 teaspoon oil in small saucer.
2. Wash and chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Use fingers to lightly coat top side with oil. Sprinkle with a spoonful of cinnamon sugar.

5. Flip tortilla so uncoiled side is up. Using 1/4 of apple mixture, fill half a tortilla, folding other half over mixture.
6. Heat 2 teaspoons oil in frying pan on medium.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. (If oil starts to smoke, remove pan from burner for a minute and then continue.)
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

New York State apples are a delicious and popular addition to everyone's diet. Use these fresh ideas to add more fruit enjoyment to your family's day.

- Serve slices of apple topped with peanut butter or cheese.
- Add chopped apples to pancake batter.
- Add chopped apples to hot or cold cereal.

The Eat³ Campaign advocates eating well, local, and together. Eating "local" provides benefits for the consumer and the local economy. Locally grown food, purchased soon after harvest, retains its nutrients and tastes better. Fresh local foods retain more nutritional value, because foods begin losing nutritional content at harvest, and transport time is shorter for local farms. In addition, locally grown food often tastes better because local growers are likely to prioritize taste and nutritional quality over durability when making varietal decisions. When you buy and eat local, your dollars stay within your community, strengthening the local economy. This helps to preserve farming as a livelihood and rural landscapes as farmland. You can buy local foods at many area grocery stores, at farmers' markets, through Community Support Agriculture (CSA) and at roadside stands. Find out more about these options on the Eat3 website: www.eat3.org Register to win prizes and for tips, recipes, and activities to help you eat well.

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