

April Newsletter and Recipe for the Nutrition Education Program, NEP

Brought to you by Fayette County Community Action Agency, Inc. and the Nutrition Education Program,
NEP

April 2019 Newsletter

Recipe

Pocket Fruit Pies (FDD)

“Canned pears are a great addition to baked fruit desserts such as pies, cobblers or crisps. Choose pears packed in light or extra light syrup. This “Pocket Fruit Pies” recipe uses canned pears”.

Makes: 4 servings, 1 serving= 1 tortilla and 1 1/8 cup of the recipes ingredients

Recipe source: <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/pocket-fruit-pies-fdd>

Ingredients

- 4 flour tortillas (8 inch tortillas)
- 2 ½ cups sliced pears (canned, drained)
- ¼ teaspoon ground cinnamon
- 2 tablespoons brown sugar (or regular sugar)
- 1/8 teaspoon ground nutmeg (if you like)
- 2 tablespoons milk
- Sugar (to taste, if you like)



Directions

1. Preheat oven to 350 degrees F.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Chop pears into pieces.
4. In a small bowl, stir together brown sugar (or regular sugar) and cinnamon. If using nutmeg, add that too. Sprinkle over pears, tossing to coat.
5. Place ¼ of the pears on half of each tortilla.
6. Roll up the tortillas, starting at the end with the pears.
7. Place on an ungreased baking sheet and make small cuts to allow steam to escape. Brush with milk. If using sugar, sprinkle on top.
8. Bake in oven for 8 to 12 minutes or until lightly brown.
9. Serve warm or cool.

***For nutritional information pertaining to this recipe, or to view other healthy recipes, check out <https://whatscooking.fns.usda.gov>**

***Try substituting pears with some of your favorite fruits!**

Check out the back of this newsletter for information on portion sizes!

Just Say Yes to... Healthy Portion Sizes!



How do you figure out how much you should eat?

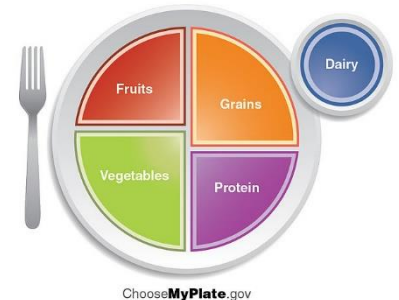
Do you eat different when eating out or snacking?

Here are some easy ways using your hands to know if you are getting a healthy portion size...

- 1 ounce of cheese= Thumb
- 3 ounces of cooked meat, fish or chicken= Palm of Hand
- 1 cup of cooked rice, pasta, cereal, beans, salad or baked potato= A Fist
- 1 ounce nuts = 1 cupped Handful
- 1 teaspoon of butter= Finger Tip
- 1 ounce chips or pretzels = 2 cupped Handfuls
- 1 tablespoon of peanut butter= Thumb Tip

**Some possible benefits of knowing proper portion sizes might include...*

- Maintaining a healthy weight
- Staying within a food budget
- Eating a balanced diet



**For more information on Healthy Portion Sizes, check out www.choosemyplate.gov*

*Information provided in this newsletter is taken from the SNAP-Ed funded, New York State Department of Health's, *Just Say Yes Curriculum*, Lesson 6, for the Nutrition Education Program, NEP. I hope you enjoyed and found this information valuable. For more information and a schedule of nutrition education classes, please contact Gretchen Billy, Project Manager for the Nutrition Education Program, NEP, at Fayette County Community Action Agency, Inc. (724) 430-6428 or email at gbilly@fccaa.org

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