



## September Newsletter and Recipes from SNAP-Ed The Nutrition Education Program, NEP

*\*Featured Nutrition Information on Protein, Seafood and Vegetables*

### Salmon Burgers

*"This simple recipe makes good use of canned salmon, or you can also use leftover salmon if you have some on-hand. Out of both? Try canned tuna!"*

**Serving size:** 1 burger

**Makes:** 6 servings

#### Ingredients

- 1 2/3 cups cracker crumbs (coarse)
- 1 small onion, chopped
- 1 can canned salmon (15 ounce can or two 5 ounce cans of tuna in water, drained)
- 2/3 cup low-fat milk
- 2 eggs (well beaten)
- Celery (1/2 cup chopped, optional)
- Salt & pepper (to taste)

#### Directions

1. In a large bowl, mix all ingredients together. Mixture will be moist.
2. Spray a large skillet with non-stick cooking spray. Heat skillet. Drop fist mixture onto the skillet using a 1/3 or 1/2 cup measuring cup. Brown on both sides.

**Notes:** \*Dry bread crumbs, crushed unsweetened cereal or uncooked oatmeal can be used instead of cracker crumbs.

#### MyPlate Food Groups

- Grains: 1 ounce
- Protein Foods: 2 1/2 ounces

### Oven Baked Sweet Potato Fries

*"Sweet potato fries are a quick and delicious way to add flavor and color to your dinner plate"*

**Serving size:** 1/6 of recipe

**Makes:** 6 servings

#### Ingredients

- 3 medium sweet potatoes, 5" long
- 3 tablespoons olive oil

#### Optional Seasonings

- Salt & pepper (to taste)
- Paprika (1/2 teaspoon)
- Teaspoon garlic powder (1/2 teaspoon)

#### Directions

1. Wash and peel sweet potatoes. Cut into 1/4 inch slices.
2. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
3. Spread in a single layer on a baking sheet.
4. Bake at 425 degrees F until tender and golden brown (about 20 minutes), turning occasionally to brown evenly.

**Notes:** \*To learn more about sweet potatoes, check out [www.choosemyplate.gov](http://www.choosemyplate.gov). For the Oven Baked Sweet Potato Fries recipe, you can use any type of potato and seasonings you have on hand.

#### MyPlate Food Groups

- Vegetables: 1/3 cups

### **Recipe Sources and Nutritional Information for "Salmon Burgers" and "Oven Baked Sweet Potato Fries":**

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/salmon-burgers> and <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/oven-baked-sweet-potato-fries>.

**Check out Featured Nutrition Information on the back of this Newsletter about Protein, Seafood and Vegetables!**

## What are Protein Foods?

All foods made from meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts and seeds are considered part of the **Protein Foods Group**.

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- ✓ Twice a week, make seafood- fish and shellfish- the main protein food on your plate.  
\*Seafood contains a range of nutrients, including healthy omega-3 fats. According to the 2010 Dietary Guidelines for Americans, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.
  - ✓ Here's a few tips to vary your protein routine and eat seafood twice a week! Information on **TIPS: Vary Your Protein Routine and Eat Seafood Twice a Week**, is taken from [www.choosemyplate.gov](http://www.choosemyplate.gov) and [www.choosemyplate.gov/ten-tips-eat-seafood](http://www.choosemyplate.gov/ten-tips-eat-seafood).

### TIPS: Vary Your Protein Routine and Eat Seafood Twice a Week!

1. **Eat a variety of seafood:** Include some that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring and sardines.
2. **Keep it lean and flavorful:** Try grilling, broiling, roasting or baking- they don't add extra fat. Avoid breading or frying seafood and creamy sauces, which add calories and fat. Using spices or herbs, such as dill, chili powder, paprika or cumin, and lemon or lime juice, can add flavor without adding salt.
3. **Keep seafood on hand:** Canned seafood, such as canned salmon, tuna or sardines, is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.
4. **Get creative with seafood:** Think beyond the fish fillet. Try salmon patties, a shrimp stir-fry, grilled fish tacos or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad or oven-baked Pollock.
5. **Put it on a salad or in a sandwich:** Top a salad with grilled scallops, shrimp or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats, which are often higher in sodium.
6. **Know your seafood portions:** To get 8 ounces of seafood a week, use these as a guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces and 1 small trout is about 3 ounces.

Try Salmon Burgers with Oven Baked Sweet Potato Fries for a nice balance of protein and vegetables!

### Why is it important to eat vegetables?

Eating vegetables provides health benefits- people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

**Nutrients:** Vegetables are an important source of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A and vitamin C.

- ✓ Information on **why is it important to eat vegetables** and **Nutrients**, is taken from [www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health](http://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health). Access this listed website to learn more about **Vegetables** and their overall health benefits.

For information on Fayette County Community Action Agency's SNAP-Ed Program, to obtain a schedule of SNAP-Ed nutrition education classes or to learn how you can attend a SNAP-Ed nutrition education class via telephone or Zoom during the Coronavirus Pandemic, please contact Gretchen Billy, Project Manager, at (724) 430-6428 or email [gbilly@fccaa.org](mailto:gbilly@fccaa.org). Nate Torbich, Nutrition Educator, at (724) 430-6431 or email [ntorbich@fccaa.org](mailto:ntorbich@fccaa.org). This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.