

Healthy LIVING while aging!



EXTENSION
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Versatile Veggies Make a Good Plate Great

By Aurora Buffington

Vegetables are nutritious, containing fiber, phytochemicals, vitamins and minerals. The following three fresh vegetables are easy to prepare and make great substitutes for meat or pasta when you want to try something different or wish to accommodate special dietary needs.

Spaghetti squash This hard-shelled yellow oval-shaped squash cooks up to yield a bounty of spaghetti-like strands. With only 7 grams of carbohydrates and 30 calories per cup, compared to 45 grams of carbohydrates and 200 calories per cup of regular spaghetti pasta, they make a great alternative when trying to save calories, reduce the amount of carbohydrates in a meal, or avoid processed foods.

To prepare, cut the squash in half lengthwise, scoop out the seeds with a spoon, and microwave for 7-10 minutes, cut side down, in a glass dish with ¼ cup water, covered with plastic wrap. The hardest part is cutting the squash in half, but the most fun is using a fork to scrape the inside of the cooked squash to yield about 6-8 cups of squash “noodles.” Although they have a different texture, you can use them in place of spaghetti or other noodles.

Cauliflower One cup of cauliflower has only 25 calories and 5 grams of carbohydrates, making cauliflower rice a great low-calorie, low-carbohydrate alternative to regular rice.

It and is an excellent source of vitamin C, which helps protect our body’s cells from damage caused by free radicals resulting from the foods we eat or exposure to environmental toxins, such as cigarette smoke and air pollution.

To prepare cauliflower rice, take a large head of cauliflower, rinse it and remove the green leaves. Cut into 2-inch chunks, including the core, place in a food processor, and pulse until the pieces resemble rice. If you don’t have a food processor, you can cut the cauliflower into larger pieces and use a grater to make the rice. Sauté the cauliflower rice in 1 tablespoon of oil in a large pan, then let it steam by covering the pan and cooking for about 5 minutes more or until tender. Season to taste.

Portabella mushrooms Their meaty flavor makes them a delicious, lower-fat substitute for red meat, and they’re so much easier to grill!

To prepare a portabella mushroom burger, wipe the mushroom cap with a damp paper towel to clean it, trim off the stem, brush with olive oil, and season with salt and pepper. Grill until tender, or about 6-8 minutes, turning if desired. Serve on a bun with your favorite condiments.

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For more information about Healthy Aging education or resources, please contact Dakota at 702-948-5916 or visit our website: extension.unr.edu and search “Healthy Aging”.

Benefits for Shopping at Farmers Markets

- You know where your food has been and can talk to the farmers about produce quality
- Supports local economies
- Buy in bulk - if you will use it. Buying larger amounts can save money but only if you'll use it before it goes bad.
- Avoid specialty items. These items are usually more expensive and ones you don't often need.
- Ask the farmer questions
- Use SNAP dollars (EBT cards) to purchase produce

Senior Farmers Market Nutrition Program (SFMNP)

- Provides low-income seniors with access to locally grown fruits, vegetables, honey and herbs
- Eligible seniors receive coupons in the mail

By M. Nikki Regalado, MPH

Nevada Seasonal Harvest Chart June-August

Artichoke, Asparagus, Basil, Beets, Carrots, Cauliflower, Celery, Collard Greens, Corn, Cucumber, Eggplant, Garlic, Green Beans, Hot peppers, Okra, Onions, Peas, Potatoes, Shallots, Summer Squash, Sweet Potatoes, Swiss Chard, Tomatillos, Zucchini, Apricots, Apples, Blackberries, Cantaloupe, Grapes, Melons, Nectarines, Peaches, Pears, Plums, Rhubarb, Strawberries, Watermelon

By M. Nikki Regalado, MPH



Las Vegas Farmers Market Schedule

Wednesday

Bruce Trent Park 2-8 p.m. (Walk-Up)

Thursday

Skye Canyon 2-7 p.m. (Drive-Thru)

Friday

Henderson Pavilion 9 a.m.-2 p.m. (Walk-Up)

Galleria at Sunset 2-7 p.m. (Drive-Thru)

Saturday

Downtown Summerlin 9 a.m.-2pm (Walk-Up)

Sunday

Southern Highlands 9am-2pm (Drive-Thru)



KALE SOY SALAD

Ingredients

- 1 large bunch of kale
- 1 red pepper, finely chopped
- 3 Tbsp. low sodium soy sauce
- 3 Tbsp. olive oil
- 3 Tbsp. lemon juice
- 1 Tbsp. onion powder

Directions

1. Remove hard ribs from the kale. Shred kale finely.
2. Add all remaining ingredients. Using your hands, massage salad for a minute or until it begins to wilt.
3. Serve immediately

CREAMY PEANUT DIP

Ingredients 1/4 peanut butter (creamy), 2 Tbsp. freshly squeezed orange juice, 1/2 cup yogurt, low-fat vanilla

Directions: In a small bowl, mix the peanut butter and orange juice until smooth. Stir in vanilla yogurt.

Yield 6 servings

Serve with fresh apples, pears, carrot or celery sticks

Courtesy of, <https://www.lasvegasfarmersmarket.com/>

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