



HEALTHY  
CORNER STORE  
INITIATIVE  
BUFFALO, NY

# MONTHLY CALENDAR



A healthier you starts this year.

# 2022



# Chili Tomato Macaroni

**Makes:**      **Prep time:**

4 Servings      10 minutes

## Ingredients:

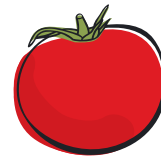
- 3/4 pound ground beef, 85% lean
- 1 1/2 cups water
- 1 cup macaroni, uncooked
- 1 can diced tomatoes, drained (15 ounces)
- 2 teaspoons chili powder, mild
- 8 servings Eating Smart Seasoning Mix (1/2 cup)
- salt (optional, to taste)

## How to Prepare:

1. Brown ground beef in a large skillet, drain the fat.
2. Add water, macaroni, tomatoes, chili powder, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered on low heat for 20 minutes or until macaroni is tender.
4. Taste; add a small amount of salt if needed.
5. Refrigerate leftovers.



# JANUARY



Find tomatoes at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
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## Did you know?

Planning your meals around fresh fruits and vegetables is healthier and less expensive! Meals and snacks with a focus on fruits and vegetables can be quick and an easy way to stretch your meals and food dollars.

# Cream of Broccoli Soup

**Makes:** 4 Servings  
**Prep time:** 10 minutes

## Ingredients:

- 1 package frozen, chopped broccoli (10 ounces)
- 1 can carrots or mixed vegetables, drained
- 1 can cream of mushroom soup (10 ounces)
- 1 1/4 cups 1% low fat milk
- 1/3 cup grated cheddar cheese, low-fat (can use 1/4 to 1/2 cup)

## How to Prepare:

1. In saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one soup can full of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stirring until melted.
3. Serve hot.
4. Refrigerate leftovers.



# FEBRUARY



Find broccoli at your local healthy corner store!

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## Did you know?

Garlic can lower high blood pressure! About 116 million people in the United States have high blood pressure. Lower high blood pressure by adding garlic into your meals, garlic cloves, garlic powder and minced garlic are all good options!

# Lemon Potatoes

**Makes:**      **Cook time:**

4 Servings      45 minutes

## Ingredients:

- 3 medium potatoes
- 1 lemon, juiced (about 1/4 cup of lemon juice)
- 1 clove garlic (minced)
- 2 tablespoons oil (olive, canola, vegetable)

## How to Prepare:

1. Heat the oven to 375 degrees.
2. Combine ¼ cup lemon juice, 1 minced garlic clove and 2 tablespoons of oil.
3. Peel the potatoes and cut into 1-inch pieces.
4. Pour 1½ tablespoons of oil and lemon juice in a casserole dish or small baking pan to coat the bottom of the dish.
5. Place the potatoes in the pan and coat with the oil and lemon juice mixture.
6. Bake about 30 minutes, until potatoes are tender.
7. After removing from the oven, brush the remaining oil and lemon juice on the baked potatoes. Serve warm.



# MARCH



Find lemons at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Did you know?

Lemon trees can grow for 150 Years! The more lemons the more vitamin C available to us! Vitamin C helps to boost the immune system, the recommended amount is 65-75 mg per day, and one lemon provides ~35mg of vitamin C.

# Garlic Stuffed Chicken

## Makes:

4 Servings

## Ingredients:

- 2 cups water
- 8 cloves garlic clove (unpeeled)
- 6 tablespoons fresh parsley (chopped, divided)
- 1 teaspoon lemon zest (grated)
- 1 teaspoon sodium-free seasoning blend
- 4 chicken breast (4 ounce, with skin)
- 1/4 cup chicken broth (reduced sodium)
- 2 tablespoons lemon juice (fresh)

## How to Prepare:

1. In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic, peel and cut into thin slices. In a small bowl, combine garlic, 1/2 cup of chopped parsley, lemon zest, and seasoning. Mix well.
2. Loosen skin from each chicken breast to form a pocket. Place about 1 teaspoon of garlic mixture under skin of each breast. Heat a large nonstick skillet over medium-high heat.
3. Add chicken skin-side down; cook until golden, about 4 minutes. Turn chicken; reduce heat to medium.
4. Cover and cook until no longer pink in center, about 10 to 12 minutes. Transfer chicken to a plate. Wipe any fat away from the skillet.
5. Add remaining chopped parsley, broth, and lemon juice to pan. Bring to a boil; cook for 1 minute. Spoon mixture over chicken.
6. Bake about 30 minutes, until potatoes are tender.
7. After removing from the oven, brush the remaining oil and lemon juice on the baked potatoes. Serve warm.





# APRIL



Find garlic at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Did you know?

Being physically active every day may improve sleep and decrease the chances of certain illnesses! Not moving or getting enough sleep can result in decreased mental health and increases your chance of weight gain and developing type-2 diabetes and heart disease.

# Spring Vegetable Soup

## Makes:

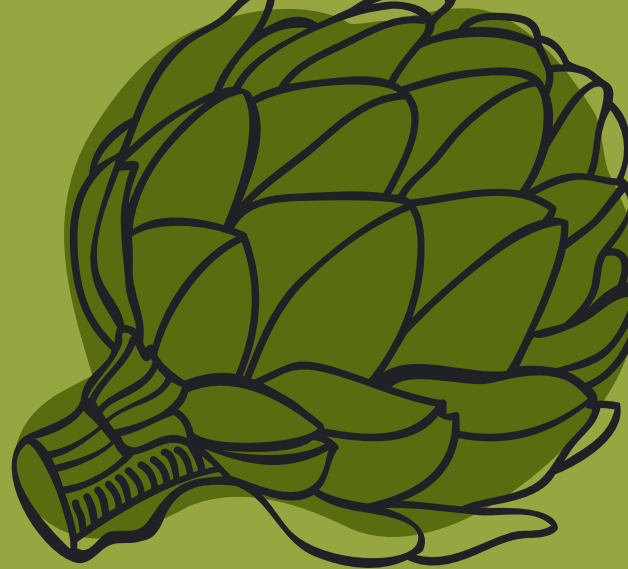
4 Servings

## Ingredients:

- 1 tablespoon extra virgin olive oil
- 1/4 red cabbage (medium head, about 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen or fresh)
- 2 1/2 cups vegetable juice (low-sodium)
- 1 cup water
- 2 teaspoons dried basil
- Salt and pepper (freshly ground black pepper, optional, to taste)

## How to Prepare:

1. In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add vegetable juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls. Season to taste with salt and pepper.



# MAY



Find artichoke hearts at your local healthy corner store!

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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*Did you know?*

High cholesterol may show no symptoms! It is important to have your cholesterol levels checked. Artichoke has been shown to reduce high cholesterol by ~19%.

# Red Monster Smoothie

## Makes:

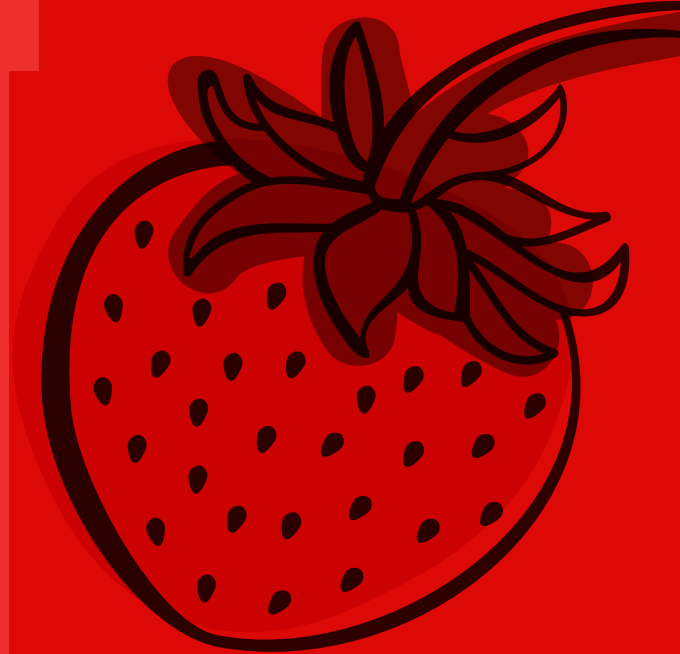
2 Servings

## Ingredients:

- 1 cup kale or spinach
- 1 cup strawberries
- 1 banana, medium
- 1 cup water  
(optional almond milk or coconut milk)
- 1 cup blueberries
- 1 cup pineapple
- 1 orange (peeled and sliced)

## How to Prepare:

1. Using a blender, mix the greens and the liquid of your choice.
2. Gradually add in the rest of the ingredients, blending after each addition.
3. Separate into three cups and serve or store in the refrigerator.



# JUNE



Find strawberries at your local healthy corner store!

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20	21	22	23	24	25	26
27	28	29	30			

*Did you know?*

June is National Soul Food Month! Make your Soul Food healthier by trying different cooking methods - bake instead of fry, or add extra vegetables, and season with herbs and spices instead of salt. Why not at least try these tips for the month of June?

# Overnight Oats

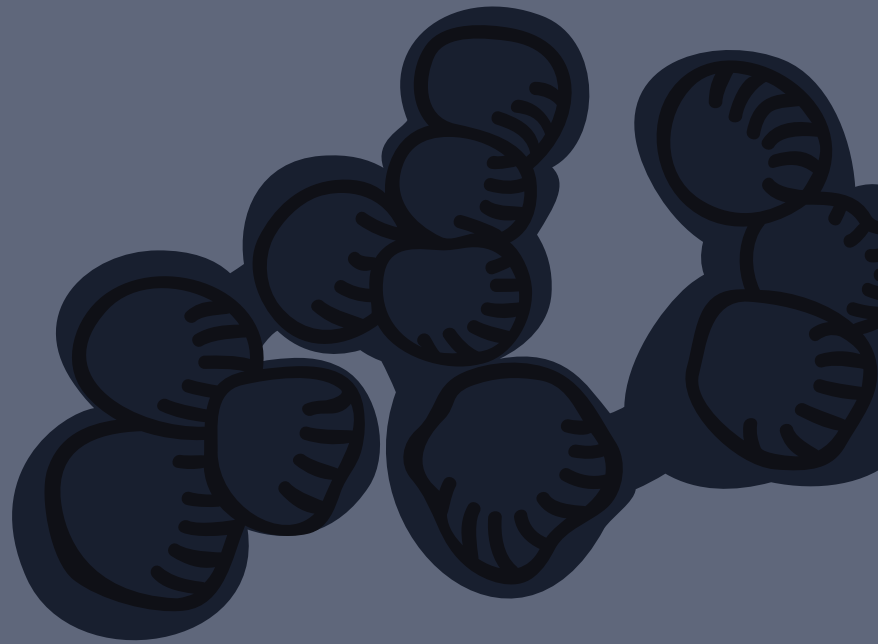
**Makes:** 4 Cups  
**Prep time:** 15 minutes

## Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple [3" diameter])

## How to Prepare:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids.



# JULY



Find blueberries at your local healthy corner store!

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Did you know?

By drinking one sugary beverage a day, you can gain up to 28 lbs. per year! Sugary beverages like fruit drinks and sodas can contribute to weight gain, dental cavities and developing type-2 diabetes.

# Fruit Slush

## Makes:

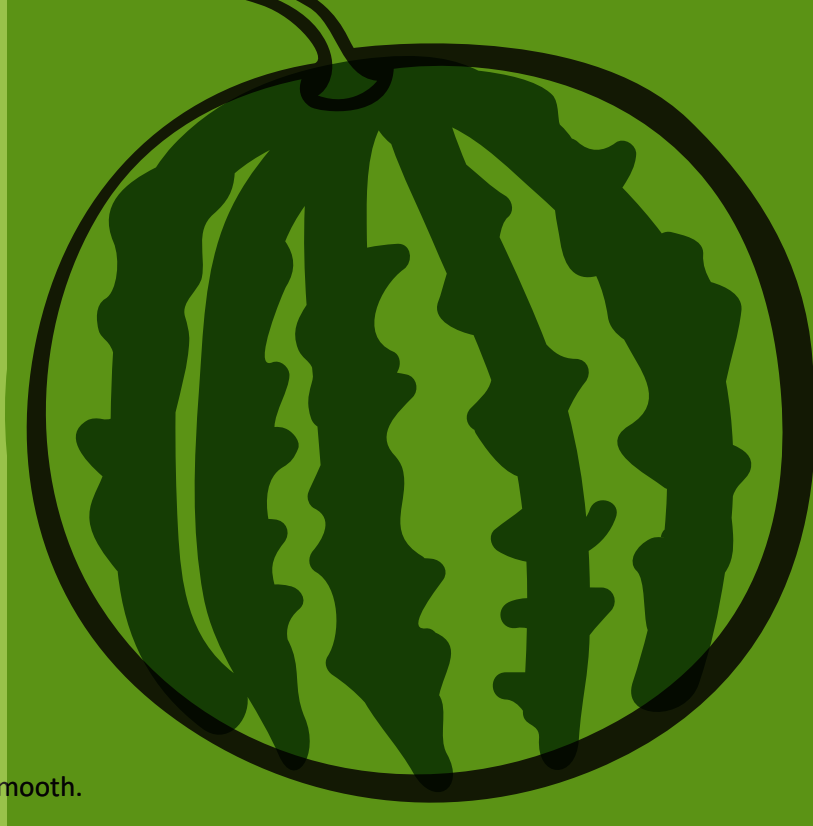
4 Servings

## Ingredients:

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)
- 1 2/3 cups coarsely chopped kiwi (optional)
- 2 tablespoons sugar (optional)
- 2 tablespoons lime juice
- 2 cup water
- Ice

## How to Prepare:

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. To serve, stir well and pour into tall glasses over ice.
5. Cover and refrigerate for up to a week. Pour it over fresh ice when you are ready to drink.





# AUGUST



Find watermelons at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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## Did you know?

A great way to stay healthy and hydrated is with water! Be creative and for a refreshing drink add fresh or frozen fruit to your next glass of water. Any berries, pineapples or frozen grapes will do!

# Apple Coleslaw

## Makes:

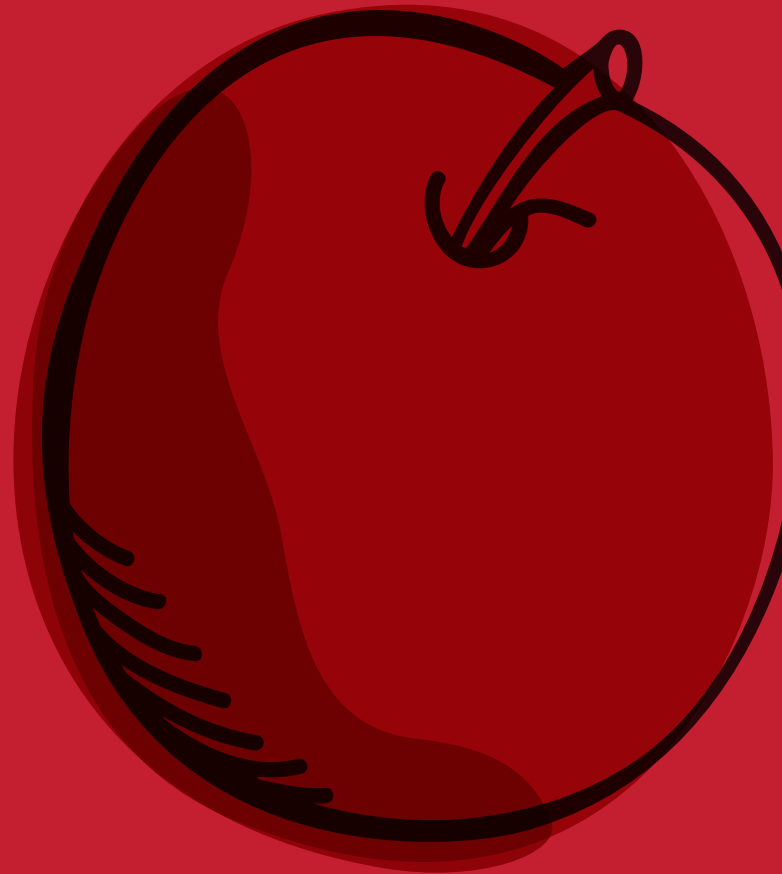
4 Servings

## Ingredients:

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

## How to Prepare:

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.



# SEPTEMBER



Find apples at your local healthy corner store!

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26	27	28	29	30		

## Did you know?

The **4 Steps to Food Safety** is the best way to avoid getting food poisoning! The 4 Steps are: Clean, Separate, Cook and Chill. Never leave perishable food out for more than 2 hours or 1 hour if exposed to temperatures above 90°F. Learn more: [www.cdc.gov/foodsafety/keep-food-safe.html](http://www.cdc.gov/foodsafety/keep-food-safe.html)

# Pumpkin Mac & Cheese

**Makes:**

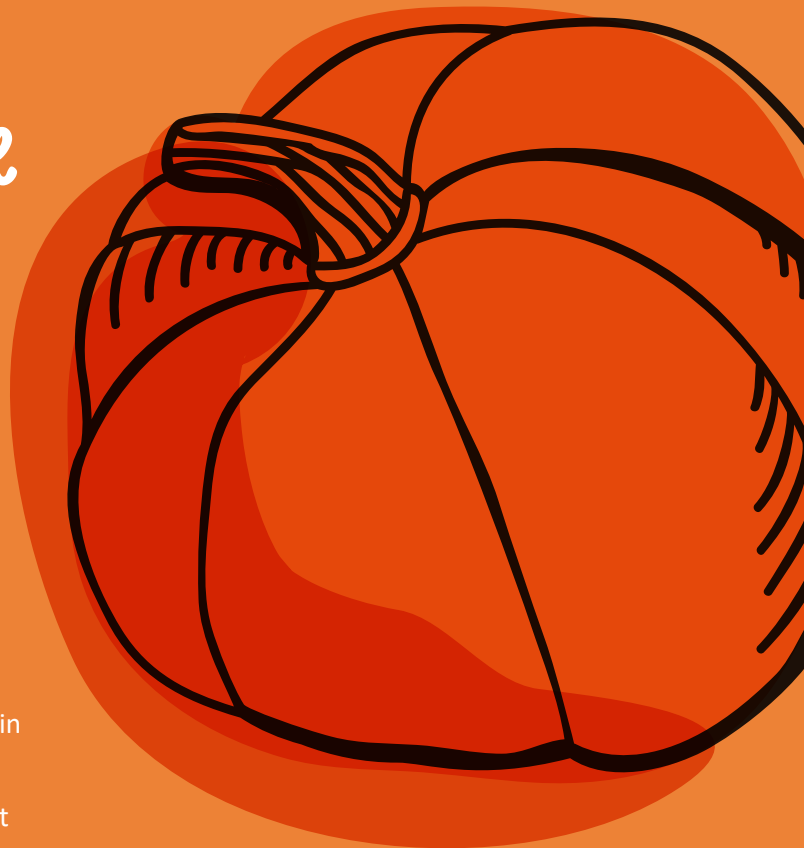
1 Serving

**Ingredients:**

- 3/4 cup cooked pasta (in any shape)
- 1 1/2 tablespoons cheddar cheese soup (from can)
- 1/8 cup pumpkin puree
- 1 1/2 tablespoons milk, 1%
- 1 tablespoon cheese, low-fat
- 1 teaspoon deli mustard

**How to Prepare:**

1. Stir the “wet” ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy.
2. Add cooked pasta to cream and sprinkle cheese on top. Heat another 30-45 seconds or until cheese melts.



# OCTOBER



Find canned pumpkin at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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24	25	26	27	28	29	30
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## Did you know?

Eating a diet that is rich in whole grains is a great way to increase your fiber intake! High fiber, low fat and sugar foods are good ways to manage your health and wellness. Check out the **HCSI Healthy Food 5 Phases Poster** at your local HCSI store.

# Roasted Cauliflower Steaks

**Makes:** 6 Serving  
**Prep time:** 15 minutes

## Ingredients:

- 1 head cauliflower, medium
- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon paprika (optional)
- 1/4 cup grated parmesan cheese (optional)

## How to Prepare:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a large baking sheet.
4. Slice cauliflower from top to bottom through the core into 1- to 1 1/2- inch thick steaks. Put steaks on the baking sheet along with end pieces, flat side down.
5. In a small bowl, mix the rest of the ingredients, except cheese.
6. Spoon on and spread or brush the cauliflower with half the mixture. Roast for 20 minutes.
7. Remove baking sheet from the oven, carefully turn the steaks and spread the rest of the mixture. Roast for 15 to 20 minutes or until the cauliflower is browned and tender.
8. Sprinkle with cheese, if desired, and serve.



# NOVEMBER



Find cauliflower at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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7	8	9	10	11	12	13
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## Did you know?

You can get a healthy nutritious meal at select participating HCSI stores! Look for **Fresh Take Meals** at your local HCSI store and ask about the **HCSI Health Bucks** for discounts on your next health purchase.

# Cobb Salad with Pears

## Makes:

6 Serving

## Ingredients for salad:

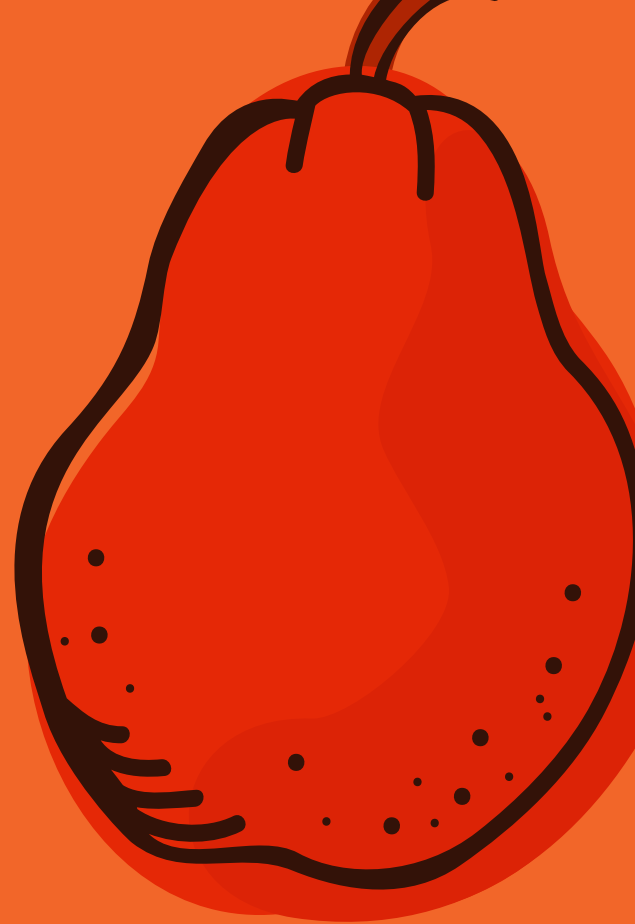
- 2 canned pear halves
- 6 cups Mesclun mix baby greens
- 1/2 tablespoon Parmesan cheese
- 1 1/3 cups carrots, grated
- 3 tablespoons walnuts

## Ingredients for dressing:

- 1/4 cup pear juice
- 1/4 teaspoon cider vinegar
- 1/4 teaspoon honey
- 1/4 teaspoon dijon mustard
- 1 dash salt and black pepper
- 1/4 teaspoon extra virgin olive oil

## How to Prepare:

1. For the dressing, mix pear juice, vinegar, honey, mustard, and salt and pepper and olive oil in a blender.
2. Put mixed greens in large mixing bowl, drizzle dressing over greens and mix together.
3. Add remaining chopped pear, walnuts, and grated carrots and toss lightly.
4. Portion out 1 cup of salad and top with 1/2 tablespoon grated Parmesan cheese.





# DECEMBER



Find pears at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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26	27	28	29	30	31	

## Did you know?

This month is a great time to celebrate your success towards taking steps to **A Healthier You!** Think about what changes or tips that you've successfully added to your daily, weekly, or monthly goals. How did you do? The great news is it's never too late to take steps towards a Healthier You! #ITALLCOUNTS #EATWITHAPURPOSE

# Tomato and Garlic Omelet

## Makes:

1 Serving

## Ingredients:

- 1/2 slice bread (whole wheat)
- 1/2 teaspoon olive oil
- 1 garlic clove (finely chopped)
- cooking spray (as needed, nonstick)
- 3/4 cup egg substitute
- 2 tablespoons mozzarella cheese (part skim, grated)
- 1 tomato (large, chopped)
- 1 teaspoon basil (dried)

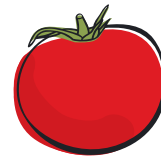
## How to Prepare:

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.



# JANUARY

## 2023

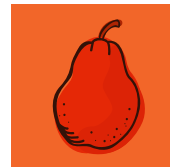
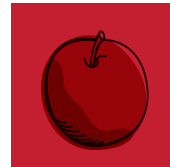
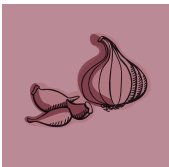
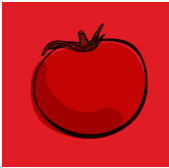


Find tomatoes at your local healthy corner store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2	3	4	5	6	7	8
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30	31					

*Did you know?*

Did You Know? It takes approximately of 2 months for a new behavior to become automatic. For the next two months try adding another fresh fruit and vegetable to every meal or have it for a snack. Be sure to share your new adopted behavior with family and friends and encourage them to do the same. **New Year New You!**



**HEALTHY  
CORNER STORE  
INITIATIVE**  
BUFFALO, NY

The **Healthy Corner Store Initiative** is making it easier for neighbors to find fresh and affordable food in their community. We're bringing healthy food, recipes, signage, and nutrition information to a corner store near you.

For more information on the Healthy Corner Store Initiative please contact:

Sheila Bass, Healthy Corner Store Initiative Coordinator  
[sab69@cornell.edu](mailto:sab69@cornell.edu)

Visit us online: [healthycornerstorewny.org](http://healthycornerstorewny.org)

   #eatwithapurpose #healthycornerstore



Scan me for even more easy-to-make recipes and to find a healthy corner store near you!

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