

## EXTENSION SNAPSHOT

Fulton-Mason-Peoria-Tazewell

# I ILLINOIS Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

### What I Do and Why It Matters

This new Snapshot series serves as a way to re-introduce you to our unit staff. Each month a different staff member will be featured.

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## What I Do and Why It Matters



"I teach nutrition to SNAP-Ed eligible youth and adults in the Peoria area. With the yearly increase of chronic diseases, many of which may be reduced with a healthier lifestyle, our programs are important for our community and country. Through instructing our clients in healthy eating, exercise, and budgeting, we hope to increase the likelihood that they lead a long and healthy life."

### Nate Anton

Supplemental Nutrition Assistance Program—Education Instructor  
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Nate began his career with University of Illinois Extension in 2003. His work focuses on SNAP-Ed programs in Peoria County.

#### EDUCATION

Illinois Central College, Associate of Arts  
Illinois State University, Bachelor of Science

#### EXTENSION SNAP-ED FOCUS AREAS

Illinois Junior Chefs, youth cooking school  
EAT.MOVE.SAVE educational booths, food pantries  
Catch (nutrition lessons) and Spark (exercise lessons), K-2 and 3-5  
It's Fun To Be Healthy, Preschools

#### EXAMPLES OF NATE'S PROGRAM PARTNERS

- Peoria Public Schools
- Mt. Zion Church Food Pantry
- Peoria Head Start
- Neighborhood House Community Center

#### FAVORITE SNAP-ED RECIPE:

Tortellini and Bean Soup (makes about 6 cups of soup)



#### Ingredients:

- 1 teaspoon olive oil
- 1 large white onion, chopped (makes about 2 cups)
- 1 small red bell pepper, chopped
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 2/3 cup water
- 2 cups fresh spinach, chopped
- 1 can (14.5 ounces) kidney beans, drained and rinsed
- 1 can (14.5 ounces) reduced sodium chicken or vegetable broth
- 1 can (14.5 ounces) diced tomatoes
- 1 can (14.5 ounces) quartered artichoke hearts packed in water
- 9 ounces refrigerated cheese tortellini

#### Preparation:

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Heat the oil in a soup pot over medium heat.
4. Add onions, bell peppers, garlic, and Italian seasoning to pot.
5. Sauté, stirring occasionally, until the ingredients are tender (about 5 minutes).
6. Add water, spinach, beans, broth, tomatoes, and artichokes to the pot.
7. Bring mixture to low boil. Lower heat and simmer for 2 minutes.
8. Add the tortellini to the pot and cook until heated, about 7 minutes.

Nutrition facts available on [eat-move-save.extension.illinois.edu](http://eat-move-save.extension.illinois.edu)