



# Food Bites



April 2015



## Veggie of the Month: Tomatillo

Tomatillos are small fruits (used as a vegetable) enclosed in a husk. The fruit resembles a small unripe tomato and is usually green or yellow. The yellow color indicates ripeness, but tomatillos are most often used when they are still green. Green tomatillos are firmer and easier to slice. The husk that holds the fruit is paper-like and is light brown. The flesh is slightly acidic with a hint of lemon. Tomatillos belong to the same family as tomatoes.

The Aztecs first grew tomatillos as far back as 800 B.C. and they have been popular in Mexico and other Latin American countries for many years. In the US, they are mainly grown in Texas.



## Fruit of the Month: Asian Pears

Asian pears are cousins to the pears that are typically seen in grocery stores, but this fruit is similar to an apple and its many names reflect that characteristic. Other names that this fruit goes by are: Chinese pear, Japanese pear, Sand, Nashi, and apple pear.

Asian pears differ from the traditional European ones. These pears are usually round, firm to touch when ripe, and are ready to eat after harvest. Asian pears reach prime quality when they ripen on the tree, like an apple and peach. These pears will be crisp, juicy, and slightly sweet with some tartness, especially near the core.

Asian Pears



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*a mother is honest. a mother is sweet.*

## Baked Chicken Leg Quarters

- 3-4 lbs. chicken leg quarters
- 1 tsp. kosher salt
- 1/2 tsp black pepper
- 1/2 tsp. garlic powder
- 1 Tbsp. olive oil



1. Preheat oven to 425 degrees.
2. Season chicken leg quarters with salt, pepper and garlic powder. Brush chicken leg quarters with olive oil.
3. Bake Chicken leg quarters for 35-45 minutes until skin is browned and juices run clear when chicken is pierced with a fork.

*valiant. a mother is patient.*

*a mother is*

*a mother is kind. a mother is true.*





- 4 cloves garlic, finely minced
- 1 tsp dried leaf oregano
- 1/2 tsp salt
- 1 tsp chili powder
- 1/4 tsp ground cumin
- Dash black pepper
- 2 Tbsp olive oil
- 4 chicken leg quarters
- 1/2 cup chicken broth

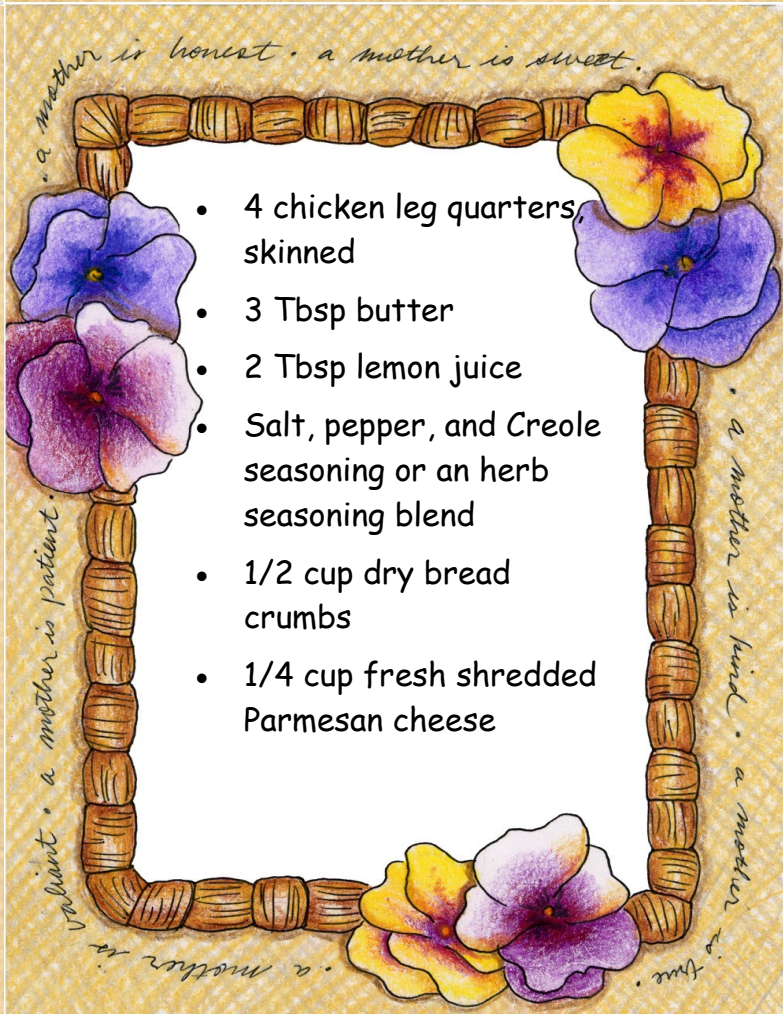
## Garlic Roasted Chicken Leg Quarters

1. Preheat oven to 425 degrees.
2. Combine garlic, oregano, salt, chili power, cumin and black pepper. Add olive oil and mix well. Use a mortar and pestle to make a paste consistency, or mash with a fork.
3. Wash chicken and pat dry. Snip off any excess skin. Arrange the chicken in a baking dish and pat the garlic mixture over each quarter.
4. Pour 1/2 cup of chicken broth into the baking dish.



## Parmesan Leg Quarters

1. Preheat oven to 375 degrees. Grease 9x13 baking dish or spray with cooking spray.
2. Combine butter and lemon juice; brush chicken all over. Sprinkle with seasonings.
3. Combine bread crumbs and Parmesan cheese in a shallow dish; coat chicken well.
4. Arrange chicken in baking dish and sprinkle with the remaining crumbs; drizzle any remaining butter mixture.
5. Bake for 45 to 55 minutes, until browned and juices run clear.



- 4 chicken leg quarters, skinned
- 3 Tbsp butter
- 2 Tbsp lemon juice
- Salt, pepper, and Creole seasoning or an herb seasoning blend
- 1/2 cup dry bread crumbs
- 1/4 cup fresh shredded Parmesan cheese



# Easy Sweet & Sour Chicken

1. Preheat oven to 350 degrees.
2. Mix together all ingredients except cherries and pineapples rings.
3. Arrange chicken in baking dish.
4. Pour mixed ingredients over chicken and garnish with pineapple rings and cherries.
5. Cover and bake for 45 minutes.
6. Uncover and cook for an additional 20 to 30 minutes, or until chicken is tender and juices run clear.

- 4 chicken leg quarters
- 1 jar of Smuckers orange-apricot preserves
- 1 bottle Wishbone Russian salad dressing
- 1 pkg of dry Lipton onion soup
- Pineapple rings
- Maraschino cherries



# White Chicken Chili

1. Mix onion, garlic, chicken broth, cumin, oregano, salt and Tabasco in crockpot.
2. Add chicken.
3. Cover and cook on LOW for 4 1/2 to 5 1/2 hours, or until chicken is tender.
4. Remove chicken; remove meat from bones and chop or shred chicken. Discard bones and return chicken to crockpot.
5. Stir in beans, corn, and cilantro, if using. Cover and cook on low 30 minutes or until thoroughly heated.

- 4 chicken leg quarters
- 1 cup chopped onion
- 2 cloves garlic, chopped
- 1 1/2 cup chicken broth
- 1 tsp ground cumin
- 1 tsp dried leaf oregano
- 1/2 tsp salt
- 1/4 tsp Tabasco sauce
- 2 cans great northern beans, drained
- 1 can corn, drained
- 2 Tbsp chopped cilantro, optional



## Green Onion Omelet

- 1 can sliced potatoes, drained
- 1 Tbsp vegetable oil
- 1 whole egg
- 3 egg whites
- 3 Tbsp milk
- 1/4 tsp salt
- 1/2 cup ham, diced
- 1/2 can tomatoes, drained
- 1 Tbsp green onion, chopped



1. Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5 to 10 minutes.
3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well.
4. Stir in ham, tomatoes, and green onion.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm.
7. Cut the omelet into four pieces.

- 2 1/2 cups Rotini pasta, whole-wheat, dry (10 oz)
- 2 Cans Low-fat, reduced-sodium cream of chicken soup (two 10 3/4 oz cans)
- 1 1/2 cups Fat-free half and half
- 1/4 tsp Ground white pepper
- 1/8 tsp Garlic powder
- 1/4 cup Grated Parmesan cheese
- 3 Cups Cooked diced Chicken



## Chicken Alfredo With a Twist

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, Parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often.
3. Combine noodles and sauce right before serving. Serve hot.



## Easy Beef Supper

- 1 lbs ground beef
- 1 small onion, chopped
- 1 bell pepper, chopped
- 2 cans diced tomatoes, drained
- 1 cup macaroni, uncooked
- 2 1/2 cups tomato juice
- 1/4 tsp black pepper
- 1/2 tsp chili powder
- 1 tsp oregano
- 1 can kidney beans, drained



1. In a large pan, cook ground beef over medium heat for 8 to 10 minutes, Drain fat.
2. Add onion, green pepper, and tomatoes to ground beef and cook until onion turns light brown.
3. Turn down the heat to a simmer. Add macaroni, tomato juice, spices, and beans to the pan. Stir well.
4. Cover the pan and simmer for about 20 minutes.
5. Remove pan from heat, stir, and serve.

## Chicken Casserole

- 1 pkg rotini or macaroni
- 1 can canned chicken
- 1/2 can green peas
- 3 slices American cheese



1. Preheat oven to 350 degrees.
2. Cook rotini or macaroni according to package directions. Drain well.
3. In a large oven-safe dish, mix the chicken, tomato sauce, peas, and macaroni.
4. Add the 3 slices of cheese on top of the casserole.
5. Bake for 30 to 40 minutes

## Corn Soup

- 1/2 lbs ground beef
- 2 cups water
- 1 can whole kernel corn
- 2 cans cream style corn
- 1 cup onion, diced
- 1 Tbsp garlic, chopped
- 1 Tbsp chili powder
- 1/2 tsp salt
- 1/2 tsp black pepper



1. In a large pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain off fat.
2. Add water, corn kernels, cream style corn, onion, garlic, chili powder, salt, and pepper to pot. Mix well.
3. Cook over low heat for about 15 minutes. Serve hot.



# Eating Well While Eating Out

## Why Does it Matter?

It's easy to be tempted when you eat out — especially if everyone around you is chowing down on unhealthy options. But eating too much fast food or always choosing high-fat, high-calorie menu items can drag a person's body down. The most obvious problem is weight gain. But because the food we eat affects how our bodies function, eating the right (or wrong) foods can influence any number of things:

- mental functioning
- energy
- weight
- Emotional well-being
- strength
- future health

## Eating on the Go

It's easier than you think to make good choices at a fast-food restaurant, the mall, or even the school cafeteria. Most cafeterias and fast-food places offer healthy choices that are also tasty, like grilled chicken or salads. Be mindful of portion sizes and high fat add-ons, like dressings, sauces or cheese.

Here are some pointers to remember that can help you make wise choices when eating out:

- **Go for balance.** Choose meals that contain a balance of lean proteins, fruits and vegetables, and whole grains. A turkey sandwich on whole wheat is a better choice than a cheeseburger on a white bun.
- **Watch portion sizes.** The portion sizes of American foods have increased over the past few decades so that we are now eating way more than we need.
- **Drink water or low-fat milk.** Regular soda, juices, and energy drinks usually contain "empty" calories that you don't need.

## Tips for Eating at a Restaurant

Most restaurant portions are way larger than the average serving of food at home. Ask for half portions, share an entrée with a friend, or take half of your dish home.

Here are some other restaurant survival tips:

- Ask for sauces and salad dressing on the side and use them sparingly.
- Use salsa and mustard instead of mayonnaise or oil.
- Ask for olive or canola oil instead of butter, margarine, or shortening.
- Order baked, broiled, or grilled (not fried) lean meats including turkey, chicken, seafood, or sirloin steak.
- Salads and vegetables make healthier side dishes than french fries. Use a small amount of sour cream instead of butter if you order a baked potato.
- Choose fresh fruit instead of sugary, high-fat desserts.



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