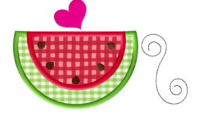




Food Bites



August 2015



Fruit of the Month: Peaches

The peach may be the official state fruit of Georgia, however you don't have to live in the south to enjoy the sweet taste of fresh peaches this summer. In fact, you can enjoy the taste of sweet peaches all year long thanks to foods from the bulk food aisle!

Peaches are a summer fruit favorite for many reasons, however it's sweet, juicy taste and versatility are two key factors. For those who have a sweet tooth but are still trying to watch their waistline, peaches make the perfect snack or dessert because they provide the sweetness you crave without the fats and sugars of regular desserts. One medium peach will only cost you about 50 calories and provides you with 15% of your daily vitamin C and 6% of your daily vitamin A intake.

Peaches are also full of flavanoids, a natural plant compound that studies have shown may contribute to reduced risk of chronic illnesses like heart disease.

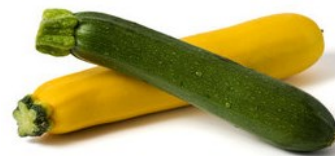


Veggie of the Month: Summer Squash

Squash have been enjoyed for thousands of years; squash remains have been found in caves in Mexico and dated back to 8000 BC. Indigenous to the Americas, squash, along with maize and beans, were among the first plants domesticated by Native Americans. American colonists developed the word "squash" from the Narragansett Native American word "askutasquash," meaning "something eaten raw or uncooked."

After the American Indians introduced squash to European settlers, squash seeds crossed the Atlantic, were further cultivated, and eventually returned to North America. Zucchini, for example, developed near Milan, Italy in the late 19th century from originally American seeds and was introduced to the US in the 1920s.

Today, summer squash are grown all over the world, including most of California, and are best (and all over local farmers' markets) between May and August.



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The Food Stamp Program helps low-income people buy nutritious foods. Food Stamps can help you and your family eat a healthier diet. Better Living for Texans is supported by USDA's Food Stamp Program. This institution is an equal opportunity provider and employer.

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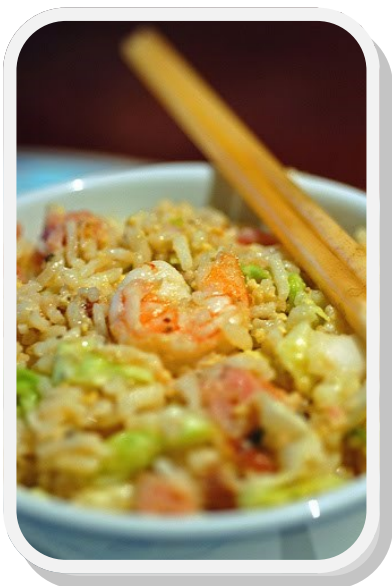
- 1 can salmon, drained
- 3/4 cup saltine cracker crumbs
- 1/4 finely chopped onion
- 1/4 cup finely chopped red bell pepper
- 1 Tbsp olive oil
- 1/2 tsp dried dill weed
- 1 egg, beaten
- 1 Tbsp lemon juice
- more olive oil
- Butter

Salmon Patties



1. In large bowl, place salmon and cracker crumbs, set aside. In heavy skillet, cook onion and red bell pepper in olive oil until tender. Add to salmon in bowl and mix gently. Add dill weed, egg, and lemon juice and mix gently.
2. Form into four patties. Add more olive oil and a bit of butter to the same skillet. Add patties to skillet when butter melts. Cook patties for 3-4 minutes on each side until golden brown and hot.

Salmon Fried Rice



- 3 Tbsp olive oil
- 2-3 cups leftover rice pilaf OR cold cooked rice
- 1 can red salmon, drained
- 1 cup frozen baby peas
- 2 eggs, beaten
- 2 Tbsp low sodium soy sauce

In heavy skillet or wok over medium high heat, heat olive oil. Carefully add the leftover rice pilaf or cold rice and stir fry for a few minutes to heat. Add salmon and frozen peas; stir fry for 3-5 minutes until peas are hot. Push mixture to sides of skillet or wok and add beaten eggs. Scramble eggs until just set, then stir eggs into rice mixture. Sprinkle with soy sauce and stir fry for another minute or two. Then Serve.

COOL SALMON TACOS

- 1 can salmon, drained
- 1 can black beans, rinsed & drained
- 1 cup salsa verde (green salsa)
- 1 1/2 cup diced muenster cheese
- 2 avocados, peeled & diced
- 1 cup grape tomatoes
- 8 taco shells
- Taco toppings (lettuce, tomatoes, sour cream, green onions)

Combine all ingredients except taco shells in medium bowl. Heat taco shells as directed on package. Assemble salmon tacos with heated shells and taco ingredients as desired.



SALMON WITH FETTUCCHINE



- 1 onion, chopped
 - 1 Tbsp olive oil
 - 1 jar Alfredo sauce
 - 1/2 cup milk
 - 1/2 tsp dried basil leaves
 - 1 can salmon, drained
 - 1 can baby peas, drained
 - 1 lb fettuccine pasta, cooked & drained
 - 1/2 cup grated Parmesan cheese
1. In heavy skillet, cook onion in olive oil until tender and translucent. Add alfredo sauce and milk; cook and stir in smooth and thickened and comes to a simmer. Stir in basil, salmon, and peas.
 2. Simmer, stirring very gently and only occasionally, until salmon and peas are heated.

- 1/2 cup minced onion
- 1 Tbsp olive oil
- 1/2 cup crushed saltine crackers
- 1/3 cup milk
- 1 egg, beaten
- 1 tsp lemon juice
- 1 can salmon, drained
- 1 Tbsp butter, melted

1. Preheat oven to 350 degrees. Lightly grease 9 x 5 loaf pan and set aside. In heavy skillet, cook onion in olive oil until tender. Place in large bowl and add cracker crumbs, milk, egg, and lemon juice and beat well. Remove skin and bones from salmon and add to bowl; mix gently.
2. Pour mixture into prepared pan and drizzle melted butter over the top. Bake for 14-50 minutes or until set and golden brown. Let stand in pan for 10 minutes, slice and serve.

SALMON MEATLOAF



PEACH CRISP

- 6-8 peaches, peeled & sliced
- 2 Tbsp lemon juice
- 1.2 cup all purpose flour
- 3/4 cup rolled oats
- 1.2 cup brown sugar
- 1/3 cup margarine or butter



1. Put peaches in a shallow 2 quart baking dish.
2. Sprinkle with lemon juice.
3. Mix flour, oats & brown sugar.
4. Cut in margarine with pastry blender.
5. Spread over the peaches & bake at 325 degrees for 30 minutes or until peaches are tender.
6. Serve warm with ice cream, non fat topping, whipped cream or plain.

- 1 to 2 quarts sliced peaches
- 1 quart sugar
- 1 quart cream
- 1 lemon, squeezed

1. Puree the peaches in a blender. You will need at least one quart or more.
2. Stir in sugar.
3. Add lemon juice.
4. Stir in cream.
5. Put peach mixture in the ice cream maker container.
6. Add milk to filling, if necessary.
7. Freeze according to manufacturers directions.
8. Store in freezer several hours to mellow. Serve.

HOMEMADE PEACH ICE CREAM



PEACH PARFAITS



- One 3 oz pack of cream cheese
- 1 cup plain yogurt
- 1/4 cup sugar or Splenda
- 6-8 medium peaches
- 2 Tbsp chopped almonds

1. Pit and slice peaches..
2. Sprinkle with 1/2 cup sugar and refrigerate for at least an hour.
3. In a small mixing bowl, beat together cream cheese, yogurt and the 1/4 cup sugar until smooth.
4. Spoon alternate layers of yogurt mixture and peaches into 6 parfait glasses.
5. Top with almonds.
6. Serve with ladyfingers (fi desired).

BASIL CORN & TOMATO BAKE RECIPE

- 2 tsp olive oil
- 1 medium onion, chopped
- 2 eggs
- 1 can condensed cream of celery soup
- 4 cups fresh or frozen corn
- 1 small zucchini, chopped
- 1 medium tomato, chopped
- 3/4 cup soft whole wheat bread crumbs
- 1/3 cup minced fresh basil
- 1/2 tsp salt
- 1/2 cup shredded mozzarella



1. Preheat oven to 350 degrees. In a small skillet, heat oil over medium heat. Add onion; cook and stir until tender. In a large bowl, whisk eggs and condensed soup until blended. Stir in vegetables, bread crumbs, basil, salt and onion. Transfer mixture to an 11x7 baking dish coated with cooking spray.
2. Bake, uncovered, 40-45 minutes or until bubbly. Sprinkle with cheese. Bake 5-10 minutes longer or until cheese is melted. Let stand 10 minutes before serving. If desired, sprinkle with additional basil.

ZUCCHINI & CHEESE

- 1 large zucchini
- 1 cup mild cheddar cheese
- 1 cup sharp cheddar cheese
- 3 Tbsp butter
- 1 Tbsp garlic
- 1 jalapeno pepper
- 1 Tbsp onion flakes
- Salt & Pepper to taste



1. Melt butter in large frying pan. Grate zucchini into pan and cook at medium temperature until it is soft and mushy. Stirring occasionally.
2. Add the cheese and stir until melted.
3. Add jalapeno, garlic, onion flakes and salt and pepper. Cook for 5 minutes, stirring often to keep the cheese from sticking to the bottom.
4. Serve.

GRILLED ZUCCHINI

- 2 medium to large zucchini
- 3 Tbsp olive oil
- 2 Tbsp fresh oregano
- 2 garlic cloves, chopped finely
- 1 tsp fresh rosemary
- Salt and Pepper to taste



1. Prepare grill (medium-high heat) or preheat broiler.
2. Brush zucchini with olive oil. Sprinkle both sides of zucchini with oregano, garlic and rosemary. Season zucchini slices generously with salt and pepper to taste.
3. Grill or broil until zucchini is tender, about 4 minutes per side.
4. Serve.

Reducing Fat in Cooked Ground Beef

A study in the *Journal of The American Dietetic Association** has good news for beef eaters. Nutrition researchers found that a simple rinsing process reduced the fat content of cooked ground beef crumbles by as much as 50 percent. And, blotting can be used to reduce the fat content of cooked burgers, meatballs and meatloaf. So whether you buy ground beef for taste, convenience or price, you also can enjoy the health benefits of lower-fat ground beef with a few easy steps.

Reducing Fat in Cooked Ground Beef Crumbles by Rinsing and Draining:

By following the easy steps below, you can cut the fat in your favorite recipes that call for cooked ground beef crumbles, such as chili, Sloppy Joes, spaghetti with meat sauce and tacos. This technique will allow you to take advantage of lower-priced, higher-fat ground beef and still enjoy the benefits of a leaner product.

Brown ground beef in skillet over medium heat 8 to 10 minutes or until no longer pink. Stir occasionally to break beef into large pieces (about 1/4 inch).

Meanwhile microwave 4 cups water in 1-quart glass measuring cup or microwaveable bowl on HIGH 5 to 6 minutes or until very hot, but not boiling (150 to 160 degrees F).

Drain fat from skillet.

Using a slotted spoon, **remove beef** crumbles to large plate or other container lined with 3 layers of white, non-recycled paper towels. Let sit 1 minute; blot top of beef with more paper towels.

Place beef in a line mesh strainer or colander and set it on a 1/2-quart (or larger) sturdy bowl.

Pour hot water over beef to rinse fat. Drain 5 minutes.

Proceed as recipe directs.

If your recipe calls for browning ground beef with onion or garlic, these items can be added during the cooking process. Rinsing the beef after cooking results in minimal flavor loss. Additional seasonings and herbs may be added after rinsing as desired.

Reducing Fat in Cooked Ground Beef Burgers, Meatballs and Meatloaf:

The steps below show how you can reduce the fat in pan-broiled ground beef burgers. Simply blot the beef with white, nonrecycled paper towels. Paper towels made for microwave use are recommended.

Remove ground beef from refrigerator and shape into 4-ounce patties (1/2 inch thick, approximately 4 inches in diameter). Cook immediately.

Heat nonstick skillet over medium heat until hot (about 5 minutes). Do not add oil. Place patties into skillet.



Step 3



Step 4



Step 5



Cook 10 to 12 minutes for medium doneness or until centers are no longer pink and juices show no pink color. The USDA recommends cooking to at least medium (160 degrees F) doneness. Turn once halfway through cooking.



Remove patties to large plate lined with 3 layers of paper towels. Let stand 1 minute. Turn over after 30 seconds.

Season as desired and serve.

Blotting can be easily used with meatballs and meatloaf. The meatballs or meatloaf should be roasted on a rack in a shallow pan so that the fat drips away during cooking. Place cooked meat on a surface lined with several layers of paper towels. The sides and top (if not glazed) maybe blotted with paper towels to further reduce fat.

Nutrient Comparison

3-ounce cooked portion, pan-broiled to medium doneness

Ground Beef - 73% Lean/27% Fat	Calories	Fat (g)
Pan-broiled patties*	248	18
Pan-broiled patties, after blotting	230	16
Pan-broiled crumbles, after blotting only	195	12
Pan-broiled crumbles, after blotting and rinsing	135	6

Ground Beef - 80% Lean/20% Fat	Calories	Fat (g)
Pan-broiled patties*	230	15
Pan-broiled patties, after blotting	217	14
Pan-broiled crumbles, after blotting only	191	11
Pan-broiled crumbles, after blotting and rinsing	130	5

Sources: Iowa State University, Dept. of Food Science and Human Nutrition, Nov. 1992
USDA Nutrient Database for Standard Reference, Release 11-1(1997)

Other Fat Reducing Tips:

For recipes where rinsing or blotting is not feasible, such as beef-stuffed bell peppers, it is best to use 90% lean/10% fat ground beef. If time does not allow for blotting and/or rinsing, remove any excess fat from the skillet as it accumulates by using crumpled white paper towels during browning and before adding other ingredients. Substitute low fat, low-calorie versions of ingredients. For example, use nonfat yogurt instead of sour cream. For flavor without adding fat, cook with fresh ingredients such as hot and sweet peppers, onion, garlic and tomatoes.

Shopping and Selection:

Make meat selections last when shopping to ensure the beef stays as cold as possible. Choose packages that are cold and tightly wrapped without tears or punctures. Check the "sell by" date on the package label. Purchase before or on the date printed. A bright, cherry-red color indicates fresh ground beef. However, fresh ground beef goes through a number of color



changes during its shelf life. A darker, purplish-red color is typical of vacuum-packaged ground beef or the interior of packaged ground beef which has not been exposed to air. Once exposed to air, ground beef will turn from darker red to bright red. With extended exposure to air, beef's cherry-red color will take on a brown color. It's important to remember that these color changes are normal. Use the "sell by" date on the package label as a guide to freshness. One pound of ground beef provides approximately four (3-ounce) cooked servings.

Storage:

Refrigerate or freeze ground beef as soon as possible after purchasing. Place ground beef in meat keeper or coldest part of refrigerator (35 to 40 degrees F). Use within 2 days. Ground beef can be frozen in its original, transparent packaging for up to 2 weeks. For longer storage, prevent freezer burn by re-wrapping the beef in moisture-proof, air-tight wrapping materials such as heavy-duty aluminum foil, freezer paper or plastic freezer bags. Ground beef may be stored in the freezer for 3 to 4 months at 0 degrees F or lower. Label and date all packages. Also include the weight and/or number of servings.

Food Safety:

Wash hands with hot soapy water immediately before and after handling raw beef. Wash work surfaces and utensils thoroughly after handling raw meats. Defrost ground beef in the refrigerator (never on the kitchen counter) to prevent bacterial growth. Allow approximately 24 hours to defrost a 1 to 1-1/2 inch thick package. Cook ground beef as soon as possible after thawing. Cook without interruption; partial cooking may encourage bacterial growth. Cook until no longer pink and juices show no pink color. The USDA recommends cooking it to at least medium (160 degrees F) doneness. Do not eat raw or rare ground beef.



Ground Beef Nutrition Facts:

3-ounce patty, broiled to medium doneness*

Before blotting or rinsing and draining

Ground Beef Product	Calories	Total Fat (g)	SFA (g)	Cholesterol (mg)
95% Lean/5% Fat	145	6	2.4	65
90% Lean/10% Fat	185	10	4.0	72
85% Lean/15% Fat	213	13	5.1	77
80% Lean/20% Fat	230	15	5.9	77
73% Lean/27% Fat	248	18	7.0	77

Source: *USDA Nutrient Database for Standard Reference, Release 15

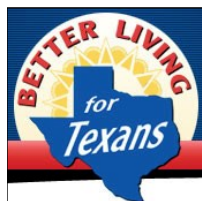
A 3-ounce cooked serving of ground beef (usually about 4 ounces uncooked) is about 4 inches in diameter and 1/2 inch thick.

A 3-ounce cooked serving of ground beef provides you with about 21 g of protein and about 11% of the iron you need every day.

* Journal of The American Dietetic Association, Vol 92 No. 11 Nov.1992

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