



# Food Bites



January 2016



## Fruit of the Month Tangerines

Tangerines are related varieties of oranges. They generally distinguished from oranges by their smaller size, loose, easily peelable skin (pericarp) and more sweeter juicy flesh (arils). They are also known as mandarin oranges in Europe and *satsumas* in Japan. Just as in oranges, they too belong within the *Rutaceae* (citrus Family) and known scientifically as *Citrus reticulata*.

Mandarin orange thought to have originated in South-Eastern tropical forests of China. Today, it is widely grown in many parts of the world, as far as California, as an important commercial crop.

Tangerines are very low in calories and a very rich source of vitamin-c. It is scientifically established fact that citrus fruits, especially oranges, by virtue of their richness in vitamins and minerals, have many proven health benefits. Moreover, it is now beginning to be appreciated that the other biologically active, non-nutrient compounds found in citrus fruits such as *phyto-chemical antioxidants*; soluble and *insoluble dietary fibers* play a vital role in reduction in the risk for cancers, many chronic diseases like arthritis, and from obesity and coronary heart diseases.



## Vegetable of the Month Cauliflower

Cauliflower is one of the oldest vegetables known in France, which is one of its main producers. It is grown in the regions of Brittany, the Nort-Pas-de-Calais, Normandie and Bouches-du-Rhone.

Cauliflower has a big, thick, woody stem with bluish-green leaves and crispleaf stalks. Enormous, compact flower peduncles form an imposing white terminal head made up of uniform white, tight bouquets. This infertile inflorescence is, in fact, a vegetable monstrosity.

Cauliflower is grown from seed. Once developed, the young plants are replanted at a distance of 16 inches (40 cm) apart from each other. They must be watered and fertilized regularly if they are to form magnificent heads. Harvesting takes place from late spring until winter.

Cauliflower can be kept covered with a moist cloth in the refrigerator for a few days. It can also be frozen once it has been blanched. The vegetable is not very nutritious; it contains a lot of water and some sulphur, vitamins A, B and C. However, cauliflower is rich in fiber and mineral salts. It has small amount of carbohydrates and mucilage and very little fat.

Cauliflower is good for the skin, the bones, the liver and nervous system.



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# ALASKA SALMON AND THREE BEAN SALAD

- ♦ 1 can (14.75 oz) traditional pack Alaska salmon
- ♦ 8 oz. tender green beans
- ♦ 1 cup canned pinto beans, rinsed and drained
- ♦ 1/2 cucumber, chopped in chunks
- ♦ 12 cherry tomatoes, halved
- ♦ 6 green onions, finely sliced
- ♦ Handful young fresh spinach leaves or watercress

## Dressing:

- ♦ 3 Tbsp. olive oil
- ♦ 2 Tbsp. lemon juice
- ♦ 2 tsp grainy mustard
- ♦ Salt and pepper to taste



## Salad:

Drain and chunk Alaska salmon, removing skin and bones (if any). Cover and set aside. Cook green beans in lightly salted boiling water for 4 to 5 minutes, until just tender. Rinse with cold water and drain well. Transfer to a salad bowl; add cannellini and pinto beans. Add cucumber, cherry tomatoes, green onions and spinach. Toss together to mix; add salmon chunks and toss again gently.

## Dressing:

Mix together olive oil, lemon juice and grainy mustard. Season with salt and pepper. Pour over salad just before serving, tossing gently to combine with ingredients.

# Italian Salmon Caesar Salad

- ♦ 1 package fresh Caesar salad kit (including lettuce, dressing and croutons)
- ♦ 1 jar marinated artichoke hearts, undrained
- ♦ 1 can sliced ripe olives, drained
- ♦ 1 small red, orange, or yellow bell pepper, cored and cut in 2-inch strips
- ♦ 1 can Alaska salmon, drained and chunked
- ♦ 1/4 cup shredded Parmesan cheese



## Dressing:

In a small bowl, blend Caesar salad dressing and liquid from artichoke hearts.

## Salad:

Place lettuce from salad kit into large bowl. Add chopped artichokes, olives, pepper strips, and salmon. Just before serving, pour dressing over salad; toss gently. Top each serving with cheese.



## TORTELLINI, TOMATO AND ALASKA SALMON SALAD

- ♦ 1 package refrigerated or frozen cheese-filled tortellini
- ♦ 2 cups fresh or frozen broccoli
- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon, drained and chunked
- ♦ 1 small tomato, diced
- ♦ 3/4 cup shredded Parmesan cheese
- ♦ 8 oz. Italian dressing with cheese



### *Salad:*

Cook tortellini according to package directions. Drain; rinse in cold water. Transfer to large bowl. Microwave broccoli on HIGH 1-2 minutes, add to pasta. Stir in salmon, tomato, cheese and dressing.

\*Substitute 1/2 cup sun-dried tomatoes, julienne cut, for added flavor.

## BEST BAGEL ALASKA SALMON SPREAD

- ♦ 2 packages cream cheese
- ♦ 3 Tbsp. lemon juice
- ♦ 2 tsp. milk
- ♦ 1/4 cup sliced green onion
- ♦ 1/2 tsp hickory liquid smoke
- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon, drained and chunked

Depending on your taste preferences, stir in only on of the following seasoning:

- ♦ 2 Tbsp. chopped dill
- ♦ 1 minced jalapeno pepper
- ♦ 1 tsp. crushed red pepper flakes
- ♦ 1 1/2 tsp. garlic herb seasoning
- ♦ 1 tsp. blackened or Cajun seasoning



Beat cream cheese, lemon juice, milk, green onions, hickory smoke and only one seasoning with mixer until light and fluffy. Beat in salmon. Chill several hours for flavors to blend. Spread on toasted bagels, bagel chips, French bread slices, crackers, pumpernickel or rye bread.

## SMOKY SALMON SPREAD

- ♦ 2 packages cream cheese
- ♦ 3 Tbsp. lemon juice
- ♦ 3 Tbsp. milk
- ♦ 1 1/2 tsp dill weed
- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon, drained and chunked
- ♦ 1/4 cup thinly sliced green onions
- ♦ 3-4 drops hickory liquid smoke
- ♦ Crackers or French bread rounds



Beat cream cheese with lemon juice, milk and dill weed in mixer until light and fluffy. Beat in salmon and green onions until thoroughly combined. Season with liquid smoke to taste. Chill several hours before serving to allow flavors to blend. To serve, spread on crackers or French bread rounds.

## SALMON BAGEL CHIP DIPPERS

- ♦ 1 container cream cheese with chives or onions
- ♦ 2 Tbsp. milk
- ♦ 1/2 tsp. dill weed
- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon, drained and chunked
- ♦ 1 package garlic or plain bagel chips
- ♦ 1 cup shredded Mozzarella or Monterey Jack cheese
- ♦ 1 cup chopped ripe tomato
- ♦ 1/2 cup sliced green onion



Combine cream cheese, milk and dill weed in a small bowl. Stir 1/2 cup salmon chunks into cream cheese mixture. Arrange bagel chips in a single layer on two 12-inch microwave-safe dinner or serving plates. Randomly drop cream cheese mixture by teaspoonfuls over chips. Top with remaining salmon and shredded cheese. Cook (one plate at a time) in microwave oven 2-3 minutes on HIGH or until cheese melts. Top with tomato and green onions. Serve warm or at room temperature.



# HEALTH BENEFITS OF SALMON

*Organic Facts*  
www.organicfacts.net

## Nutrients\*

Protein 44%  
Fat 19%  
Calories 10%

## Minerals\*

Selenium 59%  
Phosphorus 25%  
Potassium 11%  
Magnesium 8%

## Vitamins\*

Vitamin B12 47%  
Niacin 40%  
Vitamin B6 32%  
Thiamin 23%



Good source of vitamins, proteins and minerals

Helps maintain insulin levels in body

Reduces risk of cardiovascular diseases

Improves memory and efficiency of brain functions

Helps prevent macular degeneration and loss of vision

Reduces risk of colon, prostate, and kidney cancers

Aids in maintaining healthy skin and hair

\*% Daily Value per 100g. For e.g. 100g of salmon (Atlantic) provides 44% of daily requirement of protein.



## LIGHT-STYLE ALASKA SALMON CROQUETTES

- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon, drained and chunked
- ♦ 1/4 cup plus 2 Tbsp. mayonnaise
- ♦ 1/4 cup dry bread crumbs
- ♦ 1/4 cup chopped green onions
- ♦ 1 egg white
- ♦ 1 Tbsp. lemon juice
- ♦ 1 tsp. Cajun, Creole or blackened seasoning mix or seasoned salt
- ♦ 2 tsp. margarine or butter
- ♦ 1 tsp. Dijon-style mustard
- ♦ Lemon wedges



In a medium bowl, combine salmon, 1/4 cup mayonnaise, bread crumbs, green onions, egg white, lemon juice and seasoning. Mix well; shape into four 1/2-inch thick patties. Melt margarine in a large nonstick skillet over medium heat until hot. Add salmon croquettes; cook 3 to 4 minutes per side or until golden brown. Meanwhile, combine remaining 2 tablespoons mayonnaise and mustard. Serve sauce and lemon wedges with croquettes.

*Baked Version:* Place patties on spray-coated baking sheet. Bake at 425° for 15 minutes, turning after 8 minutes.

## ALASKA SALMON PRIMAVERA

- ♦ 2 packages frozen pasta with vegetables and Primavera sauce
- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon, drained and chunked



Prepare frozen pasta according to package directions, adding salmon during the last 3 to 5 minutes of cooking time to heat through.

*Variation:* Rinse (in colander under cold water) contents of 2 packages (1 lb. each) of frozen pasta and vegetables; drain. Transfer to bowl. Stir in Alaska salmon, and about 2/3 cup of your favorite bottled dressing (Ranch, Caesar, Italian, etc.). Stir to coat. Serve immediately or refrigerate until serving.

## GRILLED ALASKA SALMON BURGERS

- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon
- ♦ 1 egg, slightly beaten
- ♦ 1/4 cup finely chopped onion
- ♦ 1/4 cup thick barbecue sauce
- ♦ 1 cup fresh bread crumbs
- ♦ 4 cheese slices, if desired
- ♦ 4 hamburger buns or rolls



*Burger Mixture:* Drain salmon thoroughly, squeezing out excess moisture. In bowl, flake salmon with fork. Add egg, onion, barbecue sauce and bread crumbs. Blend thoroughly until mixture is almost smooth.

*Burgers:* Divide and form mixture into 4 patties. Preheat broiler/oven or grill to medium-high heat. Place patties on spray-coated broiling pan or well-oiled grill 4 to 5 inches from heat. Cook about 4 to 5 minutes per side. Add cheese slices, if desired. Serve on buns or rolls.

*Variations:* Teriyaki sauce, thick 'n chunky salsa, chili sauce, OR seafood cocktail sauce may be substituted for barbecue sauce.

## ALASKA SALMON AND WALNUT SANDWICHES

- ♦ 1 can (14.75 oz.) traditional pack Alaska salmon, drained and chunked
- ♦ 1/2 cup chopped walnuts, toasted
- ♦ 1/3 cup mayonnaise
- ♦ 1 Tbsp. Dijon-style mustard
- ♦ 1 tsp. Worcestershire sauce
- ♦ 8 slices whole wheat bread or 4 croissants
- ♦ 4 lettuce leaves, shredded



*Spread:* Gently mix salmon with walnuts, 2 tablespoons mayonnaise, mustard, and Worcestershire sauce.

*Sandwich:* Spread remaining mayonnaise evenly on one side of 4 bread slices. Top with salmon mixture. Divide lettuce between sandwiches. Top with remaining 4 bread slices and cut as desired to serve.



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