



# Food Bites

June 2015



## June is National Fruit and Vegetable Month!

According to new data published by the NPD Group, a market research firm, most American are not consuming enough fruits and vegetables. As reported in USA Today, children and adults eat an average of slightly more than a cup of vegetables a day and a little more than a half a cup of fruit.

The Dietary Guidelines for Americans advise that we eat a diet with plenty of fruits and vegetables. And according to USDA's dietary guidance system MyPlate, half of our plate should consist of fruits and veggies. For a 2,000-calorie diet, it advised that we eat two cups of fruit and 2.5 cups of veggies each day.



Eating a diet with plenty of fruits and vegetables has been linked to improved health, and for good reason. Veggies and fruits (both fresh and frozen) are loaded with vitamins, minerals, fiber, and antioxidants, which have been shown to protect against chronic diseases such as heart disease and cancer. They are also low in calories, making them a great choice for your waistline. Choosing a colorful assortment vegetables is best, as different benefits exist in the different color spectrum. The orange pigment found in carrots, pumpkin, and sweet potatoes, for example, contain the antioxidant beta-carotene. The deep red pigment found in tomatoes contain the antioxidant lycopene, which is linked with prostate health.

And for some great news, here are two food groups where you can eat a large portion and not have to worry about weight gain. (Just watch your portion of starchy veggies such as corn and potatoes.)

With so much of a focus on eating low-carbohydrate diets, as a practicing nutritionist, I often get asked by my clients, "Will I gain weight if I eat too many fruits such as watermelon?" The answer is NO! In fact, quite the contrary. They are also low in calories, making them a great choice for your waistline. And, they are good for your health.

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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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and USDA Food and Nutrition Service.

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## GAME-WINNING DRUMSTICKS

15 chicken drumsticks

1 3/4 cups chicken stock

1/2 cup Dijon-style mustard

1/3 cup Italian-seasoned dry bread crumbs

1. Place the chicken in a single layer into a 15x10 inch pan.
2. Stir the stock and mustard in a small bowl. Pour the stock mixture over the chicken and turn to coat. Sprinkle the bread crumbs over the chicken. Cover the pan and refrigerate for 4 hours.
3. Bake at 375 degrees for 1 hour or until the chicken is cooked through. Serve hot or at room temperature.



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## SIMPLY DELICIOUS MEATLOAF & GRAVY

1 1/2 pounds ground beef

1/2 cup Italian-seasoned dry bread crumbs

1 egg, beaten

1 can Condensed Mushroom Soup

1/4 cup water



1. Heat the oven to 350 degrees. Thoroughly mix the beef, bread crumbs and egg in a large bowl. Place the beef mixture into a shallow 3 quart baking pan and shape firmly into an 8x4 inch loaf.
2. Bake for 30 minutes. Spread 1/2 can soup over the meatloaf.
3. Bake for 30 minutes more or until the meatloaf is cooked through. Let the meatloaf stand for 10 minutes before slicing.
4. Heat 2 tablespoons pan drippings, remaining soup and water in a 1 quart saucepan over medium heat until the mixture is hot and bubbling. Serve the gravy with the meatloaf.

## TASTY 2-STEP CHICKEN

1 Tablespoon vegetable oil  
4 skinless, boneless chicken breast halve or leg quarters  
1 can condensed cream of mushroom soup  
1/2 cup water

1. Heat the oil in a 10 inch skillet over medium high heat. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.
2. Stir the soup and water in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.



## FRENCH ONION BURGERS

1 pound ground beef  
1 can condensed French onion soup  
4 slices cheese  
4 hamburger buns



1. Shape the beef into 4 (1/2 inch thick) burgers.
2. Heat a 10 inch skillet over medium high heat. Add the burgers and cook until well browned on both sides. Remove the burgers from the skillet. Pour off any fat.
3. Stir the soup in the skillet and heat to a boil. Return the burgers to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until desired doneness. Top the burgers with the cheese and cook until the cheese is melted. Serve the burgers on the buns with the soup mixture for dipping.



## SOUPER SLOPPY JOES

- 1 pound ground beef
- 1 can condensed tomato soup
- 1/4 cup water
- 1 tablespoon prepared yellow mustard
- 6 hamburger buns

1. Cook the beef in a 10 inch skillet over medium high heat until well browned, stirring often to separate the meat. Pour off any fat.
2. Stir the soup, water and mustard in the skillet and cook until the mixture is not and bubbling. Spoon the beef mixture on the rolls.



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## SKILLET CHICKEN PARMESAN

- 1/4 cup grated Parmesan cheese
- 1 1/2 cups Tomato & Basil Italian pasta sauce
- 1 1/2 pounds skinless, boneless chicken breast halves or thighs
- 1 1/2 cups shredded mozzarella cheese



1. Stir 3 tablespoons of the Parmesan cheese and Italian sauce in a small bowl.
2. Heat the oil in a 12 inch skillet over medium high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides.
3. Pour the sauce mixture over the chicken, turning to coat with the sauce. Reduce the heat to low. Cover and cook for 10 minutes or until chicken is cooked through.
4. Top with the mozzarella cheese and the remaining Parmesan cheese. Let stand for 5 minutes or until the cheese is melted.



## CHEESEBURGER PASTA

- 1 pound ground beef
- 1 can condensed Cheddar Cheese soup
- 1 can condensed Tomato soup
- 1 1/2 cups water
- 2 cups uncooked medium shell shaped pasta

1. Cook the beef in a 10 inch skillet over medium high heat until well browned, stirring often to separate the meat. Pour off any fat.
2. Stir the soups, water and pasta in the skillet and heat to a boil. Reduce the heat to medium. Cook 10 minutes or until the pasta is tender, stirring often to prevent pasta from sticking.
3. Let stand for 5 minutes and serve.



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## CHEDDAR BROCCOLI BAKE

- 1 can condensed Cheddar Cheese soup
- 1/2 cup milk



- 4 cups cooked broccoli flowerets
- 1 1/3 cups French fried onions
- Dash of pepper

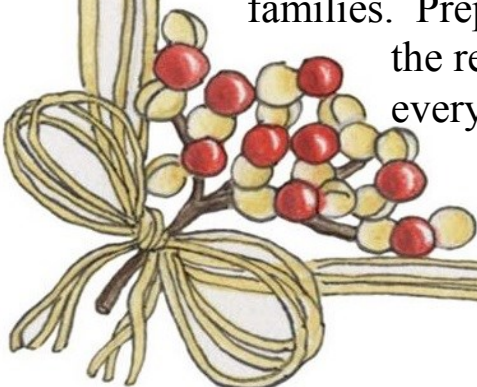
1. Stir the soup, milk, black pepper, broccoli and 2/3 cups onions in a 1 1/2 quart size casserole dish.
2. Bake at 350 degrees for 25 minutes or until the mixture is hot and bubbling. Stir.
3. Top with the remaining onions. Bake 5 minutes or until the onions are golden.

# Cooking for Your Family



You can easily prepare foods for a large family without breaking the bank. To save time, money and stress when making meals for your loved one give one of these tips a try:

1. **Keep it simple.** Healthy and creative meals don't have to be complicated. The simpler the menu, the less money and stress it will cost you in the end.
2. **Allow your family to help.** Divide jobs among family members. Remember - kids love to be in the kitchen! With help, you can get more done and have more time to enjoy with your family.
3. **Enjoy yourself.** If you feel yourself becoming stressed, take a deep breath. Have fun and enjoy spending time with those closest to you.
4. **Options for the holidays.** Try having a brunch. Breakfast foods like eggs are less expensive and make a great protein for the main dish. Another fun idea is to have a yogurt parfait bar, where everyone can add their favorite toppings to yogurt.
5. **Make it potluck.** Potlucks are a great option for large families. Prepare a side dish and let each family member make the rest. It creates less work for you and allows everyone to make and sample each other's creations.







## WIN with fruits and vegetables...

MyPlate tells us to fill half our plate with fruits and veggies. That's what we call a healthy plate! You, too, can **WIN** with fruits and veggies! Here's how:

**Weight:** The more fruits and veggies that you eat, the easier it is to manage your weight. Usually you hear moderation, portion control and counting calories. But the simple thing about fruits and veggies is that they are low in calories and calorie density and high in fiber. So when you are eating more of them you tend to displace higher calorie foods.

**I am healthier** - people who consume greater amounts of fruits and veggies tend to lower their risk and have less incidence of chronic diseases like diabetes, heart disease and certain cancers.

**Nutrients** - Fruits and veggies contain most of the nutrients that most people are lacking. Vitamins, minerals and fiber are presented in a colorful package that is proven for health, inexpensive, good for you and void of added fat, sugar and sodium. Many, like apples and bananas can be ready on the go faster than fast food. AND they are great for breakfast, lunch, dinner and dessert. What more could you ask for!

**Be A WINNER!**

[www.foodandhealth.com](http://www.foodandhealth.com)



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