



Food Bites

May 2015



Fruit of the Month: Strawberry

Strawberries have a history that goes back over 2,200 years. Strawberries grew wild in Italy as long ago as 234 B.C. and were discovered in Virginia by the first Europeans when their ships landed there in 1588.

Early settlers in Massachusetts enjoyed eating strawberries grown by local American Indians who cultivated strawberries as early as 1643. After 1860 strawberries were widely grown in many parts of the country.

Strawberries have been grown in California since the early 1900's. Today, over 25,000 acres of strawberries are planted each year in California and the state produces over 80% of the strawberries grown in the United States. On average, each acre produces about 21 tons of strawberries and the state produces one billion pounds of strawberries a year!



Veggie of the Month: Asparagus

The name for asparagus, a member of the lily family, comes from the Greek word meaning "shoot" or "sprout." Now widely cultivated throughout the world, this regal vegetable is believed to have originated 2,000 years ago in the eastern Mediterranean region, where it was prized for its unique texture and alleged medicinal and aphrodisiacal qualities.

Asparagus spears grow from a crown planted in sandy soils and, under ideal conditions, can grow 10 inches in a 24-hour period. The most common types are green, but you might see two others in supermarkets and restaurants: white, which is more delicate and difficult to harvest, and purple, which is smaller and fruitier.

This giant veggie is one of the most nutritionally well-balanced vegetables. You can enjoy this veggie raw or with minimal preparation, which the Romans seemed to appreciate. They had a saying, "As quick as cooking asparagus," for something done rapidly.



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Happy

Chicken Salad

- 1 can (12 oz) canned chicken, drained
- 3 Tbsp mustard
- 2 Tbsp honey
- 1 cup apples, diced
- 1/4 cup raisins
- 1/4 tsp black pepper
- 2 Tbsp parsley or cilantro, chopped



1. In a large bowl, combine chicken, mustard, honey, and apples. Mix well.
2. Sprinkle raisins and pepper on top of salad. Add parsley or cilantro.
3. Serve on a lettuce leaf or on a slice of home-made bread.

Vegetable Soup (with Chicken)

- 1 can (12 oz) canned chicken
- 3 cups water
- 3 can whole kernel corn
- 1 can peas
- 1 can diced carrots
- 2 cans diced potatoes



1. In a large pot, heat the chicken and water over medium to high heat until hot.
2. Add corn and all other ingredients to the pot and boil for 10 seconds.
3. Lower the heat and simmer for 30 minutes.

Labor Day!

Chicken Noodle Soup

- 1 lb boneless, skinless chicken breast
- 6 cups water
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 Tbsp egg mix
- 2 cups all-purpose flour



1. Cut up chicken breasts and place in a large pot with enough water to cover. Add salt and pepper.
2. Bring chicken and water to boil. Reduce to medium heat and continue to cook for about 20 minutes.
3. Set aside 1/4 cup of the broth in a large bowl to cool down.
4. To make noodles, combine egg mix and flour in a medium bowl. While mixing the egg and flour, slowly add the 1.4 cup broth until a dough is formed.
5. Roll the dough on a floured surface. Add more flour as needed to keep it from sticking.
6. Cut dough into 1/2 inch wide strips that are about 6 inches long.
7. Gently put the strips into the pot with chicken. Stir every 5 minutes.
8. Cook until done, about 15 to 20 minutes over medium heat.

Potato Soup

- 1 cup onion, chopped
- 1 Tbsp garlic, chopped
- 1 Tbsp vegetable oil
- 1/4 lb boneless, skinless chicken
- 4 cups water
- 6 small red potatoes, chopped
- 1/4 cup white rice, uncooked
- 1/2 cup peas
- 1/2 tsp chili powder
- 1/2 tsp jalapeno chilies, diced
- 1/2 cup fresh parsley or cilantro, chopped



1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes.
2. Add chicken to pot and brown for about 5 minutes.
3. Add water, potatoes, rice, and chili powder to pot.
4. Bring pot to a boil, and cook for 15 minutes.
5. Lower heat and cook for 15 to 20 minutes. Stir pot every 10 minutes.
6. Add peas and jalapeno chilies and cook for 8 minutes. Mix well.
7. Remove pot from heat. Add parsley or cilantro.
8. Mix well and cover for 5 minutes. Serve hot.

Fresh Tomato Salsa

- 1 cup tomatoes, finely chopped
- 1/2 cup apple, peeled & finely chopped
- 1/4 cup onion, finely chopped
- 2 Tbsp lime juice
- 1 tsp garlic, finely chopped
- 1/2 tsp vegetable oil
- 1/4 tsp salt
- 1 tsp fresh cilantro, chopped
- 1 Tbsp jalapeno chilies, chopped

1. In a medium bowl, combine tomato, apple, onion and lime juice. Mix well.
2. Add garlic, vegetable oil, salt, cilantro, and jalapeno chilies. Mix well.
3. Cover bowl and refrigerate for 15 minutes.



Garden Pasta Salad

- 1/2 cup macaroni, cooked
- 1/4 cup onion, chopped
- 1/2 cup cucumber, chopped
- 1/4 cup green pepper, diced
- 1 Tbsp vinegar
- 1/2 Tbsp vegetable oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp parsley, chopped

1. In a medium bowl, combine macaroni, onion, cucumbers, and green peppers. Mix well.
2. In a separate bowl, mix vinegar, vegetable oil, parsley, salt, and pepper.
3. Pour the prepared dressing over the pasta. Mix well.
4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.



Roasted Potatoes

- 1 lb potatoes, chopped in cubes
- 1/2 cup onion, chopped
- 1/2 cup green pepper, chopped
- 1 tsp garlic, chopped
- 1 tsp vegetable oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 Tbsp parsley, chopped
- 1/2 tsp paprika



1. In a medium bowl, mix potatoes, onions, green peppers, and garlic.
2. Add vegetable oil, parsley, paprika, salt and pepper. Mix well.
3. Cover bowl and refrigerate for 15 minutes.
4. Preheat oven to 350 degrees.
5. Spread potato mixture evenly on a cookie sheet. Bake for about 35 minutes. Serve hot.

Beef and Vegetables



- 4 cups water
- 2 cups uncooked rice
- 1 lb ground beef
- 2 cups steamed green beans
- 1 1/2 cups corn
- 1 can tomato sauce (15 oz)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

1. In large pot, add water to rice and bring to boil. Cover and cook on low heat for 15 minutes (do not remove lid) until water is gone.
2. While the rice is cooking, put ground beef in a large pan and cook over medium heat for 8 to 10 minutes. Drain fat.
3. Let rice stand for 3 minutes. Arrange rice on a platter. Set aside.
4. Add green beans, corn, tomato sauce, garlic powder, and onion powder to pan of meat.
5. Cook until steaming hot. Pour into center of rice and serve.

Chicken Stir-Fry

- 2 Tbsp vegetable oil
- 1/2 cup carrots, peeled & sliced
- 1/2 cup celery, sliced
- 1/4 cup onion, cut in strips
- 1 green pepper, cut in strips
- 1 Tbsp garlic, chopped
- 1 Tbsp ginger, chopped
- 1 lb chicken, cooked & cut in strips
- 1/2 tsp sugar
- 3 Cups cooked white rice



1. Heat large pan with vegetable oil over high heat.
2. Add vegetables and garlic, and ginger to hot pan. Stir until garlic is slightly brown.
3. Add chicken and sugar to pan.
4. Stir food for about 1 minute in pan.
5. Serve over cooked rice.

- 2 chicken breast, skinned and boneless
- 1/2 tsp vegetable oil
- 1 tsp garlic, chopped
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp taco seasoning
- 1 green pepper, sliced
- 1 medium onion, sliced
- 4 soft tortillas, 6 inch
- 1/4 head lettuce, sliced thin
- 1/4 cup tomatoes, dices
- 4 tsp fresh tomato salsa

Soft Chicken Taco

1. In large bowl, mix chicken, vegetable oil, garlic, salt, and pepper. Add taco seasoning.
2. Cover bowl with plastic wrap, and place in refrigerator for 30 minutes.
3. While chicken is in the refrigerator, cook the pepper and onion over medium heat until done.
4. Cook chicken over medium heat. Cook each side about 10 to 15 minutes.
5. Place chicken on plate. Let cool for 5 minutes. Cut chicken into strips.
6. To make tacos, put chicken on tortilla first. Add peppers and onion strips next. Top with lettuce, tomato, and salsa.



- 1/2 lb beef round roast
- 1 1/2 tsp taco seasoning
- 1/4 tsp pepper
- 1/2 onion, sliced
- 4 flour tortillas, 6 inch
- 1/4 cup American cheese

Spicy Quesadillas

1. Preheat oven to 325 degrees.
2. Coat roast with taco seasoning and pepper.
3. Place roast in small baking pan and cover with foil or lid. Cook for about 35 minutes or until done.
4. Remove roast from oven and let sit for 5 minutes. Uncover roast and slice into thin strips.
5. Over medium heat, cook the onion until done, about 10 minutes.
6. Put sliced beef, onions, and cheese on top of one tortilla. Top with another tortillas and place in a pan.
7. Over medium heat, warm the quesadilla for about 1 minute.
8. Turn the quesadilla over, and warm until cheese melts.
9. Repeat steps to make other quesadilla. Cut each into four pieces.



Which foods are least risky to serve at picnics?

With the summer months approaching, picnics and family cookouts are in plan. Here is a little tip on foods good for outdoor serving.

1. Potato Salad

Surprise! Salads that have a lot of vinegar or store-bought mayonnaise in them are pretty safe because of the acidity, which kills pathogens, like E. coli and salmonella, if the salad is dressed for at least 15 minutes

2. Fruit Salad

Acidic ingredients including strawberries and citrus discourage bacterial growth. Want watermelon? Eat it cold to prevent any bacteria on the rind from multiplying to a risky level. Scrub the uncut melon under running water and dry before slicing and serving.

3. Hot dogs

Burgers are fine as long as you cook them to an internal temperature of 160 degrees. But if you have doubts about how well-done the patties are, go for a hot dog. They are fully cooked before they're packaged.

4. Cheese

Good news if you're craving cheese and crackers: A block of Cheddar might get sweaty in the heat, but any cheese that's made with pasteurized milk is likely resistant to bacterial growth.

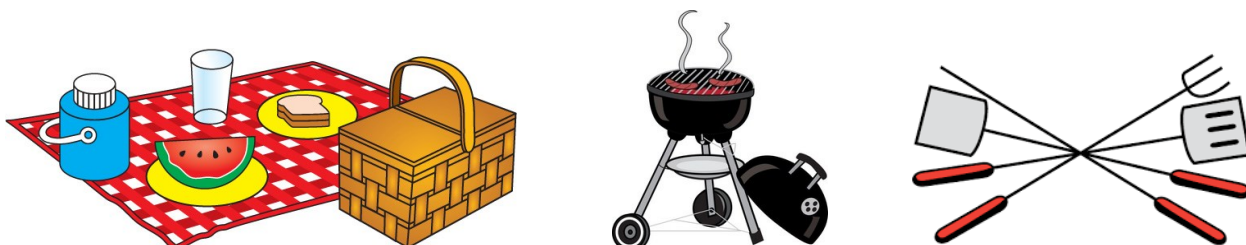
5. Salsa

Dips that are tomato-based or contain vinegar or citrus discourage bacterial growth.

6. Fruit Pie

Fruit pies tend to be safe at room temperature (the sugar in them keeps bacteria from multiplying), but you might want to steer clear of custard—or cream-filled desserts if they've been out for more than a couple of hours.

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