



# Food Bites

March 2015



## 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 ones 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.
5. **Make it a 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.

## Kitchen timesavers



Try these kitchen timesavers to cut back on time and make less work for you. By taking the stress and hassle out of cooking, you'll have more time to enjoy it and to spend with your loved ones.

1. **Organize your kitchen.** Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices with easy reach. This will save you from having to search for them later.
2. **Clear the clutter.** Before you start cooking, clear off your counters. This allows more room for prep space.
3. **Chop extra.** When chopping up veggies for a meal, chop more than you need. Take the extra, place in a reusable container and freeze. Then next time you need it, you can skip a step.
4. **Have everything in place.** Grab all ingredients needed for your meal—vegetables chopped, spices measured, and meats thawed. It will be easier to spot missing items and avoid skipping steps.
5. **Double your recipe.** For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap.
6. **Clean as you go.** Fill up the sink with soapy water and wash the dishes as you cook. It'll make clean up go much smoother!
7. **Save some for later.** Freeze leftover soups, sauces, or gravies in a small reusable containers.



*Improving Lives. Improving Texas.*

Texas AgriLife Extension Service  
Family and Consumer Science  
P.O. Box 279, Panhandle, TX  
79068

*Jeanene Montgomery*

Jeanene Montgomery  
Texas AgriLife Extension  
Family & Consumer Science

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## Soup-er Simple Cabbage Soup



- 1 very large onion, chopped
- 4 garlic cloves, minced
- 1 carrot, diced
- 1 small head of green cabbage, chopped
- 2 Roma tomatoes, diced
- 2 1/2 tablespoons olive oil
- 5 cups chicken broth, or vegetable broth
- Sea salt, to taste
- Black pepper, to taste
- 1 tablespoon organic sugar
- 1 tablespoon hot sauce (optional)

1. Heat oil in a French/Dutch oven or stock pot and gently saute the onion, garlic, and carrots until they begin to soften and are fragrant.
2. Stir in the cabbage until well combined, then stir in the tomatoes, organic chicken or vegetable broth, and plenty of sea salt and black pepper to taste.
3. Bring the soup to a simmer and then cover and continue to simmer for 15 minutes, or until cabbage is al dente.
4. When the soup is done, remove it from the heat and adjust the seasoning and add organic sugar and your favorite hot sauce if desired—these balance the flavors.
5. Serve with additional hot sauce, if desired, and some crusty bread and cheese. Enjoy!!



# Garden Pasta Salad



- 1 (20 oz) package refrigerated cheese tortellini
- 1 cup Italian salad dressing
- 2 ripe tomatoes, chopped
- 2 cups broccoli florets
- 1 large green bell pepper, chopped
- 3/4 cup (3 oz) shredded Parmesan cheese or Italian cheese blend
- 1 (2 1/2 oz) can sliced black olives

1. Prepare tortellini according to package directions; drain, rinse, and drain again. Place in a large bowl and chill at least 4 hours.
2. Add remaining ingredients; toss until well coated. Serve immediately, or cover and chill until ready to serve.

- 1/2 cup vegetable oil
- 2 Tbsp lemon juice
- 1 Tbsp dried rosemary
- 1 tsp garlic powder
- 2 tsp salt
- 1 1/2 tsp black pepper
- 1 (7 lb) roasting chicken
- 3 yellow squash, 1/2 inch slices
- 3 carrots, 1/2 inch slices
- 2 zucchini, 1/2 inch slices
- 10 red potatoes, cut into quarters

# Lemon Rosemary Chicken



1. Preheat oven to 350 degrees.
2. In large bowl, combine oil, lemon juice, rosemary, garlic powder, salt and pepper; mix well.
3. Place chicken on a rack in a large roasting pan. Rub half of the seasoning mixture evenly over the whole chicken, including the cavity.
4. Place the vegetables and potatoes in the bowl with the remaining seasoning mixture and toss to coat well. Place the vegetables around the chicken in the roasting pan. Cover tightly with aluminum foil and bake for 1 1/2 hours, basting the chicken and vegetables occasionally. Remove the aluminum foil and bake for 25 to 30 more minutes, until no pink remains in the chicken, the juices run clear, and the skin is golden brown.

## Easy Chicken Parmesan Casserole

- 3 large boneless, skinless chicken breast, cut into 3 inch pieces
- 1/4 cup extra virgin olive oil
- 5 cloves garlic, minced
- 3 Tbsp shredded fresh basil
- 1 tsp Italian seasoning
- Salt and pepper to taste
- 24 oz pasta sauce, jarred or homemade
- 1 (8 oz) bag of shredded mozzarella cheese
- 1 (5 oz) bag garlic croutons, crushed
- 1 cup shredded Parmesan cheese



1. Preheat oven to 350 degrees.
2. Spray a 9x13 baking dish with cooking spray. Spread 1/4 cup of sauce on the bottom of the dish.
3. In a large bowl or gallon freezer bag, combine the chicken pieces, olive oil, Italian seasoning, garlic, basil, salt and pepper. Turn to coat.
4. Spread about 1/4 cup of the pasta sauce on the bottom of the baking dish. Place the chicken in the dish in an even layer. Top the chicken with the remaining pasta sauce, making sure that all of the chicken is covered. Bake for 30 minutes.
5. After 30 minutes, remove the chicken from the oven. Top the casserole with mozzarella cheese, crushed croutons, and parmesan cheese. Bake for another 20 minutes or until the top is golden brown.

- 2 Tbsp margarine, melted
- 3 Tbsp flour
- 2 tsp salt
- 1/4 tsp pepper
- 2 cup low-fat milk or dry milk equivalent
- 1 carrot, sliced
- 1 stalk of celery, sliced
- 1 cup peas
- 1 (7 oz) can tuna (or salmon), drained
- 8 slices bread for toast



## Creamed Tuna or Salmon on Toast

1. Wash and slice carrot and celery. Cook them in a saucepan with 2 cups water until soft. Drain and set aside in a small bowl.
2. In the same saucepan, melt margarine. Add the flour, salt and pepper and stir until it looks like paste.
3. Add the milk and stir while it cooks until the sauce gets thicker. Do not boil.
4. Add the carrots, celery, peas and tuna (or salmon).
5. Stir and cook until the mixture is hot.
6. Make toast and serve the creamed tuna (or salmon) over it. You also can serve it over biscuits or noodles.



## Easy Supper Casserole

- 2 lb lean ground beef
- 1 onion, chopped
- 1 cup dry macaroni
- 2 cups tomato juice
- 1 (15.5 oz) can chili beans
- 1 tsp oregano, crushed
- 2 tsp chili powder
- 2 tsp salt
- 1/4 tsp pepper
- 1 cup grated cheddar cheese



1. Brown ground beef in a large frying pan or electric skillet; drain fat.
2. Add chopped onion to ground beef; cook until onion is clear.
3. Turn heat down; add macaroni, beans, juice and spices, stirring to combine.
4. Cover pan and simmer mixture for 20 minutes. (If you uncover the pan more than twice to check and stir, add additional tomato juice).
5. Remove pan from heat, stir and sprinkle grated cheese on top of mixture. Cover and let stand until cheese melts.

## One-pan Macaroni and Cheese

- 1 1/2 cup dry macaroni
- 2 cups frozen mixed vegetables
- 2/3 cup warm water
- 8 oz American (or other) cheese, diced
- 1 cup nonfat dry milk powder
- Pepper to taste



1. Cook macaroni in the saucepan according to package directions; drain. Return macaroni to saucepan.
2. Mix warm water with dry milk powder in a mixing bowl.
3. Add milk and cooked vegetables to the macaroni.
4. Cut cheese into small pieces.
5. Add cheese to macaroni. Cook and stir gently until cheese melts. Let stand a few minutes after cooking for thicker sauce. For thinner sauce, add a little water.
6. Add pepper to taste.

## How to Plan Healthy, Economical Menus

- Set a goal to plan daily menus for a week at a time. It will save time in the long run. Have family members help in the planning. Save your menu plans and reuse them.
- Plan your menu based on what's on sale at your local grocery store. Fruits and vegetables that are "in season" usually are less expensive and of better quality.
- Include a variety of colors and flavors in menus. Serving colorful carrots, sweet potatoes, corn or green beans as a side dish adds nutrition and makes a meal look more appealing.
- Vary the textures of meals. If you serve a meat such as roast beef or chicken, accompany it with soft mashed potatoes and a crisp vegetable salad. Serve crusty breads beside casseroles, stews and soups.
- Remember to serve "hot" food hot and "cold" food cold!
- Try to fit in at least three whole-grain foods every day. Try whole-grain cereal for breakfast, a sandwich on whole-grain bread for lunch, or a whole-wheat pasta dish for dinner.
- When you add a "new recipe" to your menu, pair it with a recipe your family has tried and liked!



## Four Steps to Food Safety



### Clean

- Wash your hands with warm, soapy water for at least 20 seconds before preparing food and after using the bathroom, changing diapers and handling pets.
- Wash counter surfaces, utensils, dishes and cutting boards with hot, soapy water before preparing food.
- Paper towels work well for cleaning kitchen surfaces. Cloth towels can spread bacteria and should be washed frequently.

### Separate

- Keep raw meat, poultry and seafood away from other foods while shopping and in the refrigerator. The juices could drip and spread bacteria.
- Use different cutting boards when preparing food, one for raw meat and one for ready-to-eat foods.
- Don't allow cooked or ready-to-eat foods to come in contact with raw meats.

## How to Cook Dry Edible Beans

- Rinse, soak and simmer dry beans for delicious results.
- First, inspect the dry beans, removing any broken beans or foreign materials. Rinse thoroughly in cold water.
- Next, use the "Preferred Hot Soak" method: Add 10 cups of cold water to the pot for each pound (2 cups) of beans prepared. Bring the water to a boil and boil for one to three minutes. Cover the pot. Let stand. A four-hour soak is ideal.
- Finally, drain and rinse soaked beans. Add fresh, cold water to fully cover beans – plus, if you wish, 1 to 2 tablespoons of oil and 1 to 2 teaspoons of salt. Simmer the beans until they are tender. Serve them plain or follow a favorite recipe for a dish your family will love.
- Add ingredients rich in acid or calcium such as tomatoes, chili sauce, ketchup, vinegar, wine and molasses after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender.
  - 2 cups of dry beans = 4 to 5 cups of cooked beans



## How to Cook Rice

1. Accurately measure rice and liquid according to package directions.
2. To prevent under- or overcooking, set the timer according to package directions.
3. Keep the lid on the pot during cooking to prevent steam from escaping.
4. Use cookware appropriate for the amount of rice you are preparing. Rice triples in volume.
5. Do not stir. Stirring releases the starch, resulting in rice that is sticky.
6. At the end of the cooking time, remove the lid and test for doneness. If the rice is not tender or the liquid is not absorbed, cook two to four minutes longer.
7. When the rice is cooked, fluff with a fork or slotted spoon to allow steam to escape and keep the grains separate.
  - 1 cup of raw rice = 3 cups of cooked rice





## Quick Taco-Mac

### Ingredients

- 1 lb. ground turkey or ground beef
- 1 packet taco seasoning
- 1 (14.5-oz.) can whole tomatoes, undrained, OR 1 (15-oz.) can tomato sauce
- 1 c. water
- 1 (7.25-oz.) box macaroni and cheese



### Directions

1. In medium skillet, brown ground meat until crumbly. Drain fat.
2. If using canned whole tomatoes, cut or break up the tomatoes.
3. Stir in rest of ingredients, including the cheese packet from the macaroni and cheese.
4. Bring to a boil; reduce heat, cover and simmer 20 minutes.
5. Sprinkle with cheddar cheese, if desired.

*Makes six servings*

*Per serving: 247 calories, 30g carbohydrate, 4g fat, 1g fiber and 866mg sodium*

## Creamy Tuna Noodle Casserole

### Ingredients

- 2 c. dry noodles
- 1/3 c. onion, chopped
- 2/3 c. celery, chopped
- 1 (7-oz.) can tuna, drained and flaked
- 1 (10-oz.) can reduced-fat condensed cream of mushroom soup
- 1 (6-oz.) can nonfat evaporated milk
- 2/3 c. crushed potato chips (optional)



### Directions

1. Preheat oven to 375 F. Spray or grease casserole baking dish.
2. Cook noodles according to package directions.
3. Sauté celery and onions, stirring occasionally until tender.
4. Combine noodles, tuna, soup, sautéed vegetables and evaporated milk. Mix well.
5. Pour into prepared casserole dish and sprinkle with potato chips.
6. Bake for 25 or 30 minutes or until chips are golden brown. Double the recipe and freeze one for later.

*Makes six servings*

*Per serving: 252 calories, 36.5g carbohydrate, 4.5g fat, 2g fiber and 550mg sodium*

Label canned goods with the date of purchase.

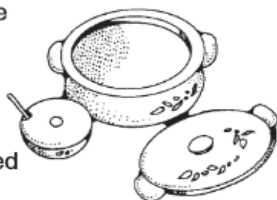
Rotate the food in your cupboard so the "oldest" cans are in the front and you use them first.

## Salmon Casserole

### Ingredients

- 2 c. dry pasta
- 1/2 c. low-fat mayonnaise or salad dressing
- 1/2 c. milk
- 1 (10-oz.) can reduced-fat condensed cream of mushroom soup
- 1 c. shredded, processed cheese (American or Monterey Jack)
- 1/2 tsp. seasoning (dry mustard, dill weed or curry powder)
- 1 (7-oz.) can salmon, tuna, shrimp or crab, drained and flaked

You cannot prevent food spoilage, but you can slow it with proper storage temperatures. Refrigerators should be 40 F or less and freezers should be 0 F or less.



### Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Combine mayonnaise with milk. Stir in condensed cream soup. Add shredded cheese and seasoning.
3. Gently stir in cooked pasta and canned fish. Pour into 1 1/2-quart casserole baking dish.
4. Cover and bake in 350-degree oven for 30 minutes.
5. Uncover and sprinkle with a crunchy topping (crushed potato chips, cracker crumbs, french fried onions). Bake five more minutes.

*Makes six servings*

*Per serving: 330 calories, 35g carbohydrate, 14g fat, 2g fiber and 550mg sodium*

## Tuna Melt Macaroni Casserole

### Ingredients

- 2 c. macaroni, uncooked
- 3/4 c. shredded cheddar cheese
- 1/3 c. skim milk
- 1 (7-oz.) can of tuna
- 1 c. frozen peas

### Directions:

1. Preheat oven to 350 F.
2. Prepare macaroni according to package directions. Reduce cooking time by about one-third because this will be baked.
3. Stir in peas and cook for a few minutes until soft.
4. Add two-thirds of cheese, all the milk and tuna.
5. Pour into casserole dish. Sprinkle with remaining cheese.
6. Bake for 20 or 25 minutes until casserole reaches an internal temperature of 165 F.

*Makes six servings*

*Per serving: 248 calories, 31g carbohydrate, 6g fat, 2g fiber and 239mg sodium*



To reduce fat, substitute skim milk for whole or 2% when possible.

Skim milk is a good source of calcium, vitamin D, protein and other nutrients.

## Venison or Beef Stroganoff

### Ingredients

- 1½ lb. ground venison or beef
- 1 to 2 Tbsp. cooking oil
- 1 (10.25-oz.) can reduced-fat cream of mushroom soup
- 1 (4-oz.) can mushrooms, drained
- ½ c. light sour cream
- 3 c. cooked noodles or rice

### Directions

1. Brown ground venison in oil. If using beef, omit oil and drain after browning.
2. Stir in soup, sour cream and mushrooms. Heat to an internal temperature of 165 F.
3. Serve over cooked rice or noodles.



*Makes six servings*

*Per serving: 331 calories, 17g carbohydrate, 11g fat, 1.5g fiber and 898mg sodium*

When browning venison, adding some oil often is necessary because venison is so lean.

## Chicken Rice Gumbo

### Ingredients

- 3 (14.5-oz.) cans reduced-sodium chicken broth
- 1 lb. cooked chicken or turkey, cut into bite-sized pieces
- 1 (15-oz.) can whole-kernel corn, drained
- 1 (14.5-oz.) can stewed tomatoes, undrained, chopped
- ½ c. uncooked white rice
- ¼ to ½ tsp. hot pepper sauce (adjust to taste)

### Directions

1. Heat all ingredients to a boil in large saucepan on medium-high heat. Reduce heat to low; cover.
2. Simmer 20 minutes.



*Makes 10 servings*

*Per serving: 290 calories, 15g carbohydrate, 9g fat, 1g fiber and 1,012mg sodium*

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To reduce salt in canned vegetables, drain the liquid, then rinse the vegetables in water before eating.

Use herbs and spices for flavoring.

## Crimson Slaw

### Ingredients

- ½ head (1 lb. 8-oz.) red cabbage, shredded
- ½ red onion, thinly sliced
- ¼ onion, thinly sliced
- 4 Tbsp. oil
- 2 Tbsp. vinegar
- 2 Tbsp. sugar
- 2 tsp. salt
- ¼ tsp. black pepper
- 1 to 2 c. dried cranberries



### Directions

1. Toss cabbage and onions together in a large mixing bowl.
2. Mix oil, vinegar, sugar, salt and pepper together in a small bowl to make a dressing.
3. Pour dressing over cabbage mixture; toss with cranberries.
4. Marinate in refrigerator for one hour.

*Makes six servings*

*Per serving: 225 calories, 40g carbohydrate, 10g fat, 4g fiber and 225mg sodium*

Check out the new nutrition recommendations at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

People 9 years old and older should aim for at least three cups of vegetables a day.

Aim for a variety of colorful fruits and vegetables every day!

## Tuna Pasta Salad

### Ingredients

- 2 c. macaroni, uncooked
- 2 (6.5-oz.) cans tuna, water-packed
- ½ c. celery, chopped
- 1 c. raw carrots, sliced
- ½ c. green pepper
- ½ c. light salad dressing, mayonnaise type
- 1 Tbsp. brown sugar
- 2 Tbsp. vinegar or lemon juice
- 2 to 4 Tbsp. milk (more or less for desired consistency)
- Salt and pepper to taste

### Directions

1. Cook macaroni according to package directions; drain and cool.
2. Drain tuna.
3. Wash vegetables. Chop celery, carrots and green pepper.
4. Mix macaroni, tuna and vegetables together in mixing bowl. Mix remaining ingredients and stir into macaroni mixture.
5. Chill until ready to serve.

*Makes 10 servings*

*Per serving: 140 calories, 12g carbohydrate, 5g fat, 1g fiber and 232mg sodium*



Check your refrigerator!  
Is the temperature 40 F or lower?



# A Little Helpful Cooking Knowledge

## Cooking Abbreviations

tsp. = teaspoon

Tbsp. = tablespoon

c. = cup

oz. = ounce

pkg. = package



## Cooking Measurement Equivalents

16 tablespoons = 1 cup = 8 fluid ounces

12 tablespoons =  $\frac{3}{4}$  cup = 6 fluid ounces

10 tablespoons + 2 teaspoons =  $\frac{2}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup = 4 fluid ounces

6 tablespoons =  $\frac{3}{8}$  cup = 3 fluid ounces

5 tablespoons + 1 teaspoon =  $\frac{1}{3}$  cup

4 tablespoons =  $\frac{1}{4}$  cup = 2 fluid ounces

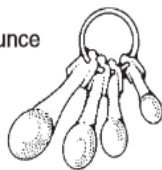
2 tablespoons =  $\frac{1}{8}$  cup = 1 fluid ounce

2 cups = 1 pint = 16 fluid ounces

2 pints = 1 quart = 32 fluid ounces

3 teaspoons = 1 tablespoon =  $\frac{1}{2}$  fluid ounce

48 teaspoons = 1 cup = 8 fluid ounces



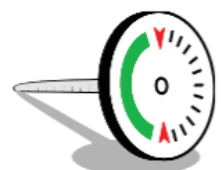
## How to Use a Food Thermometer

### Why use a food thermometer?

- Cooking by color can be misleading.
- One in every four hamburgers turns brown before it has reached a safe internal temperature.
- Using a food thermometer can prevent overcooking.

### Why is using a food thermometer important?

- Millions of people get sick from dangerous bacteria in food every year.
- Public health data in 2000 show that our food has more than five times the number of dangerous bacteria than we were aware of in 1942.
- You can become sick from 20 minutes to six weeks after eating food with some types of harmful bacteria.
- Young children, pregnant women, people over age 65 and people with chronic illnesses are at a high risk for foodborne illness. Getting sick from a foodborne illness can cause serious health problems, even death, for these groups.
- The only sure way to know if your food is done is to use a food thermometer.





## Making Fruits and Vegetables the Easy Choice!

In Texas, three out of four deaths are attributed to a chronic disease. However, studies show an intake of at least two and half cups of vegetables and fruits per day as part of a healthy eating pattern can reduce the risk of certain chronic diseases. March is National Nutrition Month, and an opportunity to discuss the benefits of eating fruits and vegetables. We know a healthy eating pattern including fruits and vegetables can help to lower risks of developing chronic diseases such as obesity, diabetes, heart disease, and some cancers.

Lifestyles are hectic; however, increasing fruit and vegetables can be easy. Here are a few tips for making fruits and vegetables the easy choice!

**Choose to make half your plate fruits and vegetables.** The rest of your plate should be one-quarter grains and one-quarter protein foods with low-fat dairy on the side. MyPlate is a guide to making a healthy meal yet not every meal will look like MyPlate. For example a sandwich may not fit in each portion of the plate; however, making a sandwich with whole grain bread, lean protein, a slice of low-fat cheese, and adding lots of vegetables with a side of fruit make a healthy plate.

**Choose a variety of colors.** The colors in fruit and vegetables are not just to make them look pretty. Fruit and vegetable colors are complex and those colors pack a healthy punch in reducing the risk of developing various chronic diseases. Be sure to vary the colors on your plate.

**Choose whole fruits and vegetables over juice.** Children and adults eat most of their fruits and vegetables in the form of fruit juice, which can contain added sugars and make it higher in calories. Choosing whole fruits and vegetables provides fiber, less added sugar, vitamins, and minerals. Eating patterns high in these nutrients have shown to reduce the risk of developing certain cancers.

**Choose to prep your snacks ahead of time.** Busy schedules can sometimes mean reaching for unhealthy snacks. During the weekend, package small snack bags of bell peppers, carrots, strawberries, or your favorite fruit or vegetable for the week. Place them in a spot you can see in the refrigerator. This may help to limit choosing less healthful and tempting snacks!

**Choose to make fruits and vegetables exciting.** Create a fruit and veggie contest. Making fruits and vegetables part of a child's healthy eating pattern establishes positive behaviors early. Children learn from watching you. Try having a fruit and veggie contest once a week. It can be a simple game of name five blue fruits! The prize could be choosing the fruit for dessert tonight.

**Choose to flavor your water.** Flavored drinks are in every grocery store. However, they can be full of added calories. You can make your own flavored water by freezing diced fruits or vegetables and adding them to your water. When you finish your water have the fruit or vegetable as a snack! It can be as easy as freezing slices of cucumber or whole raspberries and adding them to your water!



**Choose fruit and vegetables to start the day.** Fruits can be an easy choice at breakfast food. However, mix in some vegetables too. Try adding spinach to your eggs, avocado to your toast, or tomatoes to a breakfast sandwich.

Choosing fruits and vegetables can be an easy task, if you plan and prepare healthy options in advance. Making small creative changes can benefit your overall health. Overtime choosing more fruits and vegetables can help prevent chronic disease.

For more tips on improving your fruit and vegetable consumption, contact your local Texas A&M AgriLife Extension Service county office at {insert county information here}.

Sources:

Texas Department of State Health Services. Texas Chronic Disease Burden Report, 2010.

Academy of Nutrition and Dietetics. Position of the Academy of Nutrition and Dietetics: The Role of Nutrition in Health Promotion and Chronic Disease Prevention, 2013.

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MyPlate, <http://www.choosemyplate.gov>

Written by: Danielle Hammond-Krueger, MPH, RD, LD, Extension Program Specialist, Texas A&M AgriLife Extension Service, College Station, Texas. March 2015.



### How to Cook and Bake with Less Fat

- Use low-fat or no-fat dressings, dairy products, etc., when possible.
- Use nonstick cooking spray to grease pans.
- Bake, broil, boil, steam or grill meats.
- Substitute applesauce for oil in your favorite baked products. Most cakes can be substituted one for one. For cookies and bars, substitute applesauce for half the fat.
- Don't use reduced-fat margarines in cookie recipes unless the recipe calls for reduced-fat margarine. Cookies made with the wrong type of fat may spread across the pan and have a different texture than you may want.
- Choose canned fruits packed in their natural juices.
- Buy tuna packed in spring water instead of oil.



### How to Cook Pasta

Divide this recipe based on how much pasta you are cooking.

1. Boil 4 to 6 quarts of water for 1 pound of dry pasta. Add the pasta, stir and return the water to a boil.
2. Stir the pasta occasionally during cooking.
3. Follow the package directions for cooking times. If you plan to use the pasta as part of a dish that requires further cooking, undercook the pasta by one-third of the cooking time specified on the package.
4. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through.
5. Drain pasta immediately. Serve.

