



Food Bites



September 2014

Fruit of the Month: APPLE

It may be a slight exaggeration to say that an apple a day keeps the doctor away, but it is only slight. Apples provide us with both soluble and insoluble fibers which help to prevent cholesterol buildup and move foods quickly through the digestive system. Apples are versatile and delicious. They can be served by themselves, in salads, and in sauces. To maximize the nutritional impact, it is best to eat apples with their skin.

Gran-Apples

3 medium red apples

6 TBLS creamy peanut butter

1 cup low-fat granola

Optional: 1 cup raisins, 1 cup low-fat cereal

Preparation:

Wash and cut apple into quarters and remove seeds; Insert a toothpick into bottom half of apple; with a spatula, spread peanut butter on each side of each apple quarter, using about 1 teaspoon for each apple piece; pour granola, other desired low-fat cereal, or raisins on a plate and dip both sides of apple in topping of your choice.



TEXAS A&M
AGRILIFE
EXTENSION

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

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.

A program sponsored by
Texas AgriLife Extension Service,
Texas Health and Human Services Commission,
and USDA Food and Nutrition Service.

September: Breakfast Month...

Starting the day off the right way...

Research suggests that eating breakfast may also help in weight management by reducing hunger and preventing eating binges. People who eat a daily breakfast are "far less likely to become obese, compared to those who skip the first meal of the day" according to one study by the Harvard Medical School (American Dietetic Association).

Eating a morning meal has many health ramifications. It is important to "refuel" your body after not eating for many hours during the night. Breakfast provides the fuel to energize our bodies and rains in the morning. Gail Frank of the American Dietetic Association (ADA), (2004). The brain's functions are very sensitive to changing glucose levels. Research has also shown that missing breakfast diminishes the mental performance of children, young adults, and the elderly.

So to start off your day the right way, make sure to include a balanced breakfast in your routine. Suggestions include whole-grain cereals with non-fat to low-fat milk and fresh fruits.



Breakfast Fruit Bowl

- 3 Tbsp. frozen orange juice concentrate
- 2 medium apples, washed and diced with peel
- 1 orange, peeled and diced
- 1 banana, peeled and diced
- Optional fruits: 1/2 cup grapes; 1 cup diced cantaloupe, watermelon or any fruit in season

Place orange juice in medium bowl. As fruits are prepared, add to bowl and toss lightly to cover with orange juice. Chill or serve immediately.

Makes 4 servings. Each serving has 96 calories, 0.4 gram (g) fat, 25 g carbohydrate and 3.3 g fiber.

Breakfast and Academic Performance...

Research shows skipping out on breakfast can negatively impact children's academic performance. As children get older they are less and less likely to eat breakfast.

The ADA states that children who eat a healthy breakfast are more apt to have better concentration, alertness, creativity, miss fewer days of school, and be more active.

Healthy Breakfast Ideas...

- Small whole wheat bagel with peanut butter, a banana, and a glass of skim or low-fat milk.
- Oatmeal with skim or low-fat milk topped with dried or fresh fruit and chopped nuts.
- Breakfast parfait made with low-fat yogurt, fruit, and low-fat granola.
- Sandwich made with a whole grain English muffin, turkey bacon, and low-fat cheese.

Shopping Tips...

Using Coupons

Remember to only save coupons for products you already use. Coupons can be used with food stamps to stretch your food dollar. Check these items on the coupons you use:

- The expiration date. A few stores will let you use coupons even if the coupon has expired. Also, try to hold the coupon until the item is on sale for additional savings.
- The brand. You often can save more money by switching brands than by using coupons.
- Key words. Watch for size, variety or number to buy, for example, "Save 40cents on 2."
- The UPC number for the scanner. The scanner "knows" when the product has not been purchased or the restrictions on the coupons have not been met.
- Coupons you can use in combination with others.

Make a shopping List

After planning the meals and snacks for your family, the next step is to write a grocery shopping list.

- Write down all the foods you will need to fix the meals and snacks you have planned.
- Go back over your list and cross out any foods you already have on hand and plan to use.
- Remember to list any staple foods (such as sugar, flour, vegetable oil, seasonings) that you will need to buy.
- If you need a certain size package or can for a recipe, write the size on your list by the item (for example: tomato sauce - 8 oz. can)
- If an item is advertised at a special price, write the price next to the item on your list.



Skillet Shepherd's Pie

Ingredients

- 1 pound **ground turkey or beef**
- 1 cup chopped onion
- 2 cups frozen corn, thawed
- 2 cups frozen peas, thawed
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 1 tablespoon cornstarch
- 1 teaspoon beef bouillon granules
- 1/2 cup cold water
- 1/2 cup sour cream
- 3-1/2 cups mashed potatoes (prepared with milk and butter)
- 3/4 cup shredded cheddar cheese



Directions

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the corn, peas, ketchup, Worcestershire sauce and garlic. Reduce heat; cover and cook for 5 minutes.
- Combine the cornstarch, bouillon and water until well blended; stir into beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in sour cream and heat through (do not boil).
- Spread mashed potatoes over the top; sprinkle with cheese. Cover and cook until potatoes are heated through and cheese is melted.



Tomato Hamburger Soup

Ingredients

- 1 can (46 ounces) V8 juice
- 2 packages (16 ounces *each*) frozen mixed vegetables
- 1 pound **ground turkey or beef**, cooked and drained
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 2 teaspoons dried minced onion
- Salt and pepper to taste

Directions

- In a 5-qt. slow cooker, combine the first five ingredients. Cover and cook on high for 4-5 hours or until heated through. Season with salt and pepper. Yield: 12 servings (3 quarts).

Vary the flavor of Tomato Hamburger Soup each time you make it by using different blends of frozen mixed vegetables

Southwestern Goulash

Ingredients

- 1 cup uncooked elbow macaroni
- 1 pound **ground beef**
- 1 medium onion, chopped
- 1 can (28 ounces) diced tomatoes, undrained
- 2/3 cup frozen corn
- 1 can (8 ounces) tomato sauce
- 1 can (4 ounces) chopped green chilies
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 cup minced fresh cilantro



Directions

- Cook macaroni according to package directions. Meanwhile, in a Dutch oven over medium heat, cook beef and onion until meat is no longer pink; drain. Stir in the tomatoes, corn, tomato sauce, chilies, cumin, pepper and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 3-5 minutes to allow flavors to blend.
- Drain macaroni; add to meat mixture. Stir in cilantro and heat through. Yield: 6 servings.



Quick Beef Vegetable Soup

Ingredients

- 1 pound **ground turkey or beef**
- 1/2 cup chopped onion
- 1 can (15 ounces) tomato sauce
- 1-1/2 cups frozen mixed vegetables, thawed
- 1-1/4 cups frozen corn, thawed
- 1-1/4 cups beef broth
- 1 tablespoon soy sauce
- 1 tablespoon molasses

Directions

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until hot and bubbly. Yield: 4 servings.

Italian Beef and Shells



Ingredients

- 1-1/2 cups uncooked medium pasta shells
- 1 pound lean ground beef (90% lean)
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 jar (23 ounces) marinara sauce
- 1 small yellow summer squash, quartered and sliced
- 1 small zucchini, quartered and sliced
- 1/4 cup **dry red wine** *or* reduced-sodium beef broth
- 1/2 teaspoon salt
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon pepper

Directions

- Cook pasta according to package directions.
- Meanwhile, in a Dutch oven, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the marinara sauce, squash, zucchini, wine and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until thickened. Drain pasta; stir into beef mixture and heat through.
- Yield: 4 servings.



7 - Layer Meatless Tortilla Pie

Ingredients

- 2 can canned pinto beans, rinsed and drained
- 1 cup picante sauce
- 1/4 teaspoon garlic powder
- 2 tablespoons chopped cilantro
- 1 can canned black beans, rinsed and drained
- 1 small tomato, chopped (about 1/2 cup)
- 7 flour tortillas
- 2 cups shredded cheddar cheese

Directions

- Mash the pinto beans in a medium bowl with a fork. Stir in 3/4 cup picante sauce and the garlic powder
- Stir the remaining picante sauce, cilantro, black beans and tomato in a medium bowl.
- Place 1 tortilla onto a baking sheet. Spread 3/4 cup pinto bean mixture over the tortilla to within 1/2 inch of the edge. Top with 1/4 cup cheese. Top with 1 tortilla and 2/3 cup black bean mixture. Top with 1/4 cup cheese. Repeat the layers twice more. Top with the remaining tortilla and spread with the remaining pinto bean mixture. Cover with aluminum foil.
- Bake at 400 degrees for 40 minutes or until the filling is hot. Uncover the pie, Top with the remaining cheese. Cut the pie into 6 wedges. Serve with additional picante sauce and sprinkle with additional cilantro, if desired.

Vegetarian Chili

Ingredients

- 4 medium zucchini, chopped
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 1 medium sweet red pepper, chopped
- 1/4 cup olive oil
- 4 garlic cloves, minced
- 2 cans (28 ounces *each*) Italian stewed tomatoes, cut up
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 jalapeno pepper, seeded and chopped
- 1/4 cup *each* minced fresh cilantro and parsley
- 2 tablespoons chili powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon ground cumin



Directions

- In a Dutch oven, saute zucchini, onions and peppers in oil until tender. Add garlic; cook 1 minute. Stir in tomatoes, tomato sauce, beans, jalapeno and seasonings. Bring to a boil over medium heat. Reduce heat; cover and simmer 30 minutes or until heated through, stirring occasionally. Yield: 16 servings.



Creamy Baked Corn Casserole

Ingredients

- 2 tablespoons flour
- 3 eggs
- 1 tablespoon sugar
- salt & pepper
- 1 (8 1/4 ounce) cans cream-style corn
- 2 (8 3/4 ounce) cans corn, drained
- 1 tablespoon butter, melted

Directions

1. Whisk together flour, eggs, sugar, salt and pepper then set aside.
2. Mix together all three cans of corn and butter. Add the egg mixture to the corn mixture and place into an 8x8 baking dish.
3. Bake at 350 for 45 minutes and/or until it starts to bubble in the middle. Serve Hot!

Corn and Bean Salad

Ingredients

1 can, 14 ounces, black beans, rinsed and drained
2 cups frozen corn kernels
1 small red bell pepper, seeded and chopped
1/2 red onion, chopped
1 1/2 teaspoons ground cumin, half a palm full
2 teaspoons hot sauce, just eyeball the amount
(recommended: Tabasco)
1 lime, juiced
2 tablespoons vegetable or olive oil, eyeball it
Salt and pepper



Directions

Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts -- no need to refrigerate!

Potato Pizza Casserole

Ingredients

- 1 pound **ground turkey or beef**
- 1/2 pound sliced fresh mushrooms
- 1 medium green pepper, chopped
- 1 small onion, chopped
- 2 jars (14 ounces *each*) pizza sauce
- 1 can (10-3/4 ounces) condensed cheddar cheese soup, undiluted
- 1/2 cup 2% milk
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic salt
- 1/4 teaspoon crushed red pepper flakes
- 1 package (32 ounces) frozen cubed hash brown potatoes, thawed
- 15 slices pepperoni, chopped
- 2 cups (8 ounces) shredded Italian cheese blend

Directions

- In a large skillet, cook the beef, mushrooms, green pepper and onion until meat is no longer pink; drain.
- Meanwhile, in a large bowl, combine the pizza sauce, soup, milk, Italian seasoning, garlic salt and pepper flakes. Stir in the potatoes, pepperoni and beef mixture.
- Transfer half of the meat mixture to a 5-qt slow cooker. Sprinkle with half of the cheese; repeat layers. Cover and cook on low for 4-5 hours or until potatoes are tender. Yield: 8 servings.

