



# Food Bites

October 2015



## Fruit of the Month

### Cox Apples

The Cox Apple is regarded as one of the best dessert apples with a complex flavor and fine texture. It is considered a Classic English apple.

Often grown for hard ciders, the Cox apple lends its classic apple flavor to a wide range of desserts like pies, turn-overs or tarts. It is also perfect for eating fresh, out-of-hand. Make apple butter or apple sauce for a classic spread or snack. Cox apples are quite versatile and also pair well with pork.

The Cox apple was discovered as a chance seedling in 19th century England. It was first bred by Richard Cox in Colnbrook, Middlesex, and it thrived in the cooler weather characteristic of Great Britain. It is believed that the Ribston Pippin is the parent apple of Cox's Orange Pippin. The antique apple is sometimes grown on trellises, or espalier, and is considered a semi-dwarf tree not growing more than fifteen to 20 feet. Cox's Orange Pippin apple trees have very particular climate needs and thrive best in cooler summers; it can be found growing in Nova Scotia, New York and the Pacific Northwest.



## Fruit of the Month

### Sweet Corn

Corn is native to the Americas. The earliest known evidence of domesticated corn is 8000 B.C. in what is now the Rio Balsas region of Mexico, grown by ancient Indians. Indirect evidence suggests corn may have been domesticated even earlier, perhaps 10,000 years ago!

The word "corn" originally referred to other grains — often whichever grain was the most important within a given region. In England, *corn* meant their primary crop of wheat. In Ireland and Scotland, the same word meant oats. Some Germans refer to rye as "korn." Early American settlers referred to "corn on the cob," or "corn" as we know it today.

Corn is cholesterol free. It's a good source of vitamin C and A, potassium, thiamine and fiber, and it's very high in antioxidants. Corn on the cob and cut corn is a 100% whole grain. Corn is high in natural sugars/starches, as well as amino acids, and when combined with beans or other legumes, it can provide a balanced protein.



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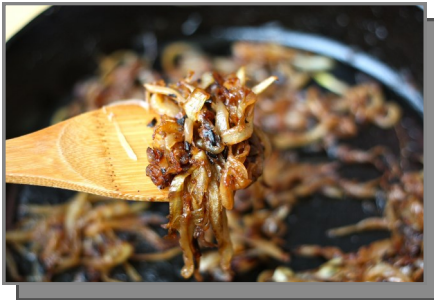


## Onion Tips, Tricks, and How-To's

Here is a collection of Tips, Tricks, and How-To's about onions which will teach you everything from the different types of onions, to picking the perfect onion for your recipes. There is also tips on how to cut onions and how to store them.



### Types of Onions



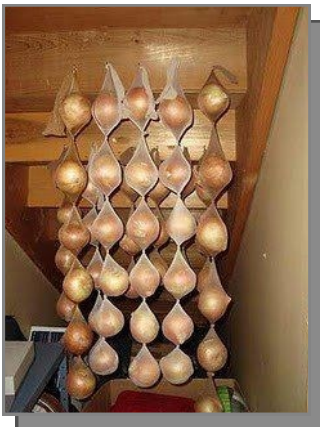
Different onions serve different purposes. For example, yellow onions are best in stews and soups, while red onions are best when eaten raw, like in salads and salsas. Meanwhile, sweet onions are perfect for caramelizing. No matter which onion is your favorite, it's important to know the difference between each and the uses for different types of onions.

### How to cut an Onion

Once you've decided which onion is best in your dish, learn how to slice and how to chop an onion. Onions may make you cry, but there's a trick to keeping your eyes dry. You can try cutting under a vent or freezing the onion before cutting. If you have goggles at home, this works too! To get the smell off your hands, just rub your hands against stainless steel under running water... and no more smell !!



### How to store Onions



Bring the onions indoors and store them in mesh bags, a bushel basket, or a flat cardboard box with some holes punched in it. Keep the onions as cool as possible (35 to 40 degrees F.) and away from light. A good storage onion kept in a cold, dark place will retain its eating quality for 10 to 12 months.







## Make Ahead Casserole Tips

- Make sure you **cook all of the meat before freezing!** While the actual baking takes place after the casserole has been thawed, you want to make sure all your meat is cooked before you put it in the freezer. Also, be sure to let anything cooked ahead of time cool completely before freezing, otherwise, the casserole won't freeze evenly.
- To prevent the dreaded freezer burn, wrap all of you make ahead freezer meals tightly in plastic wrap.
- If you're looking to save freezer space, line your baking dish with aluminum foil and cooking spray. Prepare your casserole as normal, and once it freezes, just lift the frozen meal out of the casserole dish and place it back in the freezer until you're ready to eat it. Make sure you place the contents back in the casserole dish to bake it!
- Always label your make ahead freezer meals. This will help you identify them when you're hankering for something specific. Frozen make ahead meals taste best if you cook them within 2-3 months, especially if the casserole calls for any kind of dairy product like cheese or even cream-based soup, but most will last for up to 6 months.
- Make sure to **defrost your make ahead meal before throwing it in the oven.** We recommend defrosting it in the fridge for several hours.



## How to Freeze a Casserole



- Most casseroles can be frozen, with the exception of cream-based casseroles that may break or curdle when thawed and reheated.
- Make sure your freezer is at or below a temperature of 0 degrees F.
- If you know you're going to freeze a casserole, you can line the pan in aluminum foil before filling it, leaving enough foil overhang around the edges to cover and seal the casserole. Freeze the casserole until frozen solid, and then you may remove the contents from the dish and seal tightly in the foil - this way, you can use your baking dish while the casserole is in the freezer! Place the foil-wrapped frozen casserole contents in a freezer-safe bag or container, date and label it for future use. When you're ready to defrost, simply remove the foil and place the frozen casserole back into the same dish. Alternatively, you can use disposable foil pans.
- The best way to thaw a frozen casserole is to leave it in the refrigerator overnight. Sometimes, though, this isn't possible. If you need to bake a frozen casserole, you can bake it in a 350 degree oven with a cover over it for about the  $\frac{1}{2}$  the length of time you will bake it at. Then, remove the cover and bake as instructed.



## Braised Chicken Thighs Dinner

- 1 onion, sliced
- 4 potatoes, 1/4 inch slices
- 2 cups baby carrots
- 1 1/4 tsp salt
- 1/2 tsp pepper
- 1/4 cup chicken broth
- 1/4 cup dry white wine
- 1 tsp minced garlic
- 1/2 tsp dried thyme
- 1 tsp paprika
- 6 bone-in skinned chicken thighs



1. Coat a 6-quart round slow cooker with cooking spray. Add onion then top with potatoes and carrots.
2. In a medium bowl, combine 3/4 tsp salt, 1/4 tsp pepper, the broth, wine, garlic, and thyme. Pour broth mixture over vegetables. Combine paprika, remaining salt, and remaining pepper; rub evenly over chicken thighs, and arrange over vegetables.
3. Cover and cook on HIGH setting 1 hour; reduce heat to LOW setting, and cook 6 hours, or until chicken and vegetables are cooked through and tender.

## Five Minute Chicken

- 3 lbs chicken, cut to 8 pieces
- 1 cup mayonnaise
- 1 can Cheddar cheese soup
- 1 can sliced mushrooms
- 1/2 cup dry white wine
- 1 garlic clove, crushed
- 1 Tbsp dried parsley
- 1 tsp curry powder
- Salt to taste
- Pepper to taste
- Paprika to garnish

1. Preheat oven to 350 degrees. Coat a 9x13 inch baking dish with cooking spray.
2. Arrange chicken pieces in baking dish; set aside.
3. In a medium bowl, mix together mayonnaise, soup, mushrooms, wine, garlic, parsley, curry powder, salt and pepper; pour mixture over chicken.
4. Bake 1 to 1 1/4 hours, or until done. Sprinkle paprika just before serving.



## Shortcut Chicken 'n' Dumplings



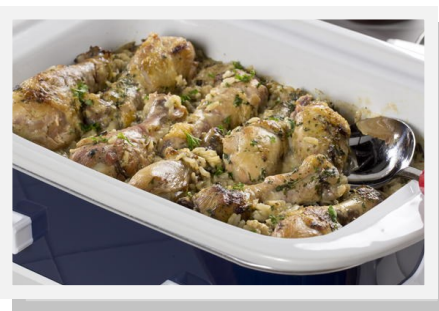
- 2 cups pulled rotisserie chicken
- 1 can cream of chicken soup
- 2 cups water
- 2 cups frozen mixed vegetables
- 1 Tbsp all-purpose flour
- 1/2 tsp pepper
- 1 can buttermilk biscuits, quartered

1. In a 4-quart or larger slow cooker, mix all ingredients except biscuits. Gently fold in biscuit pieces.
2. Cover and cook on LOW setting for 4 hours or on HIGH setting for 2 hours, or until biscuits are firm.
3. Serve immediately.



## Creamy Chicken and Rice

- 1 package long grain and wild rice mix
- 10 chicken drumsticks
- 1 Tbsp vegetable oil
- 2 cups water
- 1 can cream of chicken soup
- 1/4 cup white wine or chicken broth
- 1/4 teaspoon salt
- 1/2 tsp pepper



1. Remove seasoning mix packet from rice package; sprinkle chicken with 1-1/2 teaspoons seasoning mix.
2. In a large skillet over medium high heat, heat oil; add chicken and cook 7 minutes or until browned, turning occasionally.
3. In a 6-quart slow cooker, combine rice, remaining seasoning mix, water, soup, wine or broth, salt & pepper; top with chicken.
4. Cover and cook on LOW setting 3-1/2 hours, or until rice is tender and chicken is no longer pink. Serve chicken over rice.

## Hillbilly Baked Beans

- 1/2 lbs ground chuck
- 1/2 cup chopped onion
- 1 1/2 cup barbecue sauce
- 1/3 cup packed brown sugar
- 1/2 cup water
- 1 can kidney beans, drained
- 1 can butter beans, drained
- 1 can pork and beans, not drained
- 1/2 cup crumbled cooked bacon

1. In a 5-quart slow cooker, combine meat, onion, barbecue sauce, brown sugar, and water; mix well. Stir in remaining ingredients and cover.
2. Cook on HIGH setting for 4 hours or on LOW setting for 6 hours.
3. Serve immediately.



## Hungarian Goulash



- 2 lbs top round beef, cubed
- 1 cup chopped onion
- 3 cloves garlic, minced
- 2 Tbsp flour
- 1 Tbsp paprika
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 dried thyme
- 1 can tomatoes, chopped & undrained
- 3 carrots, peeled & cubed
- 1 bay leaf
- 1 (8 oz) sour cream
- Cooked butter noodles or rice

1. In a 5-quart slow cooker, combine beef, onion, and garlic; mix well.
2. In a small bowl, combine flour, paprika, salt, pepper, and thyme; mix well. Add to meat mixture, tossing to coat well. Add tomatoes with liquid, carrots, and bay leaf; mix well.
3. Cover and cook on HIGH setting 4-1/2 to 5 hours or on LOW setting 8 to 9 hours, or until beef is fork-tender. Remove and discard bay leaf. Stir in sour cream. Serve over noodles or rice.

## Pork Chop Skillet

- 4 pork chops, 1 inch thick
- 1/4 cup beef or chicken broth
- 4 medium potatoes, cut in fourths
- 4 small carrots, cubed
- 4 medium onions, cut in fourths
- 3/4 tsp salt
- 1/4 tsp pepper
- Chopped fresh parsley, if desired

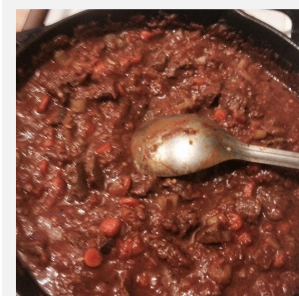


1. Remove fat from pork. Spray 12 inch nonstick skillet with cooking spray; heat over medium high heat. Cook pork in skillet about 5 minutes, turning once, until brown.
2. Add broth, potatoes, carrots and onions to skillet. Sprinkle with salt and pepper. Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until vegetables are tender and pork is slightly pink when cut near bone. Sprinkle with parsley.

## Easy Venison Stew

- 2 Tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 lb venison, cut into stripes
- 1 can diced tomatoes
- 1 can sliced mushrooms, drained
- 1/2 tsp dried thyme
- 1/2 tsp dried sage
- 1/4 tsp dried tarragon
- 1/4 tsp salt

1. Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until the onion is translucent, about minutes.
2. Add the venison to the skillet; cook and stir until evenly browned.
3. Stir the tomatoes, mushrooms, thyme, sage, tarragon, and salt into the mixture; cover the skillet and allow the mixture to simmer until the venison is tender, 30 to 40 minutes.
4. Serve immediately.



## Venison Stroganoff



- 1 lbs venison, cut into cubes
- Salt & pepper to taste
- Garlic powder to taste
- 1 onion, chopped
- 2 cans cream of mushroom soup
- 1 package uncooked egg noodles
- 1 (8 oz) container sour cream

1. Season venison with salt, pepper and garlic powder to taste. Saute onion in a large skillet; when soft, add venison and brown. Drain when venison is no longer pink and add soup. Reduce heat to low and simmer.
2. Meanwhile, bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain.
3. When noodles are almost done cooking, stir sour cream into meat mixture. Pour meat mixture over hot cooked noodles and serve.

S

Swords, knives, and similar costume accessories should be short, soft, and flexible

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you

A

Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses

O

Only walk on sidewalks or on the far edge of the road facing traffic to stay safe

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls

E

Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well

E

Enter homes only if you're with a trusted adult. Otherwise, stay outside.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.





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