



# Food Bites

February 2015



## How to plan your shopping list

Most of us visit our local grocery store anywhere from 4 to 8 times a week because we are busy and don't take the time to plan. Here is a simple tip:

1. Find 5 easy recipes
2. Color code the ingredients in 6 categories. Produce, Meat, Dairy, Spices & Condiments, Canned Goods, and Starches. Here's an example:

Nice Crust Chicken	Beefy Taco Bake
6 boneless, skinless chicken breast halves	1 pound ground beef
1/4 cup prepared mustard	1 (10-3/4-ounce) can condensed tomato soup
1 cup bread crumbs	1 cup salsa
1/4 cup grated Parmesan cheese	1/2 cup milk
1 tablespoon dried minced onion	6 (6- to 8-inch) flour or corn tortillas, cut into 1-inch pieces
3/4 teaspoon salt	1 cup shredded Cheddar cheese, divided
1/4 teaspoon garlic powder	
1/4 teaspoon dried oregano	
2 1/2 tablespoons butter, melted	
6 tablespoons sour cream or plain low-fat yogurt	

3. Finally create a shopping list by categories like the example below:

Produce	Dairy	Canned Goods
2 medium onions	Milk	2 cans condensed tomato soup
2 celery stalks	1 egg	1 cup salsa
1 1/2 cup sliced mushrooms	2 1/2 Tbls butter	Spices and Condiments
Meat	Spices and Condiments	3 Tbls parsley
2 lbs. ground beef	3 Tbls parsley	1/4 cup mayo
3 lbs. Boneless Skinless Chicken Breasts	1/4 cup mayo	1/4 cup mustard
	1/4 cup mustard	Black pepper

4. Go through your pantry and fridge to see if you can check anything off. This entire process takes less than an hour. When you go to the store your in and out in no time and you have all that you need for all 5 meals cutting your grocery store visits in half. Happy Shopping !!



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## Very Ritzy Italian Chicken

- 3/4 cup seasoned bread crumbs
- 1 egg
- 3 Tbsp olive oil
- 4 skinless chicken leg quarters
- 4 slices mozzarella cheese
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1 Tbsp chopped roasted red peppers
- 1 Tbsp chopped fresh parsley
- 1/8 tsp salt
- 1/4 tsp black pepper
- 1 (12 oz) package of spinach fettuccine,  
cooked according to package directions



1. In a shallow dish, place bread crumbs. In another shallow dish, beat egg.
2. In a large skillet over medium heat, heat oil until hot. Dip chicken into egg, then into bread crumbs, coating completely. Saute chicken 15 to 20 minutes, or until no pink remains, turning occasionally. Top each chicken breast with a slice of cheese and continue to cook 1 to 2 minutes, or until cheese is melted.
3. Meanwhile, in a saucepan, mix together heavy cream, Parmesan cheese, red pepper, parsley, salt, and pepper. Cook over medium heat until mixture is hot and thickened. Serve Chicken and sauce over warm fettuccine.







## Chicken Cacciatore

4 chicken leg quarters, skinned if desired

1/4 tsp salt

1/4 tsp black pepper

2 Tbsp olive oil, divided

1 small onion, chopped

2 garlic cloves, minced

1/2 cup dry red wine or beef broth

2 (14-1/2 oz) cans Italian-style diced tomatoes, undrained



1. Season chicken with salt and pepper. In a large deep skillet, cook chicken in 1 Tbsp oil over medium-high heat for 3 minutes per side, or until lightly browned. Remove from skillet and set aside.
2. Add remaining 1 Tbsp oil to skillet then saute onion and garlic until tender.
3. Return chicken to skillet; add wine and tomatoes, and bring to a boil. Cover, reduce heat to low, and simmer 10 minutes then serve topped with sauce.

1. In a medium skillet, melt butter over medium heat; add mushrooms, sherry, thyme, and seasoned salt, and cook 2 to 3 minutes, until thoroughly warmed.
2. Add chicken and bring mixture to a boil; reduce heat to low and simmer 10 minutes, stirring occasionally.
3. Remove from heat and stir in sour cream.
4. Serve this over 1 lbs of cooked egg noodles.



## Chicken Stroganoff

2 Tbsp (1/4 stick) butter

1 (4 oz) can sliced mushrooms, drained

1/4 cup cooking sherry or dry white wine

1/2 tsp dried thyme

1 tsp seasoned salt

2 cups cubed chicken (about 1/2 lbs)

1 cup sour cream





# Cooking in the Kitchen

## Homestyle Fried Chicken



4 chicken leg quarters  
2 cups buttermilk  
1 tsp salt  
Vegetable oil for frying  
1 cup self-rising flour  
1/2 tsp sweet paprika  
1/4 tsp black pepper  
1/4 garlic powder

1. In a large bowl, toss chicken, buttermilk, and salt. Cover and refrigerate 1 hour.
2. In a large deep skillet over medium-high heat, heat 1 inch oil until a deep-fry thermometer registers 360 degrees.
3. Meanwhile, in a shallow bowl, mix flour, paprika, pepper, and garlic powder. Remove chicken from buttermilk, shake off excess, and roll in flour mixture. Shake off excess flour, place in hot oil, and fry about 15 minutes, or until golden brown and cooked through, turning occasionally. (Adjust heat, as needed.) Drain on a paper towel-lined platter.



## Spicy Cornbread Chicken

- 1 cup buttermilk
- 1 cup yellow cornmeal
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 Tbsp chili powder
- 2 tsp onion powder
- 2 tsp garlic powder
- 4 chicken leg quarters
- Nonstick cooking spray



1. Preheat the oven to 350 degree F.
2. Place the buttermilk in a shallow bowl.
3. In another bowl, combine the remaining ingredients except the chicken; mix well. Dip the chicken into the buttermilk and then into the cornmeal mix, completely coating the chicken.
4. Place in a single layer in a 9" x 13" baking dish that has been coated with nonstick vegetable spray. Bake for 50 to 55 minutes, until browned and the juices run clear.

## Nacho Chicken

- 2 Tbsp mayonnaise
- 1/4 tsp salt
- 1/4 tsp dried Italian seasoning
- 2 skinless chicken leg quarters
- 3/4 cup crushed nacho cheese-flavored tortilla chips (about 30)
- 1 Tbsp butter, melted

1. Preheat the oven to 350 degrees. Combine first 3 ingredients; spread on both sides of chicken. Place crushed chips in a shallow dish; dredge chicken in chips.
2. Place chicken on a lightly greased baking sheet. Drizzle with butter. Bake 25 to 30 minutes or until chicken is done.

## Creamy Chicken Divine

- 2 (10 oz) packages frozen broccoli spears
- 1 (10-3/4 oz) can cream of chicken soup, undiluted
- 3 cups chopped cooked chicken
- 1/4 teaspoon poultry seasoning
- 1 (8 oz) container sour cream
- 1 cup (4 oz) shredded Cheddar cheese
- 16 round buttery crackers, crushed (about 3/4 cup)
- 2 Tbsp slivered almonds
- 1 1/2 tsp butter, melted

1. Place broccoli in a shallow 2 quart microwave safe baking dish. Cover tightly with heavy duty plastic wrap; fold back a small corner of wrap to allow steam to escape. Microwave at High 7 minutes; drain and set aside.
2. Combine soup, chicken, and poultry seasoning in a microwave safe bowl; cover and microwave at High 3 minutes. Stir in sour cream and 1/2 cup shredded cheese. Microwave, uncovered, at High 2 minutes. Spoon chicken mixture over broccoli; sprinkle with remaining cheese.
3. Combine cracker crumbs, almonds, and butter; sprinkle over cheese. Microwave, uncovered, at High 6 minutes.

# Meatless Meals for Lent

While Ash Wednesday is just around the corner a lot of Families choose to abstain from eating meat on Fridays during Lent. If your family typically loves pot pies, meatloaves, goulash, and more, that could make this season particularly difficult from a cooking standpoint. Here are a few recipes to show you just how much variety you can have with dinner-even when you can't cook with meat.

- 8 oz manicotti shells
- 1 (32 oz) container ricotta cheese
- 1 1/2 cups (6 oz) shredded mozzarella cheese, divided
- 1/4 cup grated Parmesan cheese
- 1 egg
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 (10 oz) package frozen chopped broccoli, thawed and well drained
- 2 cups spaghetti sauce

## Broccoli and Cheese Manicotti



1. Preheat oven to 350 degrees. Coat a 9 x 13 baking dish with cooking spray
2. Cook manicotti shells according to package directions; drain, rinse, and drain again.
3. In a large bowl, combine ricotta cheese, 1 cup mozzarella cheese, the Parmesan cheese, egg, salt, and pepper. Add broccoli; mix well.
4. Fill each manicotti shell with about 1/3 cup cheese mixture and place in prepared baking dish. Pour spaghetti sauce over stuffed shells and sprinkle with remaining mozzarella cheese.
5. Bake 35 to 40 minutes, or until hot and bubbling.

## Sizzling Shrimp Stir Fry



- 2 Tbsp vegetable oil
- 1 clove garlic, minced
- 1/2 red bell pepper, cut into thin strips
- 1/4 lbs snow peas, trimmed
- 1/4 lbs sliced fresh mushrooms
- 1 lbs large shrimp, peeled and deveined
- 1 Tbsp soy sauce
- 1/4 tsp black pepper
- 1 tsp sesame seeds

1. In a large wok or skillet over high heat, heat oil. Add garlic and saute until tender.
2. Add red pepper, snow peas, and mushrooms, and stir-fry 2 minutes.
3. Add remaining ingredients and stir-fry 2 to 3 minutes, or until shrimp are pink and vegetables are crisp-tender. Serve immediately.

1 (28 oz) jar spaghetti sauce  
 1 (2 lbs) container ricotta cheese  
 2 (8 oz) cups mozzarella cheese  
 1/3 cup grated parmesan cheese  
 3 eggs  
 1 Tbsp chopped fresh parsley  
 1 tsp salt  
 12 to 14 lasagna noodles,  
 prepared according to package  
 directions

1. Preheat oven to 375 degrees. Pour half the spaghetti sauce over the bottom of a 9 x 13 baking dish.
2. In a large bowl, combine ricotta cheese, 1 cup mozzarella cheese, the Parmesan cheese, eggs, parsley, and salt until well blended.
3. Spoon cheese mixture over lasagna noodles, distributing evenly, and roll up tightly. Place rollups seam-side down in prepared baking dish; top with remaining sauce. Sprinkle with remaining mozzarella cheese.
4. Bake 35 to 40 minutes, or until heated through.

## Lasagna Rollups



## Roasted Vegetable Pizza



1 (14 oz) package prebaked Italian  
 pizza bread shell  
 1 zucchini, halved lengthwise and sliced  
 into 1/2 inch thick chunks  
 1/2 cup chopped red bell pepper  
 1/2 cup thinly sliced red onion  
 1 ear fresh corn on the cob (3/4 cup)  
 1 Tbsp olive oil  
 1 Tbsp balsamic vinegar  
 1 cup prepared tomato basil paste sauce  
 3/4 cup shredded pizza cheese blend

1. Preheat oven to 450 degrees. Place bread shell on a pizza pan. Coat a baking sheet with cooking spray.
2. Bake 8 minutes; remove from oven and set aside.
3. In a medium bowl, combine zucchini, onion, bell pepper, corn kernels, oil, and vinegar; toss to combine. Spread on prepared baking sheet.
4. Bake 20 minutes, or until vegetables are roasted.
5. Spread pasta sauce over prepared bread shell. Spoon vegetables over sauce; sprinkle with cheese. Bake 3 to 4 minutes, or until cheese is melted. Cut into wedges and serve.

1 (16 oz) bag frozen cheese  
 tortellini  
 3 Tbsp butter, melted  
 1 cup chopped onion  
 1 cup chopped red bell  
 pepper  
 1 (0.65 oz) package cheese  
 garlic salad dressing mix

## Garlic Tortellini



1. Cook tortellini according to package directions; drain and place in a medium sized bowl. Add melted butter and toss gently to coat tortellini. Add remaining ingredients and toss well
2. NOTE: Cheese garlic salad dressing mix should be available in your supermarket dressing section.



# What's In Season?!!!

## Spring Fruits:

Apricots  
Avocados  
Carrots  
Cherries  
Grapefruit  
Kiwis  
Kumquats  
Lemons  
Mango  
Pineapple  
Navel Oranges  
Strawberries

## Spring Vegetables:

Artichokes  
Arugula  
Asparagus  
Beets  
Greens  
Leeks  
Lettuce  
Peas  
Radishes  
Scallions  
Spinach  
Turnips

**Spring Fruits and Veggies:** Spring brings the beginning of fresh fruits and vegetables. Enjoy Strawberries, Spinach, Green Leafy Lettuce and Asparagus. Spring vegetables are great sources of the nutrition that your child needs, such as vitamins A, C, K, and folic acid, iron, calcium, and fiber.

### Strawberries:

- Top low fat yogurt, pudding or cottage cheese with sliced strawberries.
- Blend strawberries, banana and yogurt together for a smoothie.
- Top angel food cake with strawberries.
- Blend strawberries with apple juice. Freeze for a slushy. Eat with a spoon.
- Top breakfast cereal with sliced strawberries.
- Slice strawberries on top of a peanut butter sandwich.
- Eat fresh strawberries—a fun finger food.