



Food Bites

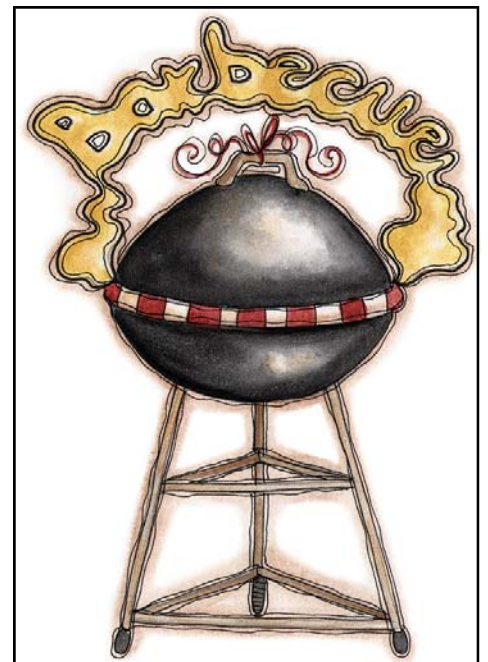


July 2014

Summer Grilling Safety Tips!!!

Safe Grilling

- ~ Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food.
- ~ Take only as much food out of the cooler as you're going to cook right then.
- ~ When meat is cooked, transfer to a clean plate or platter - never place cooked meat on a platter which held raw meat.
- ~ The USDA recommends fully cooking meats to ensure bacteria is destroyed. To be sure bacteria are destroyed, hamburgers and ribs should be cooked to 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F. Reheat pre-cooked meats until steaming hot.
- ~ Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade.



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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,
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Pork and Onion Kabobs...

Ingredients

- 1/2 cup *soy sauce*
- 1/4 cup *chili sauce*
- 1/4 cup *honey*
- 2 tablespoons *olive oil*
- 2 teaspoons *curry powder*
- 2 tablespoons *finely chopped onion*
- 2 pounds *boneless pork, cut into cubes (1-inches pieces)*
- **3 medium onions, cut into 1-inch wedges**

Directions

- In a bowl, combine the first six ingredients. Remove half for basting; cover and refrigerate. Add pork to the remaining marinade; toss to coat. Cover and refrigerate for 3 hours or overnight.
 - Drain and discard the marinade. Alternately thread pork cubes and onion wedges on metal or soaked wooden skewers.
- Grill, uncovered, over medium heat for 5 minutes; turn. Baste with reserved marinade. Continue turning and basting for 15 minutes or until meat juices run clear. **Yield:** 6 servings.



Marinade Chicken

Ingredients

- 2/3 cup *lemon juice*
 - 1/3 cup *cider vinegar*
 - 1/3 cup *vegetable oil*
 - 1 tablespoon *soy sauce*
 - 2 teaspoons *sugar*
 - 1 teaspoon *salt*
 - 1 teaspoon *paprika*
 - 1 teaspoon *chili powder*
 - 1/2 teaspoon *garlic salt*
 - 1/2 teaspoon *pepper*
 - 1 medium onion, chopped
- 1 broiler/fryer chicken (3-1/2 to 4 pounds), cut up**

Directions

- Whisk together the first 10 ingredients. Add onion; set aside 1/4 cup. Pour remaining marinade into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate at least 8 hours or overnight, turning occasionally.
 - Drain and discard marinade. Grill the chicken, covered, over indirect medium heat for 45 minutes or until juices run clear, turning and basting with reserved marinade every 8-10 minutes.
- To bake chicken:** After marinating, place chicken in a greased 15-in. x 10-in. x 1-in. baking pan. Pour the remaining marinade over the chicken. Bake, uncovered, at 350° for 1-1/4 hours or until juices run clear, basting occasionally. **Yield:** 6 servings.



Summer Berries!

Summer Berries

How to bring out the best in this year's bounty of summer berries...and enjoy it to the max!

Bursting with juicy, sun-kissed flavor, blueberries, blackberries, strawberries and raspberries are more than just a bright summer perk. They're also packed with vitamins and rich in fiber and antioxidants that help protect you against many chronic diseases.

Sprinkle your favorite berries on yogurt, cereal and add to ice cream recipes, mix them into pancakes, muffins and smoothies, or add them to salads and summery salsas.

Use these tips to enjoy the pick of the crop!

Buying: Pick the plump and most fragrant berries. They should be firm, bright and fresh-looking, with no mold or bruised spots. Avoid packages with juice-stained bottoms from over-ripe berries.

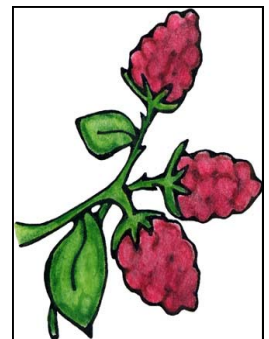
Storing: Berries are fragile and perishable. Before refrigerating, sort through and discard any crushed, moldy or mushy fruit. Store unwashed berries in their container for 1-2 days.

Freezing: Arrange unwashed berries in a single layer on a plastic wrap-lined baking sheet. Once frozen, transfer to a freezer container or bag. Freeze for up to 1 year.

Washing: Just before using, place berries, a few at a time, in a colander in the sink. Gently spray with sink sprayer. Spread out on paper towels; pat dry.

Yield: 1 pint = 1-1/2 to 2 cups

Using: If using frozen blueberries in cakes, pancakes, muffins, etc., do not thaw before adding to batter to prevent discoloration.



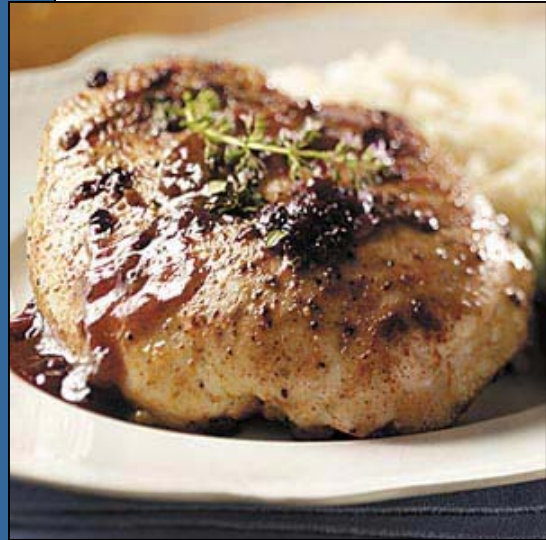
Blackberry Chicken

Ingredients

- 2 tablespoons plus 1/2 cup fresh blackberries, divided
- 1/2 cup reduced-sodium chicken broth, divided
- 2 tablespoons brown sugar
- 2 tablespoons white wine vinegar
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 3/4 teaspoon paprika, divided
- 1/4 teaspoon ground cumin
- 6 boneless skinless chicken breast halves (5 ounces each)
- 4-1/2 teaspoons minced fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons cornstarch

Directions

- In a small bowl, mash 2 tablespoons berries. Add 1/4 cup broth, brown sugar, vinegar, oil, garlic, 1/4 teaspoon paprika and cumin.
- Place chicken in an 11-in. x 7-in. baking dish coated with cooking spray; pour broth mixture over the top. Sprinkle with thyme, salt, pepper and remaining paprika.
- Bake, uncovered, at 375° for 20-25 minutes or until a meat thermometer reads 170°, basting occasionally with pan juices. Remove chicken and keep warm. Skim fat from pan drippings. In a small saucepan, combine cornstarch and remaining broth until smooth. Gradually stir in drippings. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with chicken; sprinkle with remaining blackber-



Blueberry Cheesecake Flapjacks

Ingredients

- 1 package (3 ounces) cream cheese, softened
- 3/4 cup whipped topping
- 1 cup all-purpose flour
- 1/2 cup graham cracker crumbs
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 eggs, lightly beaten
- 1-1/4 cups buttermilk
- 1/4 cup butter, melted
- 1 cup fresh or frozen blueberries
- 3/4 cup maple syrup, warmed
- **Additional blueberries, optional**

Directions

- For topping, in a small bowl, beat cream cheese and whipped topping until smooth. Chill until serving.
 - In a large bowl, combine the flour, cracker crumbs, sugar, baking powder, baking soda and salt. Combine the eggs, buttermilk and butter; add to dry ingredients just until moistened. Fold in blueberries.
- Pour batter by 1/4 cupfuls onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown. Spread topping over pancakes. Top with warm syrup; sprinkle with additional blueberries if desired. **Yield:** 12 pancakes (3/4 cup topping). **Editor's Note:** If using frozen blueberries, do not thaw them before adding to the pancake batter. Be sure to thaw any berries used in the optional garnish.



Pint-Size Munchies

Keeping kids fit is a combination of healthy eating and an active lifestyle

You want the best for your kids, and part of that means looking out for their health. Try these no-fuss ideas to add some healthy habits every day.

Set an example. You are your child's best role model. Demonstrate how to live a healthy lifestyle by making smart food choices and staying active. Your kids are more likely to follow you.

Try and try again. Does your child refuse to eat certain fruits or veggies? Introduce them in new ways to see if you can win over their taste buds. Mix them in with other foods they love. It just might do the trick.

Limit couch time. Encourage kids to head outdoors to play tag, jump rope, ride bikes, walk the dog and try other fun activities. If you notice a sport they enjoy, sign them up for a recreation league or encourage them to try out for their school's team.

Plan family activities. Schedule family hikes, a trip to the beach or a day biking on trails. Even a quick walk around the neighborhood after dinner is a great way to exercise together. Let each member of the family select a fitness class to try, whether it's yoga, swimming or dance, experience it together.

Stick with it. Your child might fight an initial change to their routine, like scheduling in outdoor playtime instead of T.V. time, but keep it up. Within two to three weeks, they'll adapt and be



Makeover Nacho Beef Bake

Ingredients

- 1-1/2 pounds **ground beef**
- 1 can (15 ounces) black beans, rinsed and drained
- 1/2 cup water
- 1 envelope reduced-sodium taco seasoning
- 2 tubes (8 ounces *each*) refrigerated reduced-fat crescent rolls
- 1 cup (8 ounces) reduced-fat sour cream
- 1 cup (4 ounces) shredded reduced-fat cheddar cheese
- 4 ounces baked nacho-flavored tortilla chips (about 2 cups), crushed
- 3 cups shredded lettuce
- 3 medium tomatoes, chopped



Directions:

- In a large skillet, cook beef over medium heat until meat is no longer pink; drain. Add the beans, water and taco seasoning; mash slightly. Cook and stir for 4-5 minutes or until heated through; set aside.
- Unroll crescent dough and press onto the bottom and up the sides of a 13-in. x 9-in. baking dish coated with cooking spray; seal seams and perforations. Spoon beef mixture over dough. Spread sour cream over beef mixture; sprinkle with cheese and chips.
- Bake, uncovered, at 375° for 18-22 minutes or until cheese is

Southwest Chicken & Rice Salad

Ingredients:

- 2 medium ears sweet corn
- 1/4 cup olive oil, *divided*
- 2 cups cubed cooked chicken breast
- 1 medium sweet red pepper, julienned
- 2 jalapeno peppers, seeded and minced
- 2 tablespoons minced fresh cilantro
- 1/4 cup lime juice
- 1 garlic clove, minced
- 1 teaspoon chili powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup uncooked long grain rice
- 2 medium ripe avocados, peeled and cubed



Directions:

- Remove and discard corn husks and silk. Brush 1 tablespoon oil over ears of corn. Grill, covered, over medium heat for 15-20 minutes or until tender. Cut corn from cobs. In a large bowl, combine the chicken, red pepper, jalapenos, cilantro and corn.
- In a small bowl, combine the lime juice, garlic, chili powder, salt, pepper and remaining oil; pour over chicken mixture and toss to coat. Cover and refrigerate for 2-3 hours. Cook rice according to package directions; cool. Just before serving, stir rice and avocados into salad.

Santa Fe Corn on the Cob

Ingredients:

- 6 medium ears sweet corn in husks
- 1 tablespoon butter
- 2 garlic cloves, minced
- 1/4 cup steak sauce
- 3/4 teaspoon chili powder
- 1/4 teaspoon ground cumin

Directions:

- Soak corn in cold water for 1 hour. Meanwhile, in a microwave-safe dish, combine butter and garlic. Cover and microwave on high for 2 minutes or until garlic is softened, stirring once. Stir in the steak sauce, chili powder and cumin; set aside.
- Carefully peel back husks from corn to within 1 in. of bottom; remove silk. Brush corn with sauce. Rewrap corn in husks and secure with kitchen string.
- Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill corn, covered, over medium heat for 25-30 minutes, turning occasionally.



Roasted Corn Salsa

Ingredients:

- 2 medium ears sweet corn in husks
- 2 medium tomatoes, chopped
- 1 small onion, chopped
- 2 tablespoons minced fresh cilantro
- 1 tablespoon lime juice
- 1 tablespoon finely chopped green pepper
- 1 tablespoon finely chopped sweet red pepper
- 1 teaspoon minced seeded jalapeno pepper
- 1/4 teaspoon salt
- Dash pepper
- Tortilla chips

Directions:

- Peel back husks of corn but don't remove; remove silk. Replace husks and tie with kitchen string. Place corn in a bowl and cover with water; soak for 20 minutes. Drain. Grill corn, covered, over medium-high heat for 20-35 minutes or until husks are blackened and corn is tender, turning several times. Cool.
- Remove corn from cobs and place in a bowl. Add tomatoes, onion,

