



Food Bites



October 2014

Pumpkin Carving Patterns: Fun Ideas from 27 Free Stencils

Get ideas to get carving: While lots of pumpkin decorating ideas don't involve a knife at all, there's nothing like a light-filled jack-o'-lantern to put that finishing touch on your homemade Halloween decorations. Years of pumpkin carving projects have taught us that it's much easier to create memorable designs when you start with a stencil. So we found the best pumpkin patterns, from eerie faces to clever emoticons, and turned them into easy-to-use, free carving templates. Print the stencil you like, tape it on your hollowed-out pumpkin, and "trace" the pattern's lines by poking pinholes over them. Then pull the paper off, carve over the pinhole lines, and you'll have a jack-o'-lantern ready for Halloween.

Read more at <http://www.rd.com/slideshows/pumpkin-carving-patterns-ideas/#ixzz3HSrGNXKI>

* Courtesy of Readers Digest



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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,
and USDA Food and Nutrition Service.

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.

Canned Salmon

Alaska Canned Salmon—From Alaska to Your Kitchen

Alaska canned and pouched salmon is made from top quality salmon and is a wholly natural product—nothing is added but a pinch of salt for flavor.

Traditional pack canned salmon contains skin and delicate, edible bones that are rich in calcium and magnesium. Pressure-cooked in the can, they are so soft they can be easily blended into the salmon with a few swishes of a fork, adding extra nutrients and flavor.

Skinless boneless Alaska Salmon is available in cans and convenient pouches. Pink Salmon has a light color and milk flavor, white Red (or Sockeye) Salmon has a richer more intense flavor and color—either variety works beautifully in these recipes.

Heart-Healthy Omega - 3's

Fish is often in the news because of its health benefits. From helping your heart to infant nutrition, eating fish regularly is healthful. The reason is the type of fat in fish like salmon which have been clearly shown to be good for you. Here's why.

Fish, especially fatty fish, contain a type of fatty acid-omega-3's-not found in most other foods. When consumed regularly, these fatty acids protect the heart from unstable heart rhythms that can be fatal. They reduce the chance of sudden death and stroke, and improve the pattern of lipids in the blood. Omega-3 fatty acids are also beneficial in type 2 diabetes, immune and inflammatory conditions such as rheumatoid arthritis, and may be helpful in some mental conditions.

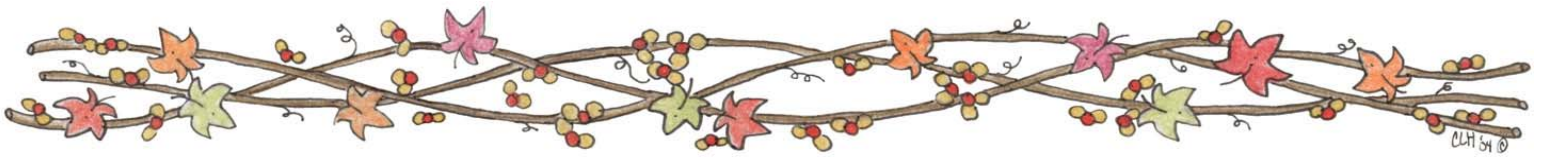
Omega-3s are involved in fetal and infant brain development. They accumulate in the retina of the eye where they are linked to visual function. Mothers provide these fatty acids to their infants during pregnancy and nursing from their own stores and by consuming fish.

Your body cannot make omega-3 fatty acids, so you need to obtain them from foods. Seafood, particularly salmon, is the richest source of these nutrients. Consuming pink and red Alaska canned salmon is a convenient and effective way to boost your intake of omega-3s all year round.

Including fish twice a week is recommended by the American Heart Association.

When you help yourself to fish, you're helping yourself to better health.

Dr. Joyce A. Nettleton, D.Sc., R.D.



Tortellini, Tomato, and Alaska Salmon Salad

Ingredients:

- 1 package (16-19oz) refrigerated or frozen cheese-filled tortellini
- 2 cups fresh or frozen broccoli
- 1 can (14.75oz) skinless, boneless salmon, drained and chunked
- 1 small tomato, seeded and diced
- 3/4 cup shredded parmesan cheese
- 8oz Italian dressing

Directions:

Cook tortellini according to package directions. Drain; rinse in cold water.

Transfer to large bowl.

Microwave broccoli on HIGH 1-2 minutes, add to pasta.

Stir in salmon, tomato, cheese and dressing.



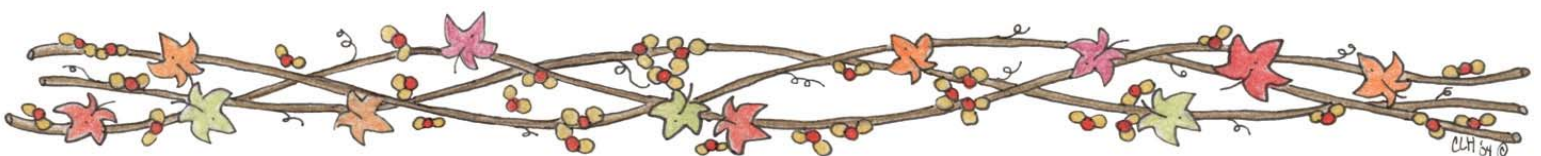
Salmon and Broccoli-Cheese Pasta

Ingredients:

- 2 packages (4.8oz) pasta with four-cheese sauce
- 1/2 cup fat-free milk
- 1 pkg (10oz) frozen chopped broccoli
- 1 can (14.75oz) traditional pack salmon, drained and chunked
- 1 tsp lemon pepper seasoning

Directions:

In large saucepan, prepare packaged pasta according to low-fat directions, stirring in an additional 1/2 cup milk. Microwave broccoli on HIGH for 3 minutes, roasting occasionally and pulling apart to thaw. During the last 3 minutes of pasta cook time, blend in broccoli, salmon, and lemon pepper, heat through.



Salmon Croquettes

Ingredients:

- 1 (6oz) can salmon, drained and flaked
- 1 egg
- 1/4 cup finely chopped celery
- 1/4 cup sliced green onion
- 1 Tbsp Chopped fresh dill weed
- 1/2 tsp garlic powder
- 1/3 cup wheat germ
- 3 Tbsp olive oil

Directions:

In a medium bowl, mix together the salmon, egg, celery, green onion, dill, and garlic powder. Form the mixture into golf ball sized balls, and roll in wheat germ to coat.

Heat oil in a large skillet over medium heat. Flatten the balls slightly, and fry for about 10 minutes, turning as needed, until golden brown.



Yummy Lemon Salmon Burgers

Ingredients

- 16 ozs salmon (drained and flaked)
 - 2 eggs
- 1/4 cup fresh parsley (chopped)
 - 2 tbsps finely chopped onion
- 1/4 cup italian seasoned dry bread crumbs
 - 2 tbsps lemon juice
 - 1/2 tsp dried basil
- 1 pinch red pepper flakes
- 1 tbsp vegetable oil
- 2 Tbsp light mayonnaise
 - 1 tbsp lemon juice
 - 1 pinch dried basil

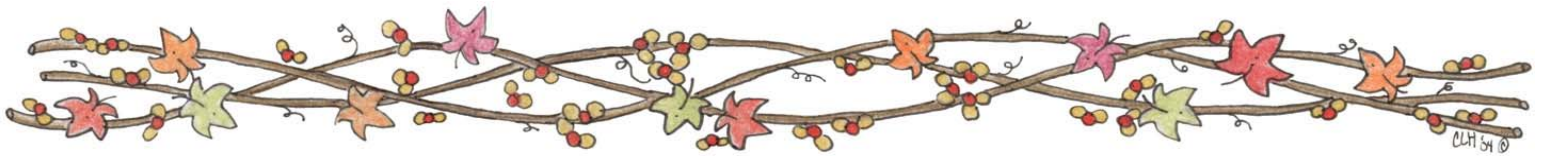
Directions

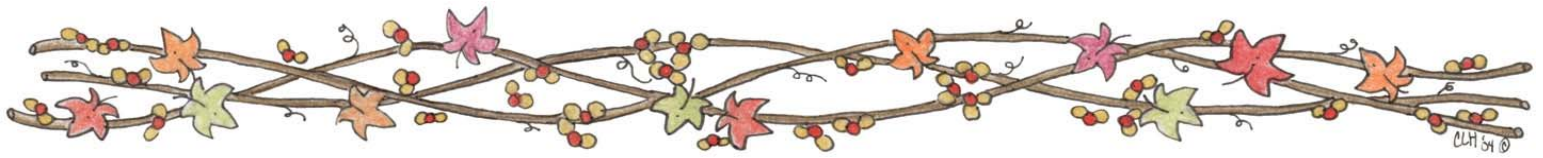
In a medium bowl, mix together the salmon, eggs, parsley, onion, breadcrumbs, 2 table-
spoons of lemon juice, 1/2 teaspoon of basil, and red pepper flakes. Form into 6 firmly packed patties, about 1/2 inch thick.

Heat the oil in a large skillet over medium heat. When the oil is hot, add the patties, and cook for 4 minutes per side, or until nicely browned.

In a small bowl, mix together the mayonnaise, 1 tablespoon of lemon juice and a pinch of basil.

Use as a sauce for your patties.





Salmon Macaroni Salad

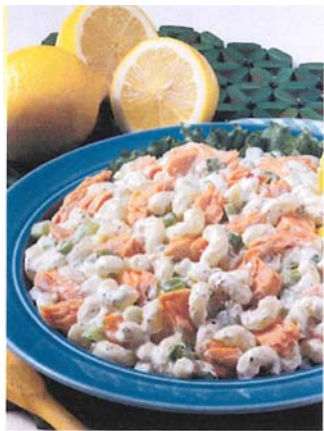
Ingredients:

- 2/3 cup low-fat mayonnaise or salad dressing
- 1/3 cup plain yogurt
- 1-1/2 tsp lemon pepper seasoning
- 1 tsp each dried onion and dill weed
- 1 tsp lemon juice
- 1/2 tsp salt
- 1 pkg (12 oz.) elbow macaroni or shell pasta
- 1 can (14.75 oz.) traditional pack salmon
- 1 cup diced celery
- 2 Tbsp fresh chopped chives or 2 stalks green onion, sliced

Directions:

Dressing: In small bowl, blend mayonnaise, yogurt, lemon-pepper, dried onion, dill weed, lemon juice, and salt.

Salad: Cook pasta according to package directions until just firm to bite. Drain, rinse in cold water. In large bowl, add pasta, salmon, celery, and chives. Pour dressing over pasta. Stir to blend. Cover and refrigerate several hours to blend flavors



Salmon and Three Bean Salad

Ingredients:

- 1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon
- 8 oz. tender green beans, halved
- 1 cup canned cannellini beans, rinsed and drained
- 1 cup canned pinto beans, rinsed and drained
- 1/2 cucumber, chopped into chunks
- 12 cherry tomatoes, halved
- 6 green onions, finely sliced
- Handful young fresh spinach leaves or watercress

Dressing:

- 3 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 2 teaspoons grainy mustard
- Salt and freshly ground black pepper

Directions:

Salad: Drain and chunk Alaska salmon, removing skin and bones (if any). Cover and set aside. Cook green beans in lightly salted boiling water for 4 to 5 minutes, until just tender. Rinse with cold water and drain well. Transfer to a salad bowl; add cannellini and pinto beans. Add cucumber, cherry tomatoes, green onions and spinach. Toss together to mix; add salmon chunks and toss again gently

Dressing: Mix together olive oil, lemon juice and grainy mustard. Season with salt and pepper. Pour over salad just before serving, tossing gently to combine with ingredients

