

Dinner Tonight!

Video Web Cast Cooking Demonstrations

Recently, I did another taping of Dinner Tonight videos at the Water Sense House that is located at Texas A&M AgriLife Research & Extension Center in Dallas. The Water Sense house provides a hands-on opportunity to explore a house retrofitted with water efficient products. Flooring, counter tops, and lighting were upgraded using renewable, energy efficient products. Water efficient landscaping and irrigation systems are also on display.

Water Sense, a program of the U.S. Environmental Protection Agency, seeks to protect the future of our nation's water supply by offering people a simple way to use less water with water-efficient products, new homes, and services.

If you would like to tour the home to get ideas of how to make your own home more energy efficient you may call (972) 231-5362 for more information or visit <http://dallas.tamu.edu/hot-topics/water/>

Every Monday, a new video is released featuring a member of the Dinner Tonight! team. All of the recipes, plus many helpful nutrition tips can be accessed on the Dinner Tonight! Website. The following recipes are the ones I demonstrated for the videos that will be released this Spring.

You can view the demonstration at healthyliving.tamu.edu/dinners. If you would like to get an email each Monday with the latest recipe and video link, please contact my office and we will put you on our email list.

Chicken Corn Soup

Ingredients:

4 ounces chicken breasts
1 egg white
6 cups chicken stock
2 cups creamed corn
1/2 teaspoon black pepper
1/2 teaspoon sesame oil
1/4 cup cornstarch
2 egg whites (beaten with fork)

Directions:

Finely chop chicken breast. Mix it with 1 egg white and 1/2 cup water. Set aside. Heat stock and add the corn, black pepper, and sesame oil. Add chicken mixture and bring to a boil. Reduce heat and add cornstarch mixed with 1/4 cup water. Slowly add beaten egg whites while

stirring soup constantly. Simmer for 5 minutes and serve. Total Time: 20 minutes, Prep Time: 5 minutes, Cook Time: 15 minutes.

Amount Per Serving:

Calories 159.7, Calories from Fat 36 - 22% , Total Fat 4.0 g - 6%, Saturated Fat 1.0 g - 5%, Cholesterol 14.4 mg - 4% , Sodium 1051.0 mg - 43%

Pork Tenderloin With Cabbage and Apple Slaw

Ingredients

3 tablespoons olive oil
2 pork tenderloins (1 1/4 pounds total)
Kosher salt and black pepper
2 tablespoons rice vinegar
1 tablespoon honey
1 small Napa cabbage (about 1 pound) - quartered, cored, and thinly sliced
1 crisp red apple (such as Gala or Fuji), cut into thin wedges
1/4 cup fresh cilantro

Directions

Heat oven to 400° F. Heat 1 tablespoon of the oil in a large ovenproof skillet over medium-high heat. Season the pork with 1/2 teaspoon each salt and pepper and cook, turning occasionally, until browned, 6 to 8 minutes. Transfer the skillet to the oven and roast until the pork is cooked through, 12 to 14 minutes. Let rest at least 5 minutes before slicing. Meanwhile, in a large bowl, combine the vinegar, honey, remaining 2 tablespoons of oil, and 1/4 teaspoon each salt and pepper. Add the cabbage and apples and toss. Let sit for at least 5 minutes, tossing occasionally. Fold in the cilantro and serve with the pork. Serves 4| Hands-On Time: 20m| Total Time: 30m

Amount Per Serving:

Calories 321, Calories From Fat 42%, Carbohydrate 12g, Sodium 436mg

You may contact the AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

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