



Food Stamp Nutrition Education Program
A joint project of Texas AgriLife Extension,
Texas Department of Human Services,

TEXAS A&M
AGRI LIFE
EXTENSION

Swisher County
310 West Broadway
Tulia, Texas 79088

August 2015

Summer Fun Food

How To Massage Kale for Salads & Sides and Why

Kale salads seem to be popping up on menus everywhere. The problem is that raw kale isn't particularly tender and often has a grassy flavor. However, after a little massaging, kale can be transformed into a tender, yet hearty, salad or side dish.

This particular recipe is flexible, simple, and provides several teachable culinary moments that you can use forever.

First, let's talk about the massage. Just like you, kale will be relaxed after a massage. Simple squeezing the green in your hands with a firm press will break down the fibrous leaves. That's right, no cooking necessary!

Second, using the vinaigrette (oil and vinegar base) as the lubricant helps tenderize and coat the kale leaves.

Third, don't feel bound by the ingredient list.

Oil = fat. Any flavor neutral oil will work.

Vinegar = acid. Rice, red, apple cider, lemon juice are all acids.

Almonds = texture. Any seed, nut or crunch bits will work.

Raisins/Cranberries = sweetness and eye appeal. Any dried fruit will work.

Brown Sugar = balance to the vinegar. Try honey, maple syrup, white sugar.

Feel free to substitute. Experiment and make this recipe yours!

Massaged Kale Salad

Prep 15 minutes

Serves 8

Ingredients

- 2 Bunches Kale; deribbed, washed, dried
- 1/4 cup olive/canola oil blend
- 1/4 cup rice wine vinegar
- 1/4 cup brown sugar
- 1/4 cup almonds: sliced
- 1/4 cup raisin/dried cranberries

Procedure

1. Combine sugar, oil, and vinegar in separate bowl. Whisk until well combined. Reserve
2. Place washed and dried kale into a large bowl. Pour all the dressing over the kale.
3. Toss the kale in the dressing until evenly coated.
4. Squeeze the kale firmly in hands like balling up a piece of paper. Do this several times with both hands.
5. Taste the kale for tenderness. Continue to massage "squeeze" the kale until desired tenderness.
6. Sprinkle almonds and dried fruit over the top. Toss to mix.

Source: fruitsandveggiesmorematters.org

Kale Salad

1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced

1 lemon, juiced

1/4 cup extra-virgin olive oil, plus extra for drizzling

Kosher salt

2 teaspoons honey

Freshly ground black pepper

1 mango, diced small (about 1 cup)

Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

Directions :In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt.

Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.



In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.

Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.

Make the Most of Melon Season

Ask a group of people to name a fruit most associated with summer and the most frequent answer will probably be some form of melon. It's hard to picture a summertime picnic without juicy wedges of watermelon as a refreshing treat on the menu. Part of the popularity is that the melons come into season during the peak of summer. Another reason they're so favored is their sweet flavor and high water content-perfect to help stay hydrated during the dog days of summer.

While melons are a wonderful sweet treat, don't underestimate their nutrition value. These fruits are an excellent source of both Vitamins A and C, while being fat, cholesterol and sodium free. There are several different kinds of melons, but the three varieties that are most frequently found (and consumed) across the U.S. are the honeydew melon, cantaloupe and watermelon. All three melons would be kept uncut at room temperature and then stored in the refrigerator once cut.

Fresh melon is a great snack alone or added to a fruit salad, but there are some really creative ways you can use these fruits as well. Here are a few recipes to show you how versatile melons can be and how you can leverage their sweet flavor in recipes with spicy/savory ingredients to create an interesting combination.

Honeydew Cucumber Salad is a great side dish for any picnic or summer dinner. Light and refreshing is how this recipe is described, which combines the melon, cucumber, red onion and fresh dill. You'll want to make a dressing from olive oil, lemon juice and honey to coat the fruit and veggies.

If you're looking for the perfect elegant appetizer, look no further than these **Melon, Prosciutto and Mozzarella Sticks**. They are beautifully presented and delicious. Simple to make, you'll arrange ball of cantaloupe (use a melon baller to scoop out the melon), thin pieces of prosciutto, fresh mozzarella and fresh basil on skewers. Drizzle with balsamic vinegar and you've got a wonderful appetizer.

Watermelon, Strawberry and Tomatillo Salad is another great side dish that uses in season produce so that the sweet and savory flavor highlight one another. It's packed with healthy ingredients-watermelon, strawberries, tomatillos, mint leaves and green onions. The dressing is simply olive oil and balsamic vinegar. An added bonus with this recipe is that it only takes 10 minutes to prepare!



Rethink Your Idea of Picnic "Salads"

During the summer season, most of us are going to a barbeque, picnic or pool party at some point. Menu choices most commonly involve grilling and the side dishes usually include the traditional potato salad, macaroni salad. Most of us do like the traditional picnic but try thinking outside the box occasionally.

Potato and Green Bean Salad uses a base of olive oil, lemon juice and whole grain mustard as its dressing. So you'll fret a little less about it spoiling than the mayo-based version. The addition of sliced red onions and chopped thyme leaves add even more flavor to this wonderful dish. You can use in-season green beans, making it even healthier.

5—Ingredient Pasta Salad is a great alternative to basic macaroni salad. This recipe calls for whole wheat pasta (use can use penne or rotini), arugula, basil pesto (pre-made or make it yourself if you prefer,) a jar of roasted red peppers and fresh mozzarella. Refrigerate and keep cool (even though this does not have mayonnaise, you'll want to be careful if serving outdoors due to the cheese in the dish).

Once you make **Apple and Poppyseed Cole Slaw** you'll never go back to the traditional recipe again. This recipe combines green and red cabbage, carrot and Granny Smith apple with a tangy dressing made from olive oil, apple cider vinegar, lemon, poppy seeds and just a bit of mayonnaise. It's light and refreshing with plenty of crunch veggies.

Corn on the Cob is another popular summertime side dish, so **Chili Lime Sweet Corn Salad** is sure to be a hit at your next gathering. This recipe is simple, relying on the sweet flavor of the fresh corn, enhanced with some butter, lime juice, chili powder, cilantro and crumbled queso fresco (soft Mexican cheese).



Recipes

Melon, Prosciutto & Mozzarella Sticks

Prep Time: 20 mins

Total Time: 20 mins

Ingredients:

1. Half a cantaloupe, seeds removed, scooped out into balls using a melon baller (alternatively, cut into cubes if you don't have a melon baller.
2. 6 slices of prosciutto, torn into bite sized pieces
3. 5 oz. small mozzarella balls, cut in half
4. Handful of fresh basil
5. Toothpicks or kebab sticks cut down in size
6. Balsamic vinegar

Instructions:

1. On each toothpick/kebab stick arrange a ball of melon, then a piece of fresh basil, a half of a mozzarella ball, another piece of basil, a piece of prosciutto, another piece of basil and finally another cantaloupe ball.
2. Drizzle with balsamic vinegar or balsamic glaze before serving if desired.

Honeydew Cucumber Salad

Salad Ingredients:

- 1 Honeydew Melon
- 1 Cucumber
- 1/2 Red Onion
- 2 tablespoons chopped Fresh Dill

Salad Dressing Ingredients:

- 2 tablespoons Lemon juice
- 1/4 cup Olive Oil
- 1 teaspoon Honey
- Salt and Pepper to taste

Directions:

1. Whisk together dressing ingredient until blended. Set aside
2. Cut melon. Remove seeds and rind and cut into chunks. Add to bowl.
3. Cut cucumber into chunks and add to bowl.
4. Dice red onion and add to bowl.
5. Add dill and dressing and toss to mix.
6. Chill and Serve (Hold dressing until serving)

Summer Fun Food Facts Newsletter is produced by the Swisher County Office of Texas A&M AgriLife Extension Service.

Sincerely,



Calley Runnels
CEA-FCS Swisher County

Chili Lime Sweet Corn Salad

Serves 4-6

Ingredients:

- 6 ears of corn, husk and silk removed
- 2 tablespoons melted butter
- 2 tablespoons freshly squeezed lime juice
- 1/2 teaspoon chili powder
- 1 tablespoons chopped cilantro
- 1/2 cup crumbled queso fresco
- 1/4 teaspoon salt (or to taste)

Directions:

In a large pot, bring water to a boil. Boil the corn for 3 minutes, then remove and allow to cool slightly so that they can be handled. Cut kernels off the cob into a large bowl. Set aside. In a small bowl, whisk together butter, lime juice, chili powder, and chopped cilantro. Pour the chili lime mixture over the corn and mix to coat. Add the crumbled queso fresco and stir. Season with salt to taste. Serve at room temperature. Refrigerate leftover. If you have trouble finding the queso fresco cheese, feta is a good substitution.

Fresh Fruit Popsicles

Popsicles are a summertime favorite, but this recipe takes them to the next level. **Fresh-Fruit Popsicles** incorporate chunks of ripe in-season fruit into the frozen treat. Use peaches, kiwi, blueberries, strawberries, raspberries or any summer fruit along with 100 percent white grape juice to hold the fruit together. Pour into popsicles molds and freeze solid so that you have beautiful ice pops your family will enjoy.

Feel the freeze! There's nothing better than a cold snack on a hot Summer day. Fight the smoldering Summer heat by cooling down with these pretty fresh-fruit ice pops. They're so easy to make that you'll enjoy making them just as much as tots will enjoy eating them!



Source: www.fruitsandveggiesmorematters.org/melonseason

Texas A&M AgriLife Extension Service MONTHLY Educational Programs

PROGRAM

Car Seat Class

Wednesday

August 26th, 2015

Safe Riders Car Seat Distribution Program

at 2:00 p.m. in Annex Meeting Room

Pre-Registration Required

Call 995-3726

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