

August –The weather is hot, the produce fresh, and we don't want to waste time in the kitchen. I am sharing a Chili Pie that may be prepared in the cool of the day and a summer squash recipe suitable for the toaster oven. Enjoy! Jan Temple

KITCHEN NEED A MAKEOVER?

Try this makeover test to discover if YOUR kitchen needs a makeover.

1. I have enough food right now to make meals for the next 2 days.
a) True, or b) False
2. My knives are sharp enough to cut a tomato and big enough to cut a melon.
a) True, or b) False
3. I have a big clean cutting board that doesn't slip.
a) True, or b) False
4. I have enough room on the counter right now to make dinner without shuffling things.
a) True, or b) False
5. My freezer is full of food that no one will ever eat.
a) True, or b) False

If you answer false to more than one item above, you need a kitchen makeover. Read below.

Here are 5 ways most people's kitchens sabotage their efforts to put out a healthy meal quickly and easily:

1. **Food** – You have to have the right food on hand so you can cook/eat instead of reheat or go out. Veggies in the freezer, grains in the pantry, salad and fruit in the fridge. Remember those four items and you can always make something tasty in a short amount of time.
2. **Cut** – How can you cut anything if you don't have a good cutting board and knife? You need a few sharp knives and a good non-slip cutting board. Serrated knives are cheap and they never go dull. Better still are the plastic ones you can put in the dishwasher. Cutting boards are now available with nonslip corners and they are also plastic for the dishwasher.
3. **Cook** – To be able to cook faster and lower in fat – what 3 things do you need? A nonstick skillet, a microwave and a toaster oven. These three things can really make a difference. A nonstick skillet can be used to prepare most of the meals you make. A microwave is essential for vegetables that are cooked quickly in a little water – this way you preserve your patience and the color and flavor of the food. They are also great for reheating things.

And the toaster oven is great for browning, broiling, and baking quickly.

4. **Work** – How are you going to get anything done if you don't have room to work? Clear off the counters and make sure you have room for the three key areas of your kitchen: preparing, cooking, and cleaning. It is even better if these areas can be separate.
5. **Fun** – If you have plates, cups, and serving pieces that look good and are enjoyable to use, you just might be tempted to cook more often.

Source: *Communicating Food for Health, August 2010*

MAKE-AHEAD MEAL –

TURKEY CHILI PIE - 4 SERVINGS

- 1 teaspoon vegetable oil
- 1/2 onion, chopped (1/4 to 1/2 cup)
- 1/2 pound lean ground turkey breast, no skin (or very lean ground meat)
- 15-ounce can kidney beans, with juice
- 15-ounce can diced tomatoes, no salt added
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 4 corn tortillas
- 1/4 cup shredded cheddar cheese

Directions:

1. Heat the vegetable oil in a large pan over medium high heat.
2. Sauté the onion briefly and add the ground turkey or meat. Cook until it is no longer pink; then add the beans, tomatoes and seasonings. Cook until the turkey or meat is done, about 3-4 minutes.
3. Line a pie pan with the tortillas and add the chili; top with cheese. Cover and refrigerate.
4. To heat and serve: Preheat oven to 350 degrees F. Cover pie pan with foil and bake until heated, about 30 minutes. Serve hot.



Alternative for microwave: Line a glass pie plate or casserole dish with tortillas; add chili; cover with waxed paper. Heat 8 minutes at full power or till heated through. Add cheese; heat about 1 ½ minutes more until the cheese is melted. Serve hot.

Each 1 cup serving: 250 calories, 4 g total fat, 1 g saturated fat, 0 g trans fat, 22 mg cholesterol, 420 mg sodium, 22 g carbohydrate, 7.5 g dietary fiber, 18 g protein.

Source: *Communicating Food for Health, August 2004*

FALL IN LOVE WITH SALAD

The 2010 Dietary Guidelines have tightened the reins on the consumption of solid fats, sugars, and sodium since 2005. Research still shows that most people do not eat enough fiber, fruits, or veggies. Salad is a way for everyone to improve on this. Even picky eaters will almost always find some sort of salad they like and it is very easy and inexpensive to make.

Here are 3 creative ways to present a salad:

1. **Wide** – With salads, using a big plate helps them spread out wide so you get a lot of ‘goodies’ on the top. This can be good for a platter that you are serving at a party – also for a fun presentation.
2. **Tall** – When making a salad, think tall. Tall could mean piling leafy greens in a high, airy pile. It can also mean a ramekin or bowl that is taller than it is wide. It can also include putting a wonderful salad in a tall glass. Tall is tall!
3. **Cups, bowls, plates, platters** – you can use a variety of interesting bowls, dishes and ramekins to create visual interest and to complement the food. You can never go wrong with a white plate.

Take a salad to lunch. Here’s how:

- Place some oil and vinegar in the bottom of a zip lock bag.
- Add lettuce and plenty of vegetables to your bag.
- Add seasonings on the top.
- Seal the bag and refrigerate. Transport in an insulated container.
- When ready to eat, toss in the bag, serve on a plate.

Ideas:

- Romaine, carrots, tomatoes, cucumbers
- Broccoli, oranges, nuts, spinach

Serve with:

- Lowfat tuna, bean or chicken salad
- Soup or sandwich



Best dressings:

- Fresh squeezed citrus – cut it in small wedges so anyone can give a squeeze
- Flavored vinegars and oil – use a drizzle bottle of oil and flavored vinegar
- Spritz dressing – spray dressings last a long time
- Yogurt – mix it up with some vinegar for a creamy fast dressing
- Balsamic glaze – buy or make yourself

Source: *Communicating Food for Health, August 2010*

BROIL, TOSS, SERVE – TRY A NEW WAY TO SERVE A WARM SALAD

BBQ SQUASH - 1 SERVING

This salad goes great with rice and fish or chicken.

- 1 cup yellow squash
- 1 cup zucchini squash
- 1/4 cup sliced green onion
- Drizzle olive oil
- Drizzle balsamic vinegar
- 2 Tablespoons chopped parsley
- Black pepper to taste
- Fresh shaved ginger (optional)
- Tablespoon plain yogurt (Greek yogurt is best)



Directions:

1. Toss squash, onion, oil and vinegar together and spread out on a toaster oven or oven broiling pan.
2. Broil in the oven for 5 minutes until brown; stir and broil again briefly, about 3 more minutes. Squash should be crisp tender.
3. Top the squash with parsley, pepper, and ginger. Dot with yogurt and serve on the side.

Each serving: 50 calories, 0.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 9 g carbohydrate, 2 g dietary fiber, 1 g protein.

Source: *Communicating Food for Health, August 2010*

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- **Key Nutrients (PM 0877)** Learn about nutrients - including vitamins, minerals, proteins, fats and carbohydrates - that make up the food that we eat and why they are important for your health.
- **Top 10 Fruits and Vegetables (N 3511)** The 10 fruits and 10 vegetables on this list are tops in a number of categories including vitamin content and Oxygen Radical Absorbance Capacity (ORAC) units. ORAC measures the total antioxidant power of foods and other chemical substances. Consuming high-ORAC foods may help protect cells from damage by oxygen radicals, which in turn may slow down the processes associated with aging in both the body and brain.



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