



# Favorite Family Food

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## Enjoy summer's bounty!

We're planning our meals now, and we have a well-filled cupboard. Let's enjoy the good things of summer - we are ready! A look at our family activities - our favorite supermarket specials page in hand - we sit around the Sunday table to agree on our meals for the week ahead.

Little League practice with the family in the bleachers cheering for our own catcher? A nice **3-bean salad** can be made from the staples in the cupboard. The **boneless ham** and **whole wheat bread** on market special will make great sandwiches to go with that salad. We can stop by the **farmer's market** on the way to the ball field and pick up a **melon** and some **juicy peaches** for a fresh dessert.

Easy, isn't it? And the best part? With meals planned together like this, we can

- get the most nutrition for our food dollar,
- enjoy the freshest foods and
- save enough that we can enjoy a treat after the game- an icy-good cone of frozen yogurt.

## It's picnic time!

¡Disfrute la munificencia del verano!

Ya estamos planeando nuestras comidas, y tenemos un estante bien lleno. Vámonos a disfrutar de las cosas buenas del verano - ¡estamos listos!

Una mirada a las actividades familiares - la página de especiales de nuestro supermercado favorito en la mano - nos sentamos alrededor de la mesa de domingo para ponernos de acuerdo sobre las comidas por la semana siguiente.

¿Los niños jugando al fútbol, y la familia sentada comiendo y conversando alrededor en el parque?

**Una ensalada de 3-frijoles** hecha de **los alimentos del estante**. Tortas deliciosas hechas de **jamón y pan de trigo integral de precio especial** acompañan bien la ensalada.

Podemos ir al mercado de agricultores para comprar un **melón** y algunos **duraznos jugosos** para un postre fresco.

¿Fácil, que no? ¿Y la mejor parte? Es que con las comidas planeadas juntas como estas, podemos

- obtener las más nutrientes por nuestra dólar
- disfrutar de alimentos más frescos, y
- ahorrar suficiente dinero para poder disfrutar un deleite después del parque - un cono delicioso de yogurt congelado.

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# So, you're learning to cook...

Can anything compare to cooking a family supper using vegetables you've just picked from the garden this very moment?

This easy dish can be put together quickly after work. It's very tasty - maybe because of the old-fashioned bacon perhaps because the garden vegetables on their own. The recipe is very old-timey instead of "cups". You'll be able to figure fun to do. Enjoy!

Boy, am I *surprised*. But it seems that just a bit of bacon is ok. For the flavor.

that flavors it, or are so delicious. It uses "handfuls" it out, and it's

## Cook Street Garden Stew

1. Fry 1 piece thick-sliced country bacon in an iron skillet, slowly, until crisp & brown. Drain on paper towel.
2. Scrub 4 medium potatoes well; cut in large dice (3/4") & add to pan with bacon fat. Stir well; cook slowly.
3. Peel 6 cloves garlic & mash with a little salt. Add to pan.
4. Clean & chop 1 handful green onions; add to pan.
5. Scrub 1 handful carrots well; slice 1/2"; add to pan.
6. Top & clean 2 handfuls green beans; snap in 3/4" pieces. add to pan. Every so often, stir stew well.
7. Clean 1 red bell pepper & cut in 3/4" dice; add to pan.
8. Wash, core & coarsely chop 3 large tomatoes; add to pan.
9. Cook the stew till all veggies beginning to soften. Add kernels cut from 2 ears corn, and up to 1/4 cup chopped fresh herbs (if desired).
10. Raise heat, cook 1 minute more. Season with salt and pepper to your taste, sprinkle with 3 ounces shredded Monterey jack cheese and serve.



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### Delicious Summer Fruit Dessert

For a quick dessert, **bake** 6 cups cut summer fruit, 2-TBS sugar & 1-TB lemon juice in greased 8x8" baking dish in a 375 F oven for 20 minutes. **Sprinkle** w/topping; **bake** about 20 min more, till top is golden brown & crunchy. **Serve** warm w/frozen vanilla yogurt.

*Try mixed berries - peach - apricot & raspberries - plums - barlett pear/walnut*

**Crisp Topping**  
Keep this in a jar in the freezer.

**Mix**  
2/3 cup ww flour, 1/2 cup old-fashioned oats, 1/2 cup packed light brown sugar, 1 tsp cinnamon & pinch of salt.

**Add**  
1 TB butter, cut into small pieces & **blend** with clean fingertips.

**Add**  
1 TB canola oil & 3 TB frozen orange juice concentrate.

**Blend** till dry ingredients are moistened.



4-6 portions. Good with whole wheat garlic bread. Each (1/5th) portion has:

407 Calories	16 grams Protein	9.4 grams Fat
172 grams Carbohydrates	10377 IU Vitamin A	123 mg. Vitamin C

## Favorite Pizza

1. Toast English muffin or split bolillo
2. Spread with pizza sauce
3. Sprinkle with oregano & shredded cheese
4. Add your favorite toppings
5. Heat in toaster-oven till cheese melts

### Toppings:

*Pineapple*

*Bell pepper*

*Sliced mushrooms*

*Shredded Turkey-ham*

***Mealtime can be an important family sharing time.***



## Healthful food can be fun

Home is the best place for children to learn healthful and positive attitudes about food. You can make food preparation and mealtime fun and pleasant.

### Prepare meals and snacks together

Include children in planning, shopping for and preparing meals. Teach children to choose and make foods that look appealing.

Children can cut up fruits and vegetables to keep in the frig for snacks. These snacks help all family members get the nutrients they need without too many extra calories.

Make a banana split with frozen yogurt and a banana cut in half. Children can decorate these with cut up fruits.

Children can spread peanut butter on toast and then make a face on it with bits of nuts or dried fruits.

Help children use grape or carrot juice instead of water to make 'jewels' of flavored gelatin.

Let children scrape the seeds out of small melon halves. They can add a scoop of frozen yogurt and top this delicious summer dessert with a cherry.



## Diviértase al preparar los alimentos con sus niños

El hogar es el lugar más importante donde niños aprenden hábitos saludables y positivos para la buena alimentación. Usted puede hacer que la preparación de los alimentos y las comidas sean ocasiones divertidas y placenteras.

### Prepare comidas y bocadillos con sus niños

Deje que los niños ayuden a planear las comidas, a comprar los ingredientes, y a preparar las comidas. Incluye a sus niños en el escoger y preparar alimentos nutritivos y apetecibles.

Los niños pueden cortar frutas y vegetales que puedan guardar en el refrigerador y comer cuando desean bocadillos. Estos bocadillos son una buena forma de proveer los nutrientes necesarios para todos los miembros de la familia - sin excederse en las calorías.

Haga una banana rellena con bananas partidas por la mitad y rellenas con yogur congelado. Deje que sus niños decoren este postre con nueces o con sus frutas favoritas.

Los niños pueden untar pan tostado con crema de cacahuate y entonces formar una cara usando frutas secas o nueces.

Ayude a sus niños en el usar de jugo de uvas o de zanahorias en vez del agua en preparar "joyas" de gelatina de sabores frutales.

Deje que sus niños les saquen las semillas de meloncitas partidas por la mitad. Luego pueden rellenar con una bola de yogur congelada y adornarlos con cerezas para un postre delicioso del verano.

Adapted from Cheri Zidenberg-Cher, University of California Cooperative Extension Nutrition Specialist, in collaboration with UC's Spanish News Service.

***Las comidas en familia brindan la oportunidad de que todos en la familia compartan y platiquen.***



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**Pizza  
Favorita**

1. Toste molletes ingleses o bolillos partidos por la mitad
2. Úntelos con salsa de pizza
3. Rócielos con orégano y queso mozzarella rallado
4. Agregue sus ingredientes favoritas para echarle la pizza
5. Hornéelos hasta que el queso se derrita.

*Pruebe:*

*Hongos*

*Piña*

*Chiles  
campañas*

*Jamón de  
pavo,  
rallado*





**Reduce stress-  
heat stress!**

In hot weather?

- \* Always drink plenty of fluids  
- water is best.
- \* Wear a summer hat with a brim.
- \* Wear light, loose fitting clothing.
- \* Feel any of these symptoms of heat stress? Rest in the shade or get medical attention if necessary:

*fainting; cramps or muscle spasms; fatigue; dizziness; nausea; pale moist skin.*

If you feel mental confusion, fainting or seizure, hot dry skin & high body temp - call 911 immediately.  
(This could be heat stroke)

Enjoy a Safe & Happy Summer!



## ***Are you ready for the grill drill?***

- Keep meats in the frig (40F or colder) until right before grilling. If you're using food from the freezer, thaw it in the refrigerator.
- Marinate food in the frig. **DO NOT USE LEFTOVER MARINADE. NOT!** It can contaminate the cooked food, so just throw it out!
- **ALWAYS** wash your hands before (and after) working with raw meat.
- Use a **SEPARATE** cutting board for meats and for fresh veggies and fruits (or other ready-to-eat foods). Wash & sanitize boards **BEFORE** and **AFTER** use
- Traveling to the grill? Keep raw meats in a separate cooler with lots of ice.



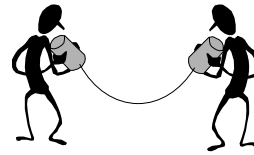
## ***¿Está usted listo para usar la parilla?***

- Guarde las carnes en el refrigerador (40F o más frío) hasta poco antes de cocinar. Si está usando comida del congelador, déjela descongelar en el refrigerador.
- Marine la comida en refrigerador. **NO USE ADOBO SOBRANTE.** Este adobo puede contaminar la comida cocida, así que tírelo.
- **SI EMPRE** lávelase las manos antes (y después) de tocar carnes crudas. Use un tabla de cortar diferente para carnes y para vegetales y frutas frescas (o otros comidas listas para comer). Limpie y desinfecte las tablas antes y después de usar.
- ¿Está usando la parilla en el parque o en la playa? Guarde las carnes crudas en una hielera separada con mucho hielo.
- Use platos limpios para servir carnes cocidas. El enjuagar los platos usados para las carnes crudos en adobo no es suficiente para matar microbios peligrosos. Es importante usar agua caliente y jabonosa para limpiar sus platos de servir.

**o.k. ...o.k.!**

Okay, nosotros todos necesitamos K - la vitamina. Esta vitamina trabaja mucho para mantener su salud.

- Ayuda a su sangre coagularse.
- Ayuda a proteger sus huesos contra la osteoporosis.
- Trabaja como un antioxidante para proteger las membranas delicadas de sus células.



Usted probablemente no está sorprendido de aprender que la Vitamina K-1 (el tipo que viene de las plantas verdes) es lo mejor para proteger a los huesos.

Es fácil obtener suficiente Vitamina K cada día si come muchos vegetales. Una taza de cada uno de estos vegetales contiene 100% o más de su ración de la Vitamina K:

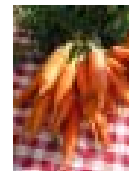
- \* espinaca cocida
- \* repollitos de Bruselas cocidos
- \* zanahorias crudas
- \* espárragos cocidos
- \* ejotes cocidos



Estos alimentos son también buenos fuentes: **chiles campanas rojas, fresas, blanquillos cocidos, jitomates rojas, chícharos verdes, aguacates y manzanas.** El perejil picado es el rey, con más de 150% de lo que necesita en nomás de 2 cucharadas chicas.

Okay, we all need K - the vitamin. This vitamin works hard to keep you healthy.

- It helps your blood clot normally.
- It helps to protect your bones against osteoporosis.
- It acts as an antioxidant to protect the delicate membranes of your cells.



You probably won't be surprised to hear that Vitamin K-1 (the form that comes from green plants) is the best protector of your bones.

It's easy to eat enough K every day if you eat plenty of veggies. One cup of any of these vegetables has 100% or more of the vitamin K you need:

- \* cooked spinach
- \* cooked Brussels sprouts
- \* cooked Chard
- \* raw carrots
- \* cooked green beans
- \* cooked asparagus

These foods are also good sources: **red bell peppers, strawberries, boiled eggs, ripe tomatoes, green peas, avocados and apples.** Chopped parsley is the king, with over 150% of what you need in 2 little tablespoons.

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Here's an Oh-K salad:  
1½ cups of potato salad made with

1 hard-boiled egg, garnished

w/ spears of asparagus,

tomato wedges,

red bell pepper strips,

avocado slices & sprinkled w/ chopped parsley.

Una O-K ensalada - 1½ tazas de ensalada de papas hecho con

un blanquillo cocido;

adornada con espárragos,

pedazos de jitomate,

trozos de chiles rojas,

rebanadas de aguacate y

perejil picado.



# Swimming - it just feels good!

El nadar es un ejercicio muy efectivo, no importa su edad - y también, ¡que divertido es!



Si usted nada regularmente, puede mejorar de manera eficiente el nivel de buen estado físico de su corazón (capacidad aeróbica).

Aún mejor, porque su cuerpo flota en el agua, este apoyo boyante le mantiene seguro de lastimaduras resultando del estrés del sostener el peso.

Ejercicios aeróbicos en el agua ayuda en estabilizar la presión de sangre, mejorar la circulación y mantiene una temperatura del cuerpo no elevada. El nadar usa todos de los grupos de músculos mayores y mantiene su flexibilidad.

¿Está usted sobrepeso? ¿Tiene problemas con la espalda o la artritis - o lastimaduras? No se preocupe- su doctor probablemente está de acuerdo que el nadar es bueno para usted.

¡Agarre su toalla y también a sus nietos y váyase a nadar!

Swimming is fun and great exercise for you, no matter what your age.

If you swim regularly, you can improve your heart's fitness level (called "aerobic capacity") very effectively.

Better yet, because your body floats in water, this buoyant support keeps you safe from weight bearing stress injuries.

Aerobics in water help stabilize blood pressure. It improves circulation and keeps your body cool. Swimming uses all your main muscles and keeps you flexible.

Do you have weight issues, back problems, arthritis or injuries? That's okay - check and see -your doctor will likely agree that swimming is good for you.

Grab your towel and the grandchildren and head off to the pool today!



# The Last Word



**Resolution:**  
Save \$ on Food!

**Resolution:**  
Pack more Nutrition into meals!  
**Tips:**

Summer is over-flowing with fresh vegetables and fruits at good prices.

Serve these to your family as often as possible.

Shop at the Farmer's Market.

Enjoy your Garden's bounty!

Pick plums from your own tree. Don't have one?

Plant this year for your own fruit next summer.

Meanwhile, when your neighbor offers a basket of tomatoes or a giant zucchini- just say "Yes, thank you!"



FSNE Families learn how to **EAT RIGHT to STAY WELL.** On a budget? You can do it!



The USDA Food Stamp Program helps participants to purchase healthful foods for better diet and funds this newsletter.

## What'll We Have For Dinner?

## Summer Food Stamp Menus:

**Sunday:** **Tex-Mex BBQ'ed Beef Ribs;** Ranch Beans, Sliced Tomatoes Viniagrette; Coleslaw; Garlic Bread; Grilled Fresh Peach Halves with a Mini-Scoop of Vanilla Frozen Yogurt *\*Remove membrane entirely from ribs before cooking. Beef ribs need 2-6 HOURS over low-heat in a closed grill to get tender.*

**Monday:** **Loaded Twice-Baked Potatoes** (broccoli, cooked ground beef, grated cheese, chopped green onions, low-fat sour cream); Big Helping Dark Mixed-Green Salad; Iced Watermelon

**Tuesday:** **Slow-Cooked BBQ-Braised Chicken Thighs with Rice & Green Peas;** Steamed Fresh Corn on the Cob; Jalapeno Corn Bread; Frozen Grapes

**Wednesday:** **Little League Fan Bleacher Picnic Supper: Home-made Potato Salad with Boiled Egg and Ham Shreds;** Carrot Sticks, Baked Chips, Fresh Lemonade, Billy Goat Cookies (Oatmeal-Nut-Raisin-chocolate-chip), Nectarines or Pluots

**Thursday:** **Herbed Chicken Panini on Whole Wheat Roll;** Garden Green Beans Viniagrette; Cherry Tomatoes; Mango Tapioca Pudding. *No panini press? Grill in iron skillet with another on top. Weight it down with a can of beans (Or a molcajete)*

**Friday:** **Garden Stew (see p 2 for recipe),** Whole Wheat Rolls; Sliced Cucumbers in low-fat buttermilk dressing; fresh Plum Crisp

**Saturday:** **Grilled Turkey Hot Dogs;** Grilled Potato Wedges; 3-Bean and Corn Salad, Mixed Fresh Summer Berry Cobbler

Here's the rub:

If you'll be grillin' often in the Tex-Mex style, mix this up and keep in a tightly closed glass jar. Rub meat with 1-3 TBS 2-6 hours before cooking - keep in frig. Notice- minimal salt; no sugar.

11 -oz chili powder (light)  
5 - TBS dark chili powder  
5 - TBS cracked black pepper  
2 -TBS garlic powder  
2 - TBS onion powder  
1 - TBS cayenne (or more)  
1 - TBS seasoning salt

*Surprise! It IS possible to feed your family tasty & nutritious meals on a food stamp budget, even now in 2006. You are a smart and resourceful person – you obtained food stamps in the first place. You probably know many good ways to use this benefit. Careful menu planning helps a lot. So does careful shopping. The biggest benefit for your family and your budget comes from preparing foods at home. More taste, more nutrition and lots of LOVE are packed in home-cooked meals.*