



Cooperative Extension • Monterey County

# Favorite Family Food

Volume VII, Issue III Jan-Feb 2008



## Inside this issue:

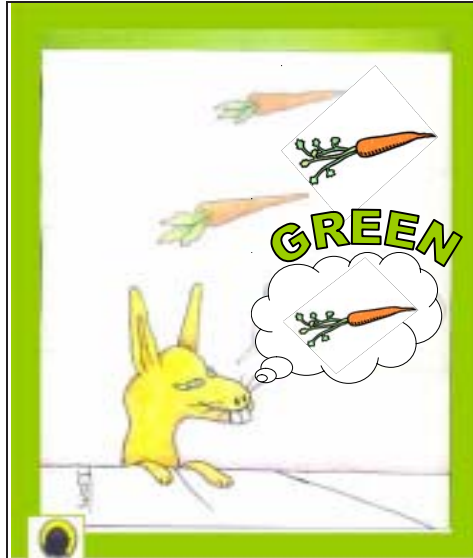
- 2. Grandmothers Speak:  
*An Apple a Day*
- 3. Cooking with Children:  
*Mac'n'Cheese*
- 4. Seeds of Change:  
*New American Plate:*
- 5. Parent Page:  
*Recycling- Kids CAN!*
- 6. Food Safety:  
*Don't let flu come to your house!*
- 7. Getting Physical:  
*Take Your Immune System for a Walk*
- 8. The Last Word  
*Winter Menus*

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Exactly what do you mean when you say "green"? "Green, green, how I love you green..." in the famous words of a Garcia-Lorca poem? Or, green - like "Eat more green vegetables every day?"

Yes- you *should* eat more dark green vegetables every day. And, why not enjoy yourself reading poetry?

But, it's more than this - it's a lifestyle habit of caring for the earth in every way that we can.

It's the use of non-toxic products, for the health of our family, and the environment.

It's the recycling of all that we are able to recycle. Better yet, it's reducing our use of resources in the first place.

It's all of these - & more. Make 2008 a Green Year, for the good of all.

## In 2008 Think Green!



¿Exactamente que significa usted cuando dice 'verde'? ¿"Verde, verde, como te quiero verde...." en las palabras famosas de un poema por Federico García-Lorca? O, ¿verde, como 'coma más vegetales verdes cada día'?

Sí - usted debe comer más vegetales verdes oscuros. También, ¿por qué no se divierte en leer poemas?

Pero es más de eso - es un hábito de vivir en que cuidamos el mundo en cualquier manera que podemos.

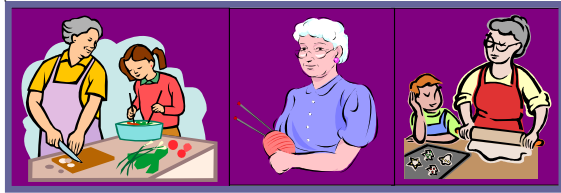
Es el uso de productos que no son tóxicos - para la seguridad de nuestras familias y también el medio ambiente.

Es el reciclado de todo lo que podamos reciclar. Mejor, es el reducir nuestro uso de los recursos en el primer lugar.

Es todos eso - y más. Haga el año 2008 el Año Verde, para el bien de todos.



Use romaine leaves instead of tortillas to wrap a bean and cheese burrito. Use *hojas de romana* en vez de tortillas por envolver su burrito de frijoles y queso. Try Asparagus-Beef over rice for a tasty dish at Chinese New Year, 2.7.08. (Recipe here: <http://cemonterey.ucdavis.edu/EFNEPI22/Recipes.htm>). Pruebe *Espárragos con Carne de Res* (Receta aquí: <http://cemonterey.ucdavis.edu/EFNEPI22/Recetas.htm> )



## HABLAN LAS ABUELITAS

**"Este dicho es de mucho valor..."**

**"Una manzana cada día quite la necesidad para visitar al doctor".**

Sí - este dicho es la verdad, pero es más preciso decir "la cáscara de una manzana cada día quite la necesidad para visitar al doctor".

Según las investigaciones de algunos científicos de Cornell, la cáscara de una manzana contiene una docena de compuestos que matan células del cáncer en el laboratorio. Investigador Rui Hai Lieu dijo que estos compuestos son muy poderosos en la guerra contra el cáncer, y él recomienda que nosotros comamos 5-12 porciones de una variedad de frutas y legumbres cada día.

Este hábito de comer puede reducir nuestro riesgo de enfermedades crónicas y nos ayuda en realizar una salud óptima.



¡Pruebe rebanadas de manzana con crema de cacahuate para un bocadillo delicioso y nutritivo!

**THE GRANDMOTHERS SPEAK... and what they say has value today.**

**"An apple a day keeps the doctor away."**

This saying is true, but it's more accurate to say "an apple *peel* a day keeps the doctor away".

According to the research of Cornell scientists, an apple peel contains dozens of compounds that kill cancer cells in the laboratory.

Researcher Rui Hai Lieu said that these compounds are very powerful cancer fighters, and he recommended that we eat 5-12 servings a day from a variety of fruits and vegetables.

This way of eating reduced our risk of chronic diseases and helps us to gain optimal health.

Try a snack of apples slices spread with peanut butter- nutritious *and* delicious!

UCCE's  
Favorite  
Family  
Food  
2

Manzana Rellenas  
de Lujo

Mezcla azúcar  
moreno, canela  
molido, nueces  
picados y algunas  
pasas.

*Limpie una manzana  
y quite el corazón.*

Rellene la manzana  
con la nuez-azúcar  
mezcla.

*Ponga un cachito  
pequeñito de  
mantequilla  
encima de todos.*

Hornéela en 375F  
para mas o menos  
una hora.

*(Ponga una  
cucharadita de  
yogur vainilla helado  
encima de todo, si  
quiere)*

Disfrútela antes de  
que se enfríe.

Deluxe Baked  
Apples

Mix brown sugar,  
cinnamon, chopped  
nuts & a few  
raisins.

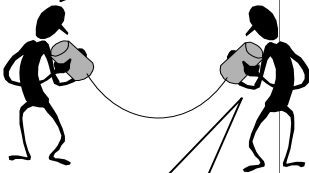
*Wash an apple and  
remove the core.*

Stuff the apple with  
the nut-sugar mix.  
Put a dab of butter  
on top.

*Bake the apple at  
375 about 1 hour*



Handwashing is the  
**FIRST** cooking step  
in **ANY** recipe!



I know -  
I know!



(Aha! You called it a "roux" - you're right-that means flour and fat cooked together and eventually used to thicken soup or sauce)



## COOKING with YOUR CHILD

**Cooking** is learning by doing ~ and it's fun!

**Macaroni and Cheese** is almost always on the Kids' Menu - a popular choice. I know "the blue box" is handy, but for real comfort food, we make our own. Such a humble dish, but so creamy - so yummy- so full of calcium and milk protein (macaroni *can* be a good source of whole grains).

What a surprise when family said "this is the best I've ever eaten!" Well, there are two secrets that make it so - read on.



1. Set a pot of water - *lots* of water - on the stove to boil.
2. Measure the macaroni and set aside till water is boiling. This is a good job for a child with clean hands: 1 handful of dry macaroni for each person plus 2 for the pot (this measure is for a side dish- for a main dish portion, use double the amount).
3. Meanwhile, the grown-up makes the sauce : Melt 2-TBS of butter in a non-reactive pot, preferably one with a heavy bottom. (OK - Butter? That is saturated fat! Better you should make this sauce with 3-4 TBS olive oil) Whip in an equal volume of all purpose flour and stir constantly for 2-3 minutes over low heat so the mix does not brown.
4. Add 1 *small* clove garlic, mashed thoroughly, and let it "sweat" a little in the pot-it should just wilt and give up its liquid - no more. (this is one of the two chef's secrets to making the best mac'n'cheese ever)
5. Add 1 can of 2% or f.f. evaporated milk in a slow steady steam, whisking all the while till the sauce nears a boil. (This use of evaporated milk is the other secret - sssssh! Even fat free evap. milk gives a real richness. On a budget? Reconstitute dry milk as a substitute, using double the product, to make about 1 1/2 cups)
6. Right about now, your water should be boiling, so put the macaroni in the pot and give it a stir- check the clock. Cook for about 8-9 minutes if it's whole grain, or about 5 or 6 if refined.
7. OK- the sauce is just simmering - and meanwhile, of course, the young'un has been grating a 1"x3"x2" piece of extra sharp cheddar cheese (actually that's another secret- even if you like milder cheese for sandwiches, you need the extra sharp for cheese sauce or the flavor will just disappear). Use a box grater, and grate onto a piece of waxed paper - then you can just pick up the paper and slide most of the cheese gratings into the sauce.They should melt quickly. Taste -add pepper to your taste, and just a little salt, if you must.
8. Drain & rinse the cooked macaroni and blend it with the sauce. Put all into a greased casserole dish, sprinkle with the rest of the cheese and bake in a 350F oven till bubbly.

# The New American Plate

UCCE's  
Favorite  
Family  
Food  
4

**The New American Plate\*** Two thirds of this plate is full of foods from plants. The rest of the plate has a small portion of a protein-rich food of animal origin. If we practice this way of eating, we're able to prevent a lot of illness and live a healthy life.

What's on **your** plate? \*from the American Insitute for Cancer Research

From Nutrition Perspectives, Sept/Oct 2007, pp3-6, Sheri Zidenberg-Cherr, PhD, Editor

I heard it's not 5aday anymore!

Too true- you gotta eat more!



## The Mighty Avocado

What are you making, hon?

Something to help us prevent oral cancers, neutralize free radicals, lower our LDL cholesterol and reduce the risk of breast, colon and other cancers!



Looks like a salad to me.

Yes! It's avocado stuffed with a mix of grated carrot, black olives, feta, minced garlic & scallions ~ on a bed of Romaine with sliced tomato and blanched broccoli florets. Served with oat bran rolls and hot green tea...mmm!

**S** Make a tortilla & green chile omelet and serve it with a salsa of nopalitos.

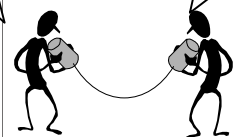
**E** Haga una omelet con tortillas y chiles verdes, y sirvalo con una salsa de nopalitos.

**O** Sauté green beans in olive oil with a little chopped garlic, then sprinkle with chopped almonds.

**F** Saltee ejotes en aceite de olivo con algunos ajos picados, entonces despóvelos con almendras pircadas.

Mo' bettah! Well - is 9 enough?

Sure- 9 is FINE!



**El Nuevo Plato Americano\*** Dos terceros de este plato está lleno de alimentos de plantas. El resto del plato tiene una porción chica de un alimento de carne, rico en proteína.

Si nosotros practicamos este modo de comer, podemos prevenir muchas enfermedades y viveremos saludables.

¿Que está en **su** plato? \*Del Instituto Americano para Investigaciones sobre el Cáncer







More green  
veggie ideas

Artichokes are delicious if you steam them, then stuff them with garlicky bread crumbs with parmesan, then bake them in a little chicken broth.

*Alcachofas son deliciosas si las cocinas en vapor, entonces rellénelas con pan molido, ajo y parmesano; entonces hornéelas en un poco de caldo de pollo.*

Try MaryAnn's potluck favorite - a salad of spinach and sliced strawberries, dressed in raspberry vinaigrette.

*Prueba la favorita de MaryAnn - una ensalada de espinaca y fresas rebanadas con una vinagreta salsa de frambuesas.*

Put green peas and diced red bell peppers into your cooked rice- now it's Risi-Bisi.

*Agregue chícharos verdes y cubos de chile campañã roja al arroz cocido - ya tiene Risi Bisi.*



## La página para los padres

# Nunca es demasiado temprano de empezar



Nunca es demasiado temprano de empezar los hábitos buenos ~ como el reciclar. Aquí está Eden Morillo, de Monterey. Ella tiene 3½ años, y ya tiene mucha experiencia del reciclar.

La idea empezó cuando su papí quien le dijo "Eden, si quieres jugar en el feria ambulante, necesitas ganar tu propio dinero. Puedes hacerlo por el reciclar".

Ahora, Eden sabe cuales tipos de botellas y latas son reciclables. Ella enjuaga las botellas y las guarda en una bolsa.

Cada otro sábado, Eden va con su papi al centro de reciclar, y cambia sus botellas por dinero. Algunas veces, ¡ella gana desde \$5 hasta \$7!

Ya la muchacha nunca tira algo que vale - ella sabe que muchas cosas no son basura, pero objetos reciclables.

¡Que bueno, Eden!

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## It's never too early to start...

It's never too early to start a good habit - like recycling. Here's Eden Morillo, of Monterey. She's 3½ years old, and already an experienced recycler.

The idea began when her Dad told her "Eden, if you want to play on the carnival rides, you'll have to earn your own money. You can do it by recycling."

Now, Eden knows what kinds of bottles and cans are recyclable. She rinses the bottles and keeps them in a bag.

Every other Saturday, Eden goes with her Dad to the recycling center, and changes her bottles for cash. Sometimes she makes as much as \$5-\$7!

Already this little gal won't throw away anything of value - she knows that many things aren't trash, but recyclable objects.

Way to go, Eden!



## The parents' page

Here I come to *your* house to stay!



Our grandmothers had plenty to say - and not just about food. The idea of recycling? Did you ever hear "Use it up; wear it out ~ make it do, or do without!"?

When it comes to the idea of public health, you may remember that "a lady" did not usually go out in public without wearing gloves, in Grandmother's day - even in warm places like Southern California.



What's good about this practice? It's one of the many ways you can keep flu from coming to your house. All those flu germs on doorknobs, keypads, debit machines at grocery check-outs? No worry for you, if you're wearing your gloves! Just take them off when you get home and wash your hands well.



What else? Sneezing or coughing into your sleeve in the crook of your elbow. Spray cleaned surfaces in kitchen and bathroom with white vinegar- and leave it there to dry and discourage the growth of bacteria, molds and viruses (don't forget light switches, cupboard handles and doorknobs. TV controls and computer mouse? Wipe 'em down.)

Take control! Fight back - keep the flu away from *your* door.

Nuestras abuelas tenían bastante de decir - y no sola sobre la comida. ¿La idea de reciclar? ¿Han oído el dicho "Usalo totalmente, gástalo - arréglesela con algo, o arréglesela *sin* algo"?

Cuando estamos hablando de la salud pública, usted quizás recuerde que una dama usualmente no salía afuera de la casa sin sus guantes en los días de nuestras abuelas - incluso en áreas cálidas como California del Sur.

¿Que es bueno en este práctica? Es está uno de los modos de muchos modos de prevenir la influenza entrar en su hogar. ¿Todos estos gérmenes en pomos, teclados, máquinas de cargo en las cajas en las tiendas de abarrotes? No hay que preocuparse, si está usando sus guantes. Sólo quíteselas cuando regresa a casa, y lavese bien las manos.

¿Más? Estornude o tose en la parte interior del codo. Pulveriza superficies limpias en la cocina y el baño con vinagre blanco - y se seca y desalienta el crecimiento de microbios, moldes y virus. (No se olvide los interruptores de las luces, tiradores de aparadores, controles de la televisión y ratones de computadoras).

¡Tome control! Defiendese - mantenga la influenza afuera de *su* hogar.

Slice Bok Choy thinly and drop it into boiling chicken soup for added flavor and nutrition.

Corte el Bok Choy en rebanadas finas, y agréguelo al caldo de pollo hirviendo para más sabor y nutrición.

Broccoli - the King of Vegetables in the Salinas Valley. It's great with Low-fat Ranch- but don't serve it raw! Put it boiling water for about 45 seconds, then chill right away. The color and flavor will be super!

El brocoli - el Rey de las Vegetales aquí en el Valle de Salinas. Está sabroso con el "Ranch", pero ¡no sírvelo crudo! Pongalo en agua hirviendo para nomás de 45 segundos, entonces enfríelos inmediatamente. El color y sabor será súper.





# Take your immune system for a walk!

Al andar por bicicleta por una senda recreativa (buena terapia para las rodillas), yo pasé al lado de un hombre grande, caminando adelante lenta y diligentemente. La mirada en su cara decía que de verdad no quería estar allí. El hubiera preferido mirar fútbol en la televisión. Podría uno adivinar que su doctor le dijo que andar a para la salud de su corazón.

¿Podemos sentir alguna compasión para este punto de vista? Especialmente cuando los días son cortos y no hay mucha luz después del trabajo. Es *difícil* de seguir adelante y hacer la cantidad de ejercicio recomendada.

Un pedazo de noticias que posiblemente nos motiva, especialmente en esta estación de la gripa, es que el hacer **ejercicios moderados regularmente** - **sí estimula el sistema inmunológico**.

Un Experto del sistema inmunológico David Nieman (profesor de la salud, App. Stat U., NC) dice que incluso las personas que son sedentarias y en mala condición física puedan bajar su enfermedades por la mitad si andan con brío 45 minutos la mayor parte de la semana. Esto es porque las células inmunológicas que defienden a las bacterias y virus están elevadas por casi 3 horas después del ejercicio.

Nieman dice que debemos pensar de una mujer de casa que visita a su hogar por un ratito cada día. Después de un mes, su hogar estará mucho más limpio que de si visita no más a veces. En el mismo modo, ejercicio regular es más saludable que un poquito de actividad de vez en cuando. ¡Esto tiene sentido!



Biking down the recreation trail on the coast (good therapy for the knees), I passed a big fellow walking slowly and dutifully along. The look on his face said he really didn't want to be there - he'd rather be watching football. A good guess might be that his doctor told him to take his heart for a walk.

Can't most of us feel some sympathy for that point of view? Especially when the days are short and there's little light after work, it is *hard* to push on and do the amount of exercise recommended. One bit of news that might motivate us, especially in this colds and flu season, is that **regular moderate exercise does boost immunity**.

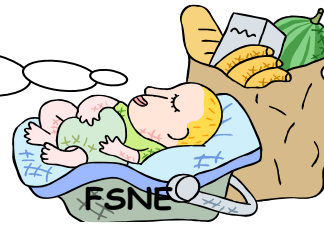
Noted immunity expert David Nieman (Director of the Human Performance Laboratory and health professor at Appalachian State University, NC) says that even unfit, sedentary people can cut their sick days by about half if they walk briskly for 45 minutes most days of the week. It turns out that immune cells that defend against bacteria and viruses are elevated for about 3 hours following this exercise.

Nieman says to think of a housekeeper coming to your house for a short time every day. At the end of the month, your home will look a lot cleaner than if they only came once in awhile. In the same way, regular exercise will keep you a lot healthier than now-and-then activity. That makes sense!



# The Last Word

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 healthy foods for better diet and funds this newsletter.

## What'll We Have For Dinner?

## Winter Food Stamp Menus:

**Sunday:** Chinese New Year Special: Asparagus-Beef over Rice (<http://ucce.ucdavis.edu/files/filelibrary/1598/5618.pdf> or - <http://ucce.ucdavis.edu/files/filelibrary/1598/5616.pdf>), Sliced Radish & Cucumber Salad, Almond Flan

**Monday:** Tortilla & Green Chile Omelet with Salsa de Nopalitos, Frijoles de la Olla, Orange Slices, Bread Pudding

**Tuesday:** Sicilian Baked Artichoke, Hot Italian Beef Sandwich on a Roll, White Beans and Spinach (Sauté garlic, then spinach till just wilted; add drained & rinsed cannellini beans, stir gently to blend, season with pepper), Thumbprint Cookie

**Wednesday:** Oven-fried Chicken, Baked Potato Wedges (white AND sweet), MaryAnn's Spinach-Strawberry Salad, Banana Pudding

**Thursday:** Home-Made Macaroni'n'Cheese with Ham Shreds, Fruit Salad, Whole Wheat Rolls, Deluxe Baked Apple

**Friday:** Baked Rockfish, Sauté of Potatoes, thin-sliced Parsnips & Fennel with Garlic, Orange slices, Lemon Bars

**Saturday:** Red Beans & Rice, your Favorite Greens (collards, mustard Greens, chard, Beet Greens - or a combo), Cornbread, Leonor's Fabulous Treat ( <http://ucce.ucdavis.edu/files/filelibrary/1598/2406.pdf> or <http://ucce.ucdavis.edu/files/filelibrary/1598/2407.pdf> )

It's 2008 - and it's really great that you can STILL provide tasty and nutritious meals to your family on a food stamp budget. EBT cards make shopping even easier and help you to buy fresh local foods at many farmers' markets as well. Avoid using packaged and convenience foods. Work to improve your cooking skills, because the secret to economical meals is that they are prepared in the home. Plan your meals on weekly store specials and seasonal foods - your family will eat well.

Share meal planning, shopping and food preparation as a family - you'll pass along life skills to your children, save money and make happy memories for everyone.

**Everyone help!** Make "shopping day" a "cooking day" & do basic prep for the week ahead.

**Cook veggies ahead** - Twice a week, steam green vegetables, clean salad greens, etc. Store in frig for quick meals during the work week.

**Plan meals around seasonal foods** - let the Farmer's Market guide your food choices!

**Learn to use a chef's knife to cut poultry & meat into portions.** Save the bones for soup.

**It's time to make the switch** from eating your vegetables in salads-to eating them in soups. Either way, eat several kinds each day.

