



Favorite Family Food

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A Season of Warm Celebration

¿Que vamos a regalarles a los niños? Los días festivos se nos acercan...

¿Muñecas y juguetes, como lo hacemos cada año?

Si, porque el encanto de los juguetes es una parta de la tradición que llena de alegría el corazón de la infancia,

Pero yo le daré algo más: más paciencia, una oreja más simpática, más horas para reírnos.

Tiempo para leer juntos libros, y para andar en el sol ~

Daré esto a mis niños.. para vincular nuestras vidas ~ con los regalos que el dinero no puede comprar.

Besides turkey, eat root vegetables, dark leafy greens, pomegranates and cranberries.



Regalos de Cariño

Ofrezca a cuidar a los niños mientras sus padres o amigos hacen ejercicios. Un regalo muy apreciable, y también es gratis.

Offer to babysit while parents or friends work out. - a very welcome gift, and it's free.

Dé el comedido de andar (o andar por bicicleta o trotar) con un amigo o miembro de familia. Es un regalo inestimable.

Give your commitment to walk, bike or jog with a friend or relative. It's a priceless gift.



All the Best to You and your Family from All of us at UCCE

What shall we give the children? The holiday's almost here. Toys and games, as we do every year?

Yes, for the magic of toys is part of holiday lore that gladdens the heart of childhood ~

But I will give something more: more patience - a more sympathetic ear ~ more time for laughter..

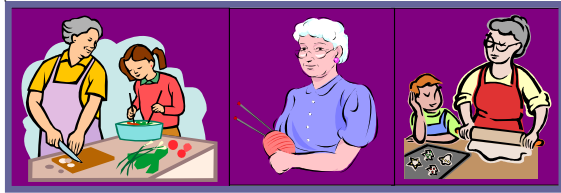
The time to read books together and to walk in the sun, I will give these to my children...

drawing our lives closer with simple fun ~ and the gifts that money can't buy.

lola P. Richardson



En adición de pavo, coma raíces vegetales, hojas oscuras y verdes, granadas y arándanos.



HABLAN LAS ABUELITAS

"Este dicho es de mucha valor..."

“Debes comer un desayuno sustancioso, especialmente en tiempo frío. La avena se pegue a las costillas”.

Esto es la verdad. La avena es rica en fibra. Según la “ *New England Journal of Medicine* “(Garg & Chandalia, 5.11.2000 como han reportado por *Nutrition Perspectives*, Mayo-Junio 2007, Sheri Zidenberg-Cherr, PhD, Editor), un plan de comer que contiene mucha fibra soluble y que incluye la avena que te ayuda a mantener una nivel de azúcar en la sangre que es consistente.

También, la avena quizás ayude a reducir el nivel de insulina y grasa en la sangre. Esto es lo que la abuela nos decía - niveles consistentes de azúcar en la sangre- cuando dijo que “la avena se pegue a las costillas”.

Sirva uno avena especial sustanciosa (receta a la derecha) y ellos puedan continuar confortablemente hasta que sea la hora de lonchar.

También - sentirás un calor del la interior hasta el exterior.

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

“You should eat a hearty breakfast, especially in cold weather. Oatmeal sticks to your ribs.”

This is true. Oatmeal is rich in fiber.

According to the *New England Journal of Medicine* (Garg & Chandalia, 5.11.2000, as reported in *Nutrition Perspectives*, May-June 2007, Sheri Zidenberg-Cherr, PhD, Editor), a meal plan high in soluble fiber that includes oatmeal will help to maintain a steady blood sugar level and may help to decrease blood insulin and fat levels.

That's what Grandmother meant - steady blood sugar levels - when she said that oatmeal sticks to your ribs.

Serve your family a hearty porridge (recipe to the right) and they'll keep going easily until it's time for lunch.

And- it warms you from the inside out.

UCCE's Favorite Family Food 2

1. Caliente hasta que esté hirviendo: 2 tazas de leche descremada y 1 cucharada de mantequilla

2. Agregue 1 taza avena (no instante), 1 taza manzana o pera en cubos, 1/3 taza pasas, 1/4 taza nueces, 1/2 cucharadita vainilla, 1/4 cucharadita sal.

3. Cocine y revuelva hasta que esté burbujeante; cocine lentamente 5 minutos más, revolviendo a veces.

4. Apago la estufa; espolvoree 4- cucharaditas azúcar morena, y ponga la tapa. Quédese al lado por 1 minuto antes de servir.

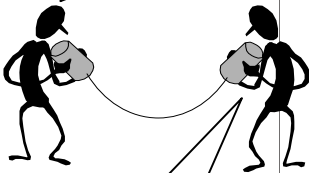
1. Bring to a boil over med. heat:: 2-c fat-free milk & 1 TBS butter
2. Stir in 1-c old-fashioned oats, then 1-c chopped apple or pear, 1/3-c raisins, 1/4-c walnuts, 1/2 tsp vanilla, 1/4 tsp salt.
3. Cook & stir until bubbly; simmer 5 min. more, stirring every so often.
4. Turn off heat, sprinkle 4-tsp brown sugar over the top and put the lid on. Let sit a couple of minutes before serving.



COOKING with YOUR CHILD



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



I know -
I know!

Cooking is learning by doing ~ and it's fun! Cooking with your child is a great way to help her prepare for school. She can **develop small muscle skills, learn simple math skills, develop language skills, and learn to think about science concepts..** all while she stirs, kneads, spreads, cuts, measures and learns about the order of steps in a recipe and how long food takes to cook.

Your child will also learn safety and cleanliness habits from cooking as she builds self-esteem and independence ~ and as you grow closer as a family. Here's a simple supper menu requested by a kindergartner:

Chicken Nuggets Spaghetti with Tomato Sauce Caesar Salad

And from Nana's blog, here's how to prepare it: "We used **whole-wheat spaghetti** .

The **tomato sauce** is fresh- just a **couple hands-full of garden stragglers**, including the tasty **Green Zebra**- cooked down with a **clove of garlic, a crumble of dried orégano blossoms and a little pepper**. *Tomatoes seem to be naturally pretty salty, so no need to add more.* (If you don't have a garden, you can thin **half a can of Italian-flavored tomato paste with a little water** to sauce consistency and that will work just fine.)

Grating **parmesan** is a good chore for a child and T is diligent; using the box grater over a large square of waxed paper, he produced enough for both the pasta and the salad.

The chicken nuggets are fun to make: I cut **boneless chicken thighs** (1 for each of us) into nugget-sized pieces and tossed them into a bowl with a little **plain yogurt**.

In another bowl I mixed **flour half and half with breadcrumbs** from the container in the freezer. Then I did the wet part- gooshing the chicken pieces around in the yogurt so they have a little all over (*though we use the yogurt for a base for the crumbs, it does a tenderizing thing on the chicken, too*).

I tossed the pieces one or two at a time into the crumb bowl, where T did the dry part- shoveling crumbs over the pieces till they were thoroughly breaded, then shaking off the extra and putting the fully breaded pieces on a waxed-paper covered plate.

Then we put the plate- uncovered- in the frig while we got everything else ready. This **resting uncovered for ½ hour or more in the frig is an old chef's trick - it insures that the food will be really crisp on the outside when cooked**.

Cooked the nuggets in a **bit of olive oil** in the sauté pan, drained 'em on paper towels and supper was ready- just what a kid likes, and I thought it was pretty tasty, too"

Things to Remember:

When working with chicken, use a piece of waxed paper or a separate cutting board, and wash **ALL**: hands, knife, board **immediately** after use.

Of COURSE

you'll throw away any leftover crumb/flour mix used for breading the chicken pieces.



The New American Plate

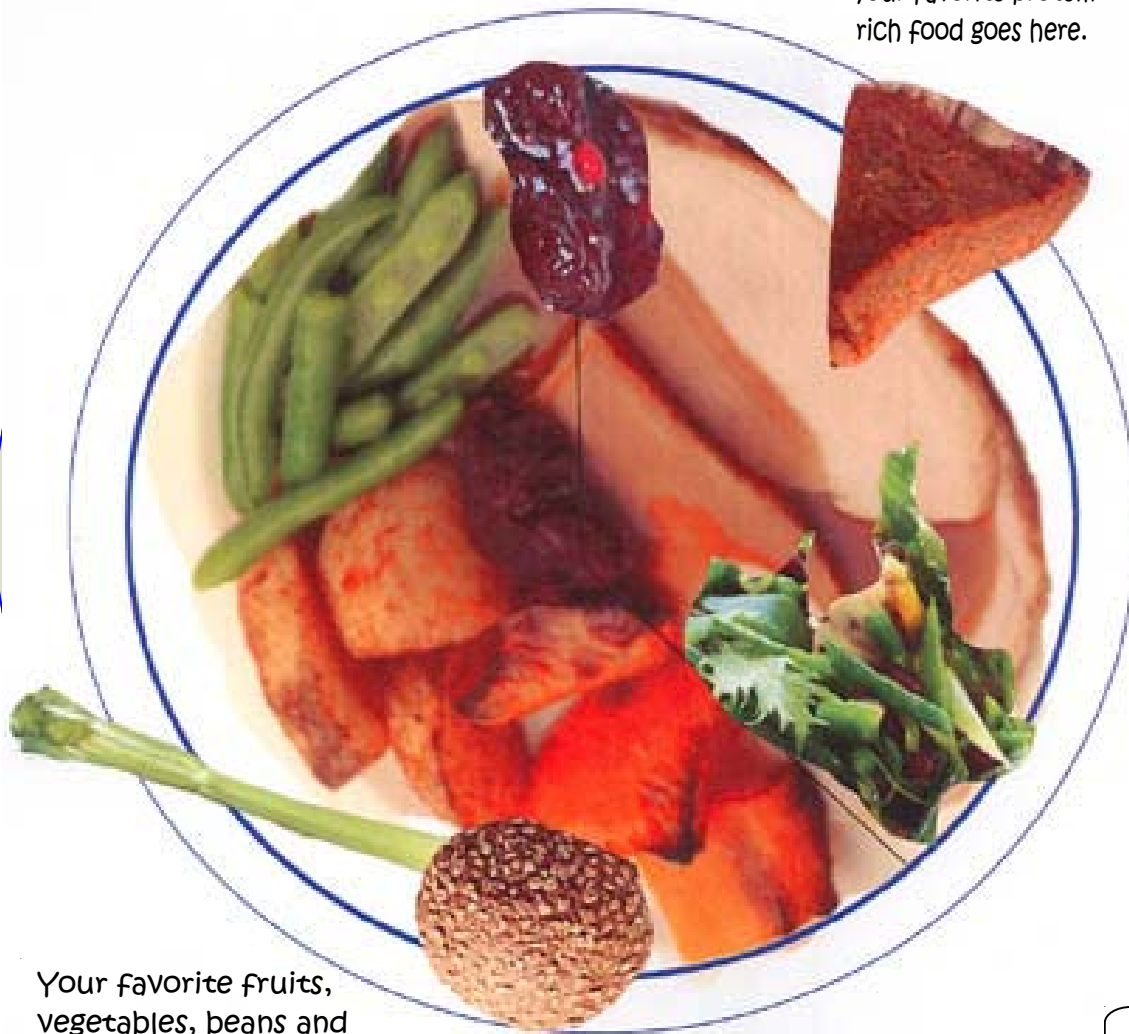
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The New American Plate* Two thirds of this plate is full of foods from plants. The rest of the plate has a small portion of a protein-rich food of animal origin.

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

A small amount of your favorite protein-rich food goes here.



Your favorite fruits, vegetables, beans and whole grains go here.

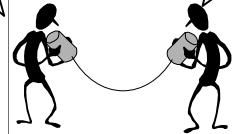
El Nuevo Plato Americano* Dos terceros de este plato están lleno de alimentos de plantas. El resto del plato tiene una porción chica de un alimento de carne, rico en proteína.

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

I heard it's not 5aday anymore!

Too true-you gotta eat more!



S
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S

Green Salad
Potatoes
Whole Wheat Roll

O
F

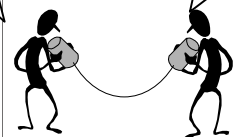
Yams
Celery

C
H
A
N
G
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Green Beans
Cranberries
Roast Turkey
Sweet Potato Pie
Perfect for the Holidays

Mo' bettah! Well - is 9 enough?

Sure- 9 is FINE!





**Calabazitas,
por Marie Delgado**

Limpie y rebane
(1/2") **3 a 4
calabazitas.**

Corte $\frac{1}{2}$ **cebolla
blanca** en $\frac{1}{2}$ "
cubos.

Corte **1 jitomate**
en $\frac{1}{2}$ " cubos.

*Ponga todas las
legumbres en una
olla con **sal** y **ajo en
polvo**, al gusto (o 2
dientes de ajo, bien
picado).*

Agregue un poquito
de agua y cocine
sobre un fuego bajo
hasta que las
calabazitas
estén delicados.

*Quite el agua de las
legumbres.*

Ponga $\frac{1}{2}$ **taza de
queso rallado**
(amarillo, blando
o queso monterey)
encima de las
calabazitas.

*Apague el fuego.
Ponga una tapadera
en la olla hasta que
el queso esté
derritado.*

Sírvelas con **frijoles
de la olla**, y
tortillas de maíz,
recién calentadas.



La página para los padres Preguntas que los padres hacen frecuentemente

P. Yo tengo un empleo de tiempo completo. ¿Como puedo encontrar suficiente tiempo para preparar un cena nutritiva para mi familia?

R. Los estudios de investigación científica han demostrado que las madres que trabajan alimentan a sus hijos tan bien como aquellas que no trabajan.

Si todos en casa ayudan a preparar la comida y con la limpieza, es posible preparar una comida rápida, sabrosa y nutritiva que todos en casa pueden disfrutar y saborear juntos cuando se sienten alrededor de la mesa.

Cuando tenga poco tiempo, prepare una comida sencilla. Un burrito, ensalada, algún pan, un vaso de leche y una fruta es un menú que puede estar listo en la mesa rápidamente.

Los niños pequeños pueden ayudar a lavar y a partir la lechuga y a ponerla en la ensaladera mientras usted prepara el platillo principal.

Cuando tenga suficiente tiempo para cocinar, doble la receta del platillo principal y congele la porción extra para que sirva en algún ocasión en que esté demasiado ocupada.

Anime a su niño a tener la curiosidad de notar los diferentes alimentos y como se prepara. ¡Así le encenderá la chispa para aprender a cocinar y a saborear lo que come!



Questions Parents Ask

from Making Meals Matter

Q. I work a full-time job. How can I find enough time to prepare a nutritious dinner for my family?

A. Research has shown that employed mothers do as good a job in feeding their children as mothers who don't work outside the home. With everyone pitching in to help with food preparation and clean-up. It's possible to create a quick, tasty and nutritious meal that the entire family can sit down and enjoy together.

When you're short on time, keep the meal simple. Spaghetti, salad, some bread, a glass of milk and a piece of fruit can be put on the table quickly. Young children can help wash and tear lettuce and put it in the salad bowl while you prepare the entree.

When you do have time to cook, double the main course recipe and freeze the extra portion to serve on a busy evening. Encourage your child's curiosity about different foods and how to prepare them. You may spark an interest in cooking and eating!

The parents' page



Talking Turkey

¡NO SE OLVIDE! Saque el pavo del congelador y póngalo en el refrigerador para descongelarlo en el domingo antes del Día de Gracias.

Si rellena el pavo. Saque el relleno inmediatamente después de comer el pavo, en la mesa de cena.

Después de comer, corte el pavo en pedazos inmediatamente para que se enfríe muy rápidamente. Póngalo en el refrigerador en la primera hora después de cenar.

Si sus invitados quieren la sándwich de pavo tradicional, ofrézcalo no más de una hora después de la cena (o, hágala del pavo frío).

Más vale prevenir que lamentar.

DON'T FORGET! Take the turkey out of the freezer and put it into the refrigerator to thaw on the Sunday before Thanksgiving.

If you stuff the turkey, remove the dressing right away - at the dinner table.

Right after dinner, cut the turkey into pieces so that it cools more quickly. Put it into the frig' in the first hour after you eat.

If your guests want that traditional turkey sandwich, serve it no later than 1 hour after dinner (or, make it from chilled turkey).

It's better to be safe than sorry.

Ponche de Blanquillos: Rico, delicioso - y sano.



- 1. Cocine 6 yemas de blanquillos, ½ taza de azúcar, 2 tazas de leche 1% y 1-cucharadita de vainilla** en un tazón de acero inoxidable sobre agua hirviendo (revolviendo frecuentemente) hasta que estén espesos y el color de limones.
- 2. Quite de la estufa y póngala sobre hielo**, revolviendo hasta que estén frías.
- 3. Agregue 2 tazas de leche 2% evaporada.** Ponga esta mezcla al lado.
- 4. Caliente en un tazón sobre agua hirviendo**, revolviendo constantemente hasta que estén 160F: las **6 claras de blanquillos con ¼ cucharadita de sal y 4 cucharadas de azúcar.**
- 5. Quite de la estufa y bátelas** a punto de nieve.
- 6. Incorpore** las claras a la mezcla de las yemas con movimiento suave.
- 7. Enfríala** por una hora, y **espolvoree** con nuez moscada antes de servir.

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Eggnog: rich, delicious - and safe

1. Cook 6 egg yolks, ½ cup sugar, 2-cups 1% milk and 1-tsp vanilla in a double boiler (stirring constantly) until thick and lemon colored.

2. Remove from heat and place over ice, stirring until cold.

3. Add 2-cups 2% evaporated milk and set this mix aside.

4. Heat the eggwhites, ¼ - tsp salt and 4-TBS sugar over boiling water, stirring constantly, until mix is 160F.

5. Remove from heat and beat until stiff peaks form.

6. Fold this mix with the yolk mix.

7. Chill for one hour and **sprinkle** with nutmeg before serving.





A Family That Walks Together Improves Their Health

Walking is one of your body's most natural forms of exercise. It's safe, simple, and doesn't require practice. There are many health benefits.

You can reduce your risk of a heart attack or type II diabetes. You can manage blood pressure, diabetes, weight and stress. You can boost your spirits and stay strong and active.

Best of all, if you walk as a family, you will all improve your health - and your family harmony.

Start this year - start after the holiday dinner - start now! Remember:

Wear appropriate shoes for walking and comfortable clothing.

Warm up your muscles by walking slowly for the first 5 minutes.

After warming up, stretch your legs and back.

If you're out of breath and can't talk with your family - slow down! Communication is one of the good things about walking together as a family.

La Familia Que Camina Juntas Mejora Su Salud

El caminar es uno de los modos de ejercicio del cuerpo que es más natural. Es sano, sencillo y no requiere práctica.

Hay muchos beneficios de andar para la salud. Usted puede reducir su riesgo de un ataque de corazón o la diabetes II. Puede manejar la presión de sangre, la diabetes, el peso y el estrés.

Usted puede animar su humor y quedarse fuerte y activo. Mejor de todos, si andan en grupo familiar, todos mejorarán la salud - y su armonía familiar.

Empiece este año - empiece después de la cena festiva - ¡empiece ahora! Recuerde:

Use zapatos apropiados para andar y ropa confortable.

Caliente sus músculos para andar lentamente por los primeros 5 minutos.

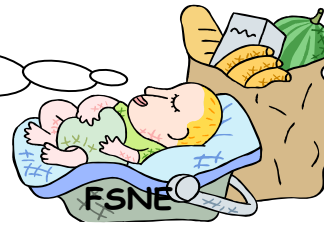
Después del calentamiento los músculos, estire las piernas y la espalda.

Si se siente sin aliento y no puede hablar con su familia, ¡afloje el paso! La comunicación es una de las mejores cosas del andar con la familia.



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 healthful foods for better diet and funds this newsletter.

What'll We Have For Dinner?

Fall to Winter Food Stamp Menus:

Sunday: Slow-cooked Pot Roast (beef chuck- cook double & save half for Tues) with carrots, onion, garlic & fennel or celery - over whole wheat noodles, with **rolls, side salad** and **gingerbread** (the cake kind)

Monday: Extreme Omelet Night (Your family's favorite fillings: diced ham, sliced onion or tomato, red pepper, cooked spinach, cheese, sliced avocado...or?), **Baked Potato Wedges, Orange Slices, Mini-Sundaes: Fresh Fruit & Low-fat Frozen Yogurt**

Tuesday: Hot Shredded Beef Sandwich on a Roll (you can add BBQ sauce if you like), **Coleslaw, Ranch or Baked Beans, Oatmeal Cookie**

Wednesday: Oven-fried Chicken, Risi-Bisi (Add diced red bell peppers, green peas and corn kernels to hot cooked rice. Sprinkle w/Parmesan), **Spinach Salad. Baked Pear** w/Maple Syrup.

Thursday: Homemade Minestrone Soup with Cheese Toasts; Winter Fruit Cup (dried plums, apricots and raisins plumped in fruit juice; diced apple - top with **hot custard sauce** - cooked vanilla pudding with twice the milk as the pkg calls for)

Friday: Spaghetti with White Beans and Tuna (olive oil; lots of chopped garlic and parsley, black pepper, fresh grated parmesan); whole wheat roll, deep green salad with lots of veggies, almond tapioca (add 1/2 cup minced toasted almonds & 1/2 tsp almond extract)

Saturday: EZ Lazee Turkey Burritos (leftover turkey heated to 160F in bottled mild green chile sauce; your favorite canned seasoned refried beans, grated cheese and fresh-style salsa - rolled in the freshest flour tortillas you can find. Hopefully whole Wheat!) **Sliced Orange and Avocado Salad on Crisp Romaine; Baked Custard.**

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.

Good news! It's 2007 and you can still provide tasty and nutritious meals to your family on a food stamp budget. Plan your meals around the weekly store specials and seasonal foods. Avoid costly packaged items. EBT cards make shopping easier than ever before and let you buy fresh, local products at many farmers' markets as well.

You'll have a special bond with family members when you share everything from meal planning to shopping to food preparation. You'll be saving money, passing along life skills to growing children and making happy memories for everyone.

