



Cooperative Extension • Monterey County

# Favorite Family Food

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## Kids Living Green

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Why is living green a good thing? Good for the earth- and good for us. Less pollution. Less trash.

**More money in our pockets, so that we can buy more whole grains, fruits and vegetables - green vegetables, of course - and be healthier.** Youth can lead the way in "living green".

Here are Jay Smith, an 18-year old from Aromas who's chosen an electric car, and thinks solar power is the way to go.

Eden Morillo is from Monterey - you met her last month. She's a champion recycler at age 3 - "so I can get my own money and because Daddy says it helps the animals and the envi-oment". They both received Certificates of Excellence from UC Cooperative Extension.

Do you know a young person who is a Living Green Leader? Contact us at 759.7373 to feature them in a future issue. For the glory...



Jay Smith, 18, from Aromas, chooses an electric car



¿Por qué es el "vivir verde" una buena idea? Es bueno para el mundo - y bueno para nosotros. Menos polución.

Menos basura.

Es para ganar mi propio dinero - y porque Papi me dijo que el reciclar es bueno para los animales y el medio ambiente...



**Más dinero en nuestras bolsas, para poder comprar más granos integrales, frutas y legumbres (especialmente los legumbres verdes), y por seguro - ser más saludable.**

Los jóvenes pueden ser líderes en el "vivir verde". Aquí está Jay Smith, de 18 años, de Aromas. El escogió un caro eléctrico, y piensa que la energía solar es la onda.

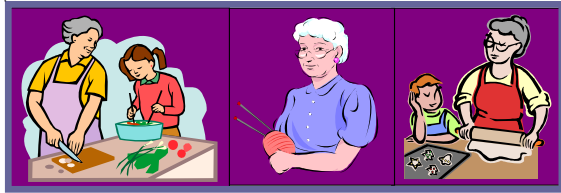
Eden Morillo es de Monterey - ¿la recuerda del mes pasado? Ella es una premiada reciclara de la edad de 3 años.

Ellos ambos recibieron certificados de excelencia de la Extensión Cooperativa de la Universidad de California.

¿Conoce usted a un joven que es un líder en el "vivir verde"?

Llámenos 759.7373.





## HABLAN LAS ABUELITAS

"Este dicho es de mucho valor..."

**Abuelita siempre dijo "Come bastante fibra"**. Ella tenía razón, como siempre. *¿Y que de las personas que comen solamente hamburguesas y papas fritas - pero no muchos legumbres, frutas, granos integrales o nueces? Ellos están comiendo un dieta BAJA EN FIBRA.*

Este modo de comer puede causar consecuencias muy desagradables. *(Demasiado desagradable para discutir aquí. Sólo pregúntae a su doctor sobre estreñimiento, y hernias, varices, diverticulitis, hemorroides y otros problemas asquerosos.)*

¿Quiere usted evitar estos tipos de problemas? Tome bastante agua (incluye aguas frescas, Tes., jugos, etc.). Coma la cantidad correcta de fibra diariamente.

¿Que es la cantidad correcta?

25-30 gramos cada día - ¡y muchas personas no comen este cantidad!

Cambie sus hábitos gradualmente. Coma más frijoles, granos integrales, nueces, legumbres y frutas - ambos cocinados y crudos. **(Muestra Menú por el lunes, P. 8)**

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

**Grandmother always said "get plenty of roughage"**.

She was talking about dietary fiber- and she was right, as usual. *People who only eat burgers and fries – but not many vegetables, fruits, grains or nuts? They are eating a LOW-FIBER diet.*

This way of eating can have very unpleasant health consequences\*! (\*Too unpleasant to talk about here- just ask your health care provider about constipation, and hernias, varicose veins, diverticulitis, hemorrhoids and other icky problems)

Do you want to avoid these kinds of problems? Here's how: **Drink plenty of water (can also include aguas frescas, teas, juices etc). Eat the right amount of fiber each day.**

What's the right amount?

25-30 grams a day – and most people do not eat this amount!

Change your habits gradually. Eat more beans, whole grains, nuts, seeds, cooked and raw vegetables and fruits. **Sample menu to the right**

UCCE's  
Favorite  
Family  
Food  
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### Sample Menu

#### Breakfast

1 serving cereal -  
**8 gm**  
½ cup milk  
- ½ gm  
English Muffin/  
1 TB berry jam  
**2.85 -gm**

#### Lunch

2 tuna tostadas  
with tomato,  
cabbage &  
avocado  
- **8 gm**

#### Snack

1 pear - **4 gm**

#### Dinner

Grilled chicken  
breast  
w/sliced almonds -  
**1..2 gm**  
Sm. Baked Potato  
with  
Broccoli & cheese  
- **7.5 gm**

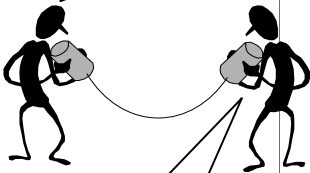
#### Sundae:

Vanilla frozen  
yogurt, ¼ cup  
raspberries,  
1 TB coconut  
- **5.7 gm**

### 37 Grams Fiber Today



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



I know -  
I know!

Adults can get wild with winter pizzas: thin sliced cooked root vegetables like parsnips, beets and yams, along with butternut squash, caramelized onions and garlic and even braised and well-drained bitter endive. A surprisingly delicious combo is endive, rock shrimp, caramelized shallots, red pepper flakes & mozzarella.



## COOKING with YOUR CHILD



# It's Pizza Time!



Perhaps some day we'll get past the popular items on every child's menu you've seen. For now, we are making pizza- another favorite.

Every public-school child is familiar with "French Bread Pizza", so that is what we choose to make. It's easier, because there's no dough to roll out. We just use large Ciabatta rolls, split lengthwise.

There are lots of colorful toppings, and since children love arranging little bits of food in a careful manner, I'll allow extra prep time for their artistry.

Part of the Food Decision Responsibility for parents is to decide what foods to offer, so I always set out plenty of colorful veggies when making pizza. I slice them thinly, and usually *blanch* them - pop into boiling water for less than a minute to set their colors and make them pliable.

Sometimes it's difficult to control a youthful urge to bury the pizza in flurries of grated cheese - not to mention whatever meat you've chosen, if any (Pepperoni? We don't go there!). So- allowing less than 1-ounce (about a 1" cube) of **pre-cooked Italian sausage** works well, especially if you toss it together with a similar amount of shredded **part-skim mozzarella** ahead of time.

This recipe can be varied with the seasonal availability of different vegetables. It's good for small birthday parties, since the pizza-making is a fun activity on its own, and everyone gets to have *exactly* what they want.

1. Have all ingredients ready and placed so there's plenty of work space. Wash hands.
2. *Split rolls and lightly toast. You can use **ciabatta rolls, Francesca rolls, sweet or sour French rolls, bolillos, "steak rolls" or even English muffins.***
3. On each cut side, spread **1-1 1/2 TBS Italian flavored tomato paste**. (Sometimes it's tempting to put more- but the pizza will be soggy and too tomatoey-tasting if you do)
4. *Layer veggies all over pizzas. You can use **Bell peppers of any color, sliced mushrooms, sliced zucchini or other summer squash, olives, onions, cooked thin slices of eggplant, etc.***
5. Sprinkle cheese (and meat, if you are using it) all over the top. Hold one hand alongside the pizza to keep cheese from landing on the counter.
6. *Sprinkle w/**black pepper, crumbled dry oregano & red pepper flakes** if you like.*
7. Put on cookie sheets and bake in a hot oven till all ingredients are toasty and the cheese is bubbly.

You will enjoy this one, especially when served with a big crunchy salad of Romaine, with creamy avocado and sweet orange slices/

# The New American Plate

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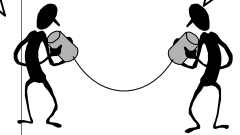
**The New American Plate\*** Two thirds of this plate is full of foods from plants. The rest of the plate has a small portion of a protein-rich food of animal origin.

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 Institute for Cancer Research

I heard it's not 5aday anymore!

Too true- you gotta eat more!

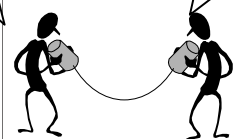


**Spring is easy-** Mix and match broccoli, asparagus, green peas, leeks, beets, crunchy romaine, dandelion greens, rainbow chard, mustard greens, delicate leaf lettuces, new carrots, radishes.

Some cooked, some raw. Some hot, some cold. Add a grilled chicken breast or a piece of baked fish and your supper will be both nutritious *and* delicious.

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



“How do you feed your appetite? ...Teens spend big bucks to keep their stomachs satisfied. Where you choose to get your food determines how much money you spend.”



“¿Cómo satisfaces tu apetito? ...Los adolescentes gastan bastante dinero para mantener sus estómagos satisfechos. El sitio donde obtienes lo que comes tiene mucho que ver como cuánto gastas...”



# La página para los padres

## Agarra la onda, ¡cuida tu dinero!

“¿Cómo satisfaces tu apetito? ...Los adolescentes gastan bastante dinero para mantener sus estómagos satisfechos. El sitio donde obtienes lo que comes tiene mucho que ver como cuánto gastas...”

Un recurso nuevo y fabuloso para los adolescentes y sus familias de la Extensión Cooperative de la Universidad de California -

### Bienvenidos a “Agarra la onda, ¡cuida tu dinero!”

*Un sitio para jóvenes sobre el buen manejo del dinero*

Nuestra meta es proporcionar a los jóvenes la información que necesitan para usar sensatamente su dinero. Así que visítanos y pasa un rato ameno con el video, juegos y demás materiales que encontrarás en este sitio. Y, no te olvides de presionar el botón de “comentarios” para dejarnos saber qué te pareció.

Este sitio bilingüe ofrece:

- boletines
- videos
- juegos
- avisos del experto
- sugerencias y comentarios
- otros enlaces



There's a great new resource for teens and their parents, from UC Cooperative Extension. It's online- and it's FREE.

### Welcome to Money Talks - should I be listening?

*A financial management web site for teens*

We are dedicated to providing teens with the information needed to make wise money decisions. So check us out - play the games, watch the video, and try out the links to other sites. Don't forget to go to the feedback section and let us know what you think.

Go here to check it out:

<http://moneytalks.ucr.edu/english/home.html>



# Money Talks - Should I Be Listening?

## *The parents' page*

**Traditionally,** the Irish used plain brisket (not corned beef) in their boiled dinners. Since we're all thinking about using less salt in our food these days, that may be a good thing. Prepare this homestyle, slow-cooked meal on the Sunday before St. Patrick's Day. For a small family you need:

- Half of a 3 ½ -pound fresh beef brisket
- 1 (12-ounce) bottle non-alcoholic dark beer
- 1 cup water (or enough to cover)
- 1 bay leaf
- 3 black peppercorns
- ¼ cup chopped parsley
- 1 tablespoon olive oil
- 2 small cloves garlic, peeled and sliced
- 1 cup sliced and rinsed leeks (white parts only)
- 1 small yellow onion, peeled and sliced
- ½ pound large carrots, cut into large pieces
- 1 pound small red potatoes
- ½ pound turnips, peeled and quartered
- 1 small green cabbage, cut in sixths (leave the core- it will hold the wedges together)
- freshly ground black pepper to taste

To do:

**Put the beef,** non-alcoholic beer, water, bay leaves, peppercorns, & parsley **into a slow cooker.**

**Saute** the garlic, leeks, & yellow onion in the olive oil for a few minutes and add to pot.

**Cook** on high for 1-hour, then on low for about 7 hours, or until the meat is very tender.

**Add** the carrots, potatoes and turnips after 4 hours, and the cabbage and pepper in the last hour of cooking. Serves 3-4 people - and each can salt their own meal to their own taste.

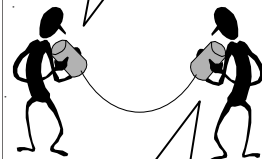
Serve it with Quick **"Irish Soda Bread"**:

Prepare a fairly stiff **biscuit dough** from a **boxed baking mix**, adding **1-2TBS sugar**, **½-cup raisins**, **1-TB caraway seeds** & **½ -cup (1 minute) oats** to the dough. Knead gently 8-10 times on a floured board. Shape into a round that is ¾ -1" thick. Place on a lightly greased and floured baking sheet. Let rest in the fridge for 10 minutes or so, then - using a large sharp knife, cut the round into 6-8 wedges (but do not separate them). Bake in a 400 F oven per package directions. To serve- place round into napkin-lined basket and gently separate the wedges.

## An Irish Dinner



How can anyone afford to make those fancy meals on the back page? They look way expensive to me!



We have to think "portion control". Sure, you can't eat *piles* of meat or any food, for that matter. But we *can* eat the right amount- the portion size we *should* be eating, for good health. So, deal with it!





## 3 is the Magic Number



Cuando estamos pensando en nuestra salud, el tres es el numero mágico. Si andamos tres millas casi cada día, podemos ganar y mantener salud.

Las autoridades están de acuerdo que estas tres millas nos dan fuerza y mantienen masa de músculos y movilidad. También, esta marcha puede ayudar el bajar de nivel de presión de sangre.

Púes, ¿para que esperar? Si no ha andado recientemente - o si tres millas parece muy lejos para usted, empiece lentamente. Ande alrededor de su cuadra 2-3 veces para comenzar. Cada día, ande más y más lejos - y antes de saberlo, usted estará andando tres millas - y a ún más.

(1 milla es más o menos 2000 pasos) (como siempre, hable con su doctor antes de empezar un programa de ejercicios nuevos)

*When we're thinking about health, three is the magic number. If we walk three miles almost every day, we can gain and maintain our health. Authorities agree that three miles gives us strength, and maintains muscle mass and mobility. This hike can also help to reduce blood pressure.*

*Well, what are we waiting for? If you haven't walked for awhile - or if three miles seems very far to you - start slowly. Walk around your block two or three times to start. Every day, walk a little farther - and before you know it you'll be walking three miles - and more!*

*(1 mile = about 2000 steps. Talk to your doctor before you start.)*

### Refrigerator? Or, Food Museum?

Looking for a leftover? Can't remember when that chicken was cooked?

Recently, a woman called and asked "After the big storm, we didn't have electricity for 2 days – so is this piece of smoked salmon safe to eat? Eeek!

If you are a "curator in a food museum", now is the time to change your methods of refrigerated food storage. You can put this list on the 'fridge for reference.

### ¿Refrigerador? O ¿Museo de comidas?

¿Buscando algo sobrante en su refrigerador? ¿No puede recordar cuando fue cocinado ese pollo?

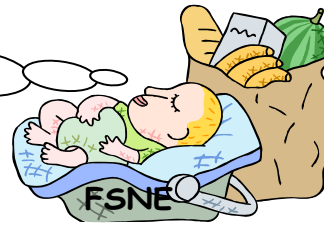


Recientemente, una mujer me llamó y preguntó "Después de la tormenta, no tenía electricidad por dos días - ¿está sano para comer todavía este pedazo de salmón? ¡aie...

Si usted ha llegado hacer una "conservadora de un museo de comida" es tiempo para hacer cambios en sus modos de guardar los alimentos refrigerados. Use esta lista como referencia.

# 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?

## Spring Food Stamp Menus:

**Sunday:** Roast Whole Chicken w/garlic & herbs (roast 2 -save one for Tues dinner); Roasted small Potatoes (put them in roasting pot with the chicken); Green Peas with sliced Leeks; Corn Tortilla or WW roll; Angelfood Cake with sliced Strawberries & softened low-fat Vanilla Frozen Yogurt

**Monday:** An Irish dinner- see page 6. Baked Custard for dessert. Wrap leftover beef for Wed.

**Tuesday:** Chicken Divan- favorite of the Casserole set- (recipe to the right); Deep Green Salad; WW roll; Yogurt w/Berries

**Wednesday:** Arroz y Frijoles con Carne de Res (sobrante de la cena del lunes); Calabacitas con Jitomates y Queso, Tortilla de Maíz, rebanada de Sandía. Rice & Beans with beef leftover from Mon; zuchini w/tomato & Monterey jack, corn tortilla, slice of watermelon. **Una cena rico en fibra - a fiber-rich dinner.**

**Thursday:** Slow-cooked Pork Butt w/Vegetables over WW Pasta, Simple Beet Salad (Grate well scrubbed beets into a bowl. Grate a little onion into it, and a carrot if you like. Spritz of lemon juice, a few grinds of black pepper and a teensy bit of salt. A tasty slaw that will surprise people who "hate beets"); Garlic Bread; Lemon Tapioca

**Friday:** Baked Cod, Roast Small Potatoes with garlic; Deep Green Salad; Fresh Asparagus; Vanilla Frozen Yogurt w/fresh Pineapple

**Saturday:** Piquitos (pink beans) cooked with leftover pork & veg from Thursday) over Rice, Corn Bread or Tortilla, Deep Green Salad; warm Brownie Pudding w/low-fat Whipped Topping

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!

**Chicken Divan:** combine 1 bunch broccoli, cooked; 2-cups cooked chicken; 1 can cream of mushroom soup and 1 of cream of chicken; black pepper, 1/2 tsp curry powder; 1-cup grated sharp cheddar cheese. Bakes in greased casserole in 375F oven till all is hot and bubbly.

