



Cooperative Extension • Monterey County

# Favorite Family Food

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## Spring! Give Me Something Cal-Fresh and Juicy!



Pioneers moved from snowy climates to lovely California where they marveled at being able to “pick oranges right off the tree in the backyard”. What a luxury!

On Sunday drives in SoCal as a child, I marveled at the orange juice shops at the edges of rural fields, made of concrete in the shape and color of huge oranges. I figured that the juice sold there just must be the coldest, the sweetest and the juiciest ever. Many of us recall the Orange Julius with fond nostalgia. Although now our citrus comes with little sticky labels instead of being stamped “Sunkist”, it is still sweet and good – the pride of California.

As we head into April, we’re enjoying the last of this season’s Navel oranges, considered the finest eating orange in the world. With 65 calories, 80+ mg Vit C and virtually no fat, the Navel is a sweet and guilt-free treat, and even the peel can be used. *(Continued on page 7)*



A todos mis lectores- Esta es la última edición del boletín Favorite Family Food. Para más información sobre alimentos y nutrición, visita la página en Facebook:

<http://www.facebook.com/pages/SNAP-EE-Monterey-County/127600380589436>

Ha sido un placer poder comunicarme con ustedes, más de once años. Muchísimas gracias por su apoyo.

*To all readers of Favorite Family Food - This is the last issue of the newsletter. For more information on food and nutrition, visit the FaceBook page:*

<http://www.facebook.com/pages/SNAP-EE-Monterey-County/127600380589436>

*It’s been a pleasure to communicate with you for nearly eleven years. Many thanks for your support.*

University of California and U.S. Department of Agriculture cooperating

1432 Abbott Street • Salinas, CA 93901

phone 831.759.7350 fax 831.758.3018

<http://cemonterey.ucdavis.edu>

# Grandmother's Secrets

## Pues, ¿estás estudiando el cocinar?

¿Celebra usted la batalla de Puebla este año con un desfile o una fiesta?  
¿Quizás irá al parque más tarde para una barbacoa?

Aprenda como preparar este platillo delicioso y tradicional. Por supuesto, será un éxito con las personas que asistirán a su picnic.

### Elotes Asados con Chile, sirve 6

1. Antes de salir, prepare la **mayonesa con chile**. Puré de **1 diente de ajo** con un poquito de sal hasta que esté una pasta.

Agregue  $\frac{1}{2}$  **jalapeño chico**, cortado muy, muy fino.

Agregue **el jugo de un limoncito** y mézclelos bien.

Incorpore estas sazones con  $\frac{3}{4}$ -**taza de mayonesa bajo en grasa**.

Ponga esta “crema” en un recipiente cubierto completamente, y enfríalo antes del usar.

2. Cuidadosamente, jale atrás las hojas de **6 mazorcas de maíz** y quite el pelo del elote. Cubra las mazorcas otra vez con las hojas y déjelas remojando en agua.
3. Ralle  $\frac{1}{2}$  **taza de queso Parmesano**.
4. También lleve **una botella de chile en polvo** (como la que se use para pico de gallo)
5. En el picnic, ponga el maíz en la parilla y cocínelo a su gusto. Jale atrás las hojas y retócelas para formar un asa.
6. Unte cada elote con 1 cucharada de la “crema”. Espolvórealos primeramente con queso, y entonces con chile en polvo.
7. ¡Disfrútenlos!

## En el Cinco de Mayo, reina el Maíz!



Este está un bocadillo de sustancia- como una comida. Contiene 760 calorías, 1/3 cantidad diario de proteína, pero nomás de 26% de grasa.



# Cooking Lessons

Celebrating the battle of Puebla this year? Going to a parade or street festival? Maybe later to the park to BBQ?

Learn to make this delicious dish that's sure to become an instant tradition with the folks at your picnic.

## Roasted Corn with Chile ...for 6 ears

1. Before you go, make the **Chile-mayonnaise**.

Mash **1 small clove of garlic** with a **little salt** till it is a paste.

Add  $\frac{1}{2}$  **small jalapeño pepper**, minced very very small.

Add **juice of a key lime** and mix well.

Fold this seasoning into  $\frac{3}{4}$  -cup **lowered fat mayonnaise**.

Put this "cream" into a tightly covered container and store in the refrigerator, then well-chilled in a cooler till ready to use.

2. Carefully pull back the husks of **6 ears of corn** and remove the silks. Pull the husks back over the ears and soak the corn in water.
3. Grate  $\frac{1}{2}$  cup of **Parmesan cheese**.
4. Also take along a jar of **powdered Chile** (such as that used for pico de gallo)
5. At the picnic, grill corn until it is done to your taste. Strip back the husks and twist them together to form a kind of handle.
6. Spread a spoonful of the "cream" all over the ear. Sprinkle the ear with grated cheese and then with Chile powder to your taste.
7. Enjoy!



**On Cinco de Mayo, Corn is Queen!**



## April 22<sup>nd</sup> - Earth Day 2011 –

.....the theme is  
“A Billion Acts of Green<sup>®</sup>”  
*and you can begin at home with a few  
of these tips.:*

Do you want to provide a fresh and healthful home for your family - and at the same time save your money *and* the environment?

Living a “Green Life” in your home is simpler than you might think! Give these old-fashioned ideas a try in your house. They are not only effective and easy to use, but also safer *and* less expensive. Mix up a few of these recipes today:

**All-purpose cleanser:** 1-qt warm water, 1 TBS liquid soap, 1-tsp borax and ¼ -cup distilled white vinegar. Mix well and keep in a spray bottle. Use to clean floors, carpets, counter tops, walls and upholstery.

**Laundry helper:** Add ½ -cup washing soda to your detergent. This makes colors rich and white clothes very white, without using bleach.

**Drain maintainer:** For free-flowing drains, add this to your weekly cleaning routine. Put ¼ -cup baking soda in the drain, followed by ¼ -cup of distilled white vinegar. Cover the drain, wait 15 minutes, then rinse with 2-quarts of boiling water.

**Toilet cleaning::** Scrub with baking soda. To remove stains, pour ¼ -cup borax in the bowl, wait 30 minutes, and scrub with the toilet brush.

**Sinks & Bathrooms:** Scrub with baking soda.

**Glass cleaning::** Mix 1 quart warm water and ¼ -cup distilled white vinegar. Store in a spray bottle; use as needed. And-using newspaper to polish glass after cleaning really works!

**Disinfecting:** Use ½ -cup borax in 1-gallon hot water.

**Mildew removal:** Use borax solution described above. Don't rinse it off if you want to prevent the growth of more mildew.

**Degreasing:** Use distilled white vinegar, or a mix of ½ -tsp sal soda, 2 TBS distilled white vinegar, ¼ -tsp liquid soap and 2 cups hot water.

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You probably know that many commercial cleaners contain toxic substances that can be dangerous to your family's health if they are used improperly.

Do you ever wonder if one of your usual laundry products might be what is causing your child's allergy symptoms?

Do you ever think about toxic liquids flowing down into the Monterey Bay?



# Su Hogar Verde

Probablemente, usted sabe que muchos productos de limpieza comerciales contienen sustancias tóxicas que son peligrosas para la salud de su familia, si no se usan correctamente.

¿Ha preguntado si uno de sus productos de limpieza regular quizás sea la causa de los síntomas alérgicos de su niño? ¿Piensa usted de líquidos tóxicos fluyendo por la bahía de Monterey?

¿Quiere proveer un hogar fresco y saludable para su familia - y a la vez, ahorrar su dinero y cuidar al medio ambiente?

¡El vivir una “vida verde” en su hogar es más fácil que quizás usted piense! En su casa, procure estas ideas pasadas de moda. Estas son no solo efectivas y fáciles de usar - pero más seguras y más baratas también. Mezcle algunos de estas recetas hoy:

**Producto de limpieza multiuso:** 1 cuarto de agua tibia, 1 cucharadita de jabón líquido, 1 cucharadita bórax y  $\frac{1}{4}$  -taza vinagre blanco. Mezcle todos y póngalos en una botella con atomizador. Use para limpiar los pisos, las encimeras, las alfombras, el tapicero y las paredes.

**La ropa:** agregue  $\frac{1}{2}$  -taza de carbonato sodio a la detergente. Este hace la ropa muy blanca o con colores ricos, sin el usar el cloro.

**El desagüe:** ponga  $\frac{1}{4}$  -taza de soda horneada adentro del desagüe; entonces ponga  $\frac{1}{4}$  -taza de vinagre blanco. Tape el desagüe y espere 15 minutos. Enjuague con 2 cuartos de agua hirviendo.

**El escusado:** friegue con soda horneada. Para sacar las manchas, ponga  $\frac{1}{4}$  -taza de bórax adentro, espere 30 minutos y friegue.

**La bañera:** friegue con soda horneada.

**El vidrio:** mezcle un cuarto de agua tibia y  $\frac{1}{4}$  -taza vinagre blanco y póngala en una botella con atomizador. Use cuando se necesita.

**Desinfectar:** Use  $\frac{1}{2}$  -taza de bórax con un galón de agua caliente.

**Quitar el mildew:** Use la solución de bórax descrita arriba. No enjuague si quiere prevenir el crecimiento de más mildew.

**Quitar la grasa:** Use vinagre blanco, o una mezcla de  $\frac{1}{2}$  -cucharadita de sal soda, 2-cucharadas de vinagre blanco,  $\frac{1}{4}$ -cucharadita de jabón líquido y 2 tazas del agua caliente.





# Enjoying juicy oranges...

(Continued from front page) ...Make a “rose” with an orange peel to garnish the Sunday Ham, or grate the “zest” (colored part of the peel) for use in Orangeades and Gremolatas.

Look to the right for a wonderful example of a flower made from an orange peel, from <http://garnishfood.blogspot.com>. For **Orangeade**, mix fresh squeezed orange juice with a teaspoonful of syrup (simmer 3 minutes: 1 cup water, 3/4 cup granulated sugar, 1 tsp grated orange zest. Use to flavor cold drinks). Pour over ice in a tall glass and enjoy.

For **Gremolata**, mince together very finely - zest of half an orange, 1 small clove garlic, 2-3 large sprigs parsley with the stems removed. Sprinkle this on any savory dish- grilled meats or pasta dishes- to give them a giant flavor boost. Keeps well in the freezer, too.

Or - try your hand at making a **Citrus Salsa** – it’s good with a smoke-roasted chicken, but it’s FABULOUS with fish. Whether the fisher you know brings home a halibut- or you just make patties out of canned salmon or tuna for fish tacos, a generous spoonful of citrus salsa makes the dish memorable.

Your basic salsa would use about 2 large Navel oranges and a couple of limes (peeled and diced), blended with 2-TBS EACH honey, minced green onions, and cilantro. A shake of salt and 1 SMALL minced jalapeño finish it off. Let it rest for a couple of hours to blend the flavors well.

Other options- you might add 2-TBS chopped fresh mint, or- EBF uses finely chopped candied ginger.

To peel citrus efficiently, use a sharp paring knife. Cut a thin slice off the top and bottom of the fruit and rest the fruit securely and safely on this flat base. Using the tip of the knife, carefully peel – in a curve, following the curve of the fruit- from top to bottom, in strips.

You can then dice the peeled fruit – or if you are especially skilled, you can section it. Either way, gather up the scraps of peel in your hand and squeeze over the dish to obtain every last drop of juice.





# ¡Dé un paso gigante!

Los niños juegan “Simón dice”. Simón dice: “¡Da un paso gigante!”, y todos los niños dan un paso adelante, tambaleándose en el otro pie y riéndose. ¡Que divertido - y que buen ejercicio el balancear!

En el sendero para bicicletas, había un hombre dando saltitos por el camino. Parecía sudado, pero contento también. Otra vez- divertido y buen ejercicio el balancear.

En mi vecindad por la tarde, viene una ancianita cada día, haciendo su ejercicio. Ella da pasos muy chiquitos. No levanta sus pies de la tierra, pero solamente camina arrastrando los pies. Yo pienso que ella tiene miedo de caerse. Ella no tiene confianza en su sentido de equilibrio.

Quiero decirle a ella la misma cosa que mi terapeuta física me dijo: “¡Da pasos gigantes! Practica algunos ejercicios de equilibrio cada día.”



Con esta rutina puedes sentarte cómoda en tu cuerpo hasta que tengas una edad muy vieja, sin miedo de moverte fácilmente.”

# Take a giant step!

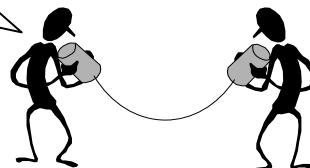
The kids are playing “Simon Says”. Simon says “take a giant step” and all the kids step forward, teetering on their other foot and giggling. How fun- and what good exercise for balance.

On the bike path, I saw a guy skipping along. He looked sweaty but happy. Again - fun and a good balancing exercise.

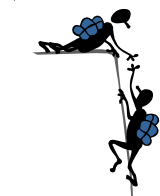
In my neighborhood in the afternoon, an old lady walks along every day - her exercise. She takes tiny steps. She doesn't lift her feet up off the ground, but shuffles along instead. I think she is afraid of falling. She doesn't have much confidence in her sense of balance.

I want to tell her what my physical therapist said to me: “Take giant steps! Do balance exercises every day. With this routine, you'll be comfortable in your body to a ripe old age, without any fear of moving easily”.

So, is this it? The last time we get to comment?



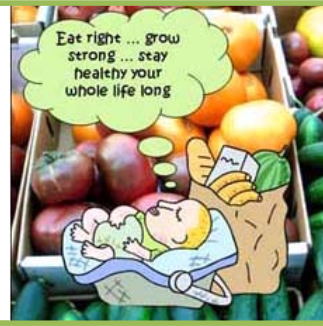
Yes, it's true. You take care of yourself now, y'hear?



# The Last Word



*The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs*



## What'll We Have For Dinner?

**Sunday:** For Mom- Ginger-peach glazed **Ham**, Roasted Red **Potatoes**, Mashed Green **Peas with mint**, WW **Rolls**, Deep Green Salad, **Angel Cake with Strawberries**

For Dad - **Mixed Grill (Thin-sliced Beef Minute Steaks - top with finely minced garlic; Chicken Sausages, Vegetable Kebabs); BBQ Beans; Coleslaw; Garlic Bread; Plum'n'Peach Cobbler**

**Meatless Monday:** Soft-cooked **Rice** (spring vegetable risotto) with **Asparagus, Spinach and Peas**. (Sauté a little garlic and green onion in olive oil till soft; add raw washed brown rice, sauté till somewhat transparent, add chicken or other broth and cook very slowly. Continue to add broth, a little at a time, when rice begins to look dry. When rice is nearly cooked through, add thinly sliced asparagus, and clean chopped raw spinach. Cover pan and finish cooking about 8-10 minutes. Check seasoning for pepper, stir in some thawed green peas and serve, generously garnished with grated parmesan. Crusty **bread** and a salad of **Avocado & Grapefruit** would be nice - and Lemon Tapioca.

**Tuesday:** Going to cheer on your Little Leaguer? Before you leave, serve a quick Warm **Roast Chicken** (use a rotisserie chicken from the market) and **Egg Caesar Salad with Carrot Sticks, Whole Wheat Rolls**. Enjoy a Carrot cupcake after the win.

**Wednesday: Cuban-style Black Bean Soup** (black beans, onion, bay leaves, garlic, parsley, salt, pepper, ham leftover from Sunday). Serve with dollop of low-fat sour cream and lime wedges- or grated cheddar, low-fat sour cream and chopped raw onions.

Add **Garlic bread**, and a **dark green salad** with lots of vegetables. **Strawberry-rhubarb crisp** served warm and a **la mode** with low-fat vanilla frozen yogurt? Excellent!

**Thursday:** Stir-fried **Mushrooms, Garlic and Beef over Polenta, Broiled Peach Halves, Vanilla Panna Cotta** (milk gelatin)

**Friday: Baked Red Rockfish with Rice, Deep Green Salad, Crusty Bread, Brownie Pudding**

**Saturday: - Albondigas; Vegetable Garnishes:** sliced radishes, thinly sliced cabbage, chopped onion, chopped cilantro, lemon wedges; Corn **Tortillas**. Baked **custard**.

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## 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 soups-to eating them in salads. Either way, eat several kinds each day.

