

Food \$ense

Wisconsin Nutrition Education Program

Vol. 15 Issue 4 July - August - September 2015

<http://fyi.uwex.edu/foodsense/>

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Learn the Language of Cooking

You don't have to be a chef to cook healthy meals, but following recipes is easier if you understand the vocabulary. Here are a few terms often seen in recipes.

Cutting Methods

- **Slicing**—to cut through or across into slices, generally pieces are about the same size.
- **Chopping**—cutting food into smaller pieces of no particular size or shape.
- **Dicing**—cutting foods into uniform square pieces.
- **Mincing**—cutting food into very small pieces.

Dry Heat Cooking Methods

- **Baking**—cooking food surrounded by the hot, dry air of your oven.
- **Roasting**—cooking meat, poultry or vegetables in the oven; food is not covered.
- **Broiling**—cooking with the heat source above the food.

- **Sautéing**—cooking food quickly in a small amount of fat on the stove.
- **Grilling**—cooking food on a rack above a heat source, such as charcoal or gas.

Moist Heat Cooking Methods

- **Poaching**—cooking delicate foods such as eggs or fish in liquid that is hot but not boiling.
- **Simmering**—cooking food in a hot liquid that is bubbling but not boiling.
- **Boiling**—cooking food in a rapid boil.
- **Steaming**—cooking food in steam created by boiling liquid in a covered pot; food does not touch the liquid.



Source: *Academy of Nutrition and Dietetics*

Make Ahead Breakfast Burritos

Reheat for a quick breakfast on the go!

1 cup potatoes, diced (1 medium potato)
1/2 cup onions, diced (1/2 medium onion)
1 cup bell peppers, diced (1 medium pepper)
8 eggs, beaten
1/8 teaspoon garlic powder
1/4 teaspoon ground black pepper
1 cup low-fat cheddar cheese, shredded
8 flour tortillas (8")

1. Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat. Add onions and peppers, cook for 3 to 4 minutes until the potatoes are browned.
2. Add beaten eggs to the vegetable mixture. Cook for 4 -5 minutes over medium heat until liquid is gone. Stir in garlic powder and pepper.
3. Roll up each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture. Serve or freeze.



To freeze: Wrap each burrito tightly in plastic wrap. Freeze in single layer on cookie sheet. Store wrapped burritos in a freezer bag. **To reheat:** Remove plastic wrap. Wrap burrito in a damp paper towel. Heat in microwave on medium power for 3-4 minutes.

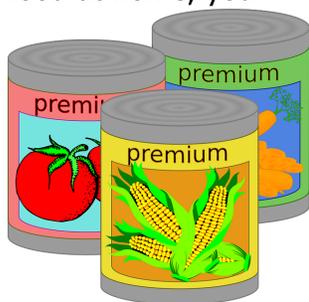
Source: *Iowa State University Extension*

Health Benefits of Home Cooked Meals

Concerned about the fat, sodium, or sugar in your food? Cooking meals at home instead of eating out or purchasing prepared foods may just be your ticket to good health.

Choose the Ingredients

Home-cooked food is usually lower in saturated fat, sodium, and sugar and higher in good nutrients like fiber, calcium, and iron. Why is this so? When you prepare food at home, you get to choose the ingredients. Select low-sodium ingredients like canned vegetables or beans. Choose fruits canned in their own juice or use fresh fruits and vegetables when in season.



Control Portion Sizes

We tend to eat larger portions when we eat out. Try using smaller plates to get right-size portions when eating meals at home.

Get Veggies and Fruits

Eating at home helps you make other healthy choices. Include more fruits and vegetables in main dishes, side dishes, or try fruit for dessert.

Source: *Why eat at home?*
eXtension Foundation

Get the Most for Your Food Dollars

Be smart about your food purchases. Follow these tips to get the most out of your food dollars.

Prepare meals at home. Avoid buying foods at restaurants and vending machines. It is estimated that one-third of food budgets go toward eating out.

Use basic foods. Buy few pre-cut or ready to eat/heat meals. These food are estimated to make up 12% of food budgets.

Buy the "right" amount. Choose the amounts of food you can use before it spoils. Food that spoils before eaten is estimated to make up 10% of the average food budget.

Buy less or no sugary drinks. Take off sports drinks, carbonated beverages, and sweet coffee drinks from your food list. Eliminating sugary drinks could save you 7% of your food budget.

Shop smart for fruits & vegetables. There are many low cost ways to fill half your plate up with fruits and vegetables. See MyPlate Smart Shopping Tips for more ideas at www.choosemyplate.gov.

Source: *Good for you!*
Kansas State University Research and Extension

Sloppy Joes

A summertime favorite—made from scratch.

- 1 pound lean ground beef
- 1/2 medium onion, chopped (about 1/2 cup)
- 1/2 cup celery, chopped (about 1 stalk of celery)
- 1/2 cup green or red pepper, chopped (about 1/2 large pepper)
- 1/4 cup water
- 1/2 cup tomato ketchup
- 1 tablespoon prepared mustard
- 1 teaspoon sugar
- 5 whole wheat buns

1. Combine ground beef, onion, celery, and pepper in a medium skillet. Add water. Cook over medium low heat for 15 minutes. Stir as needed. Cook until beef mixture reaches at least 160°F.
2. Put ground beef mixture in a colander. Pat mixture with paper towels and rinse with warm water to remove fat.
3. Return to skillet. Add ketchup, mustard, and sugar. Heat 5-10 minutes on low heat.



Source: *Iowa State University Extension*

Separate: Don't Cross-Contaminate!

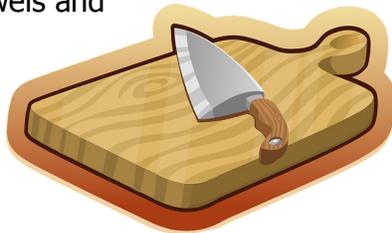
Follow this food safety rule to help keep your home-cooked meals safe to eat. Bacteria can be spread through cross-contamination—when this happens, bacteria transfers from one food to another and may cause food borne illness if the food is not handled or cooked properly before it is eaten. Remember, foodborne illnesses can begin in the supermarket or at home.

While shopping for food:

- Check for cleanliness. Buy your food from a store that follows proper food handling practices.
- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart, checkout and bags. Place these foods in plastic bags to prevent their juices from dripping on other foods.

When at home:

- Always start with a clean scene—wash hands with warm water and soap.
- Keep your kitchen counters, stove, refrigerator, cutting board and sink clean.
- Use clean dish towels and dish cloths. Wash cutting boards, dishes and utensils with hot soapy water after each use.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



Sources: *WNEP Keeping Food Safe, 2005*

UW-Extension FYI Safe & Healthy: Preserving Food at Home—January 14, 2014

Fight BAC Separate: Don't Cross-Contaminate! Partnership for Food Safety Information

MyPlate Tip

Use coupons to save more at the grocery store.



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Submit your question to Sue Keeney at fyi.uwex.edu/foodsense/ask-sue-keeney/

Dear Sue,

My family has their favorite foods which aren't always the healthiest. I've followed your advice and now have healthy foods in my cupboards and refrigerator. But, now what do I do with them?

Wanda Please

Dear Wanda,

Whipping up healthy recipes may be easier than you think. You can make simple ingredient substitutions to create healthy dishes without giving up taste and enjoyment.

Try using whole-wheat flour for half of the called-for all-purpose flour in cakes and muffins for an easy way to add fiber to your diet.

In most baked goods you can reduce the amount of sugar by one-half. Then try adding vanilla, nutmeg or cinnamon to boost the sweetness of your product.

Unsweetened applesauce can be used for half of the called-for butter, shortening or oil in baked goods. Usually vegetable oil is not a good substitute for butter or shortening. And tub-style margarine doesn't work well to replace regular margarine because of fat content.

Plain fat-free or low-fat yogurt can be used in place of sour cream in dips, salads, and main dishes. You'll hardly notice a taste difference.

Changing ingredients in a tried and true recipe may take some trial and error. The key is to make healthy changes one step at a time.

Sue

Source: *Recipe Substitutions Extension Foundation*

Food That's In . . . When School Is Out!

Summer Food Service Program for Children



Learning does not end when school lets out. Neither does the need for good nutrition—which is crucial for children to have safe and productive summers. The summer food program provides an opportunity to continue a child's physical and social development while providing nutritious meals.

www.wisummerfood.org

Check this website throughout the summer to find out program dates and locations in a community near you.

Who is Eligible?

All children 18 years of age and under are eligible to receive FREE meals. No need to sign up or apply for the program - just bring yourself and enjoy tasty & nutritious meals.

Source: *Wisconsin Department of Instruction*

Kids in the Kitchen...

Letting kids learn to cook HELPS you and is a great way to be a healthy role model. Get your children to help in the kitchen. To be safe, think about what children are capable of doing.

Two-year olds can learn to use their arms and hands to scrub, tear, snap, and dip—let them help make salad!

Three-year olds use their hands and fingers better to pour, mix, spread, and shake—have them help make sandwiches or salad dressing.

Four-year olds are perfecting fine motor skills with hands and fingers to peel, mash, crack eggs and roll—making fruit salad or mashing veggies.

Five-year olds are learning hand-eye coordination to measure, cut, grind and grate foods. Let them help you measure ingredients and do more food preparation.

Source: *Raising Healthy Eaters, UW-Extension*

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call _____ or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in your county, please contact:

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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