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Basic Food Safety Principles

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<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette, Montgomery, Wilson Counties

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Serving: Allen, Bourbon, Neosho, Woodson Counties



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## Cajun Roasted Garbanzo Beans

Serves 8

### Ingredients:

- 1 1/2 cups garbanzo beans, drained
- 2 tablespoons olive oil
- 1 teaspoon Cajun seasoning\*



Source: adapted from North Dakota State University Extension

### Directions:

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with aluminum foil or spray baking sheet with cooking spray.
3. Wash hands with soap and water.
4. Pat the garbanzo beans dry with a paper towel and discard any excess skins that fall off.
5. In a medium bowl, toss the garbanzo beans with the olive oil and Cajun seasoning.
6. Spread into a single layer on the baking sheet.
7. Bake 50-60 minutes or until garbanzo beans are golden and crisp. Check and stir the beans every 10 minutes during baking.
8. Remove from the oven and cool completely before serving.

\*Tip: If Cajun seasoning is not available, substitute a blend of salt, black pepper, paprika, onion powder and oregano. Add heat with a pinch of cayenne pepper. For variety, try this recipe with other seasonings and flavor combinations like Italian seasoning, curry powder, garlic powder, and more.

**Nutrition Information:** 1/8 of recipe, Calories 70, Total Fat 4g, Cholesterol 0mg, Sodium 60mg, Carbohydrate 7g, Fiber 2g, Sugar 1g, Protein 2g

**Eating Better on a Budget:** Get the most for your budget! There are many ways to save money on the food you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

The recent miserably hot weather has had many (myself included) desperately looking forward to cooler temperatures. According to the Kansas Department of Health and Environment, more than 100 Kansans are hospitalized each year as a result of heat stress. So, what can you do to beat the heat? Check out these tips from the Centers for Disease Control and Prevention (CDC):

**Wear lightweight clothing.**

**Stay in an air-conditioned space as often as possible.** If you do not have air conditioning at home, remember that your local public library may serve as a cooling center!

**Protect yourself from the sun.** Since sunburn can cause dehydration, be sure to wear a wide-brimmed hat, sunglasses, and sunscreen if you have to go outside.

**Never leave children or pets in a parked car.** Try giving yourself visual cues to help prevent this from happening, such as always keeping a stuffed animal in your child's car seat and then placing that stuffed animal in the front of the car with you after your child is buckled in.

**Stay hydrated.** Do not wait until you are thirsty since the feeling of being thirsty lags behind your body's need for water. To learn more about the importance of fluids to your health, visit [bit.ly/ksreliquidassets](http://bit.ly/ksreliquidassets) to check out a recently released fact sheet from K-State Research and Extension.

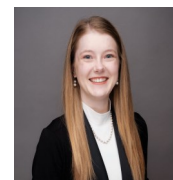
**Keep your pets hydrated, too!**

**Know the signs of heat-related illness.** These can include (but are not limited to) confusion, dizziness, fainting, headache, losing consciousness, nausea or vomiting, and tiredness or weakness. Visit [bit.ly/heatsigns](http://bit.ly/heatsigns) to learn more about warning signs and what to do if someone shows these signs.

To learn more about hot weather tips from the CDC, visit [bit.ly/cdshotweathertips](http://bit.ly/cdshotweathertips).



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Football Season is finally here! As we all begin to prepare our veggie trays and wings, a critical part of keeping everyone enjoying the game is practicing the proper food safety practices when preparing your gameday goodies. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill. Here are 10 tips to reduce the risk of foodborne illness broken down by those four basic food safety principles:

CLEAN:

**Wash hands with warm water and soap.** Rub hands together for 20 seconds.

**Sanitize Surfaces.** Use a solution of 1 TBS of unscented chlorine bleach per gallon of water to sanitize surfaces.

**Clean sweep refrigerated foods once a week.** Cooked leftovers should be tossed after 4 days; raw poultry and ground meats, 1-2 days.

**Keep appliances clean.** Pay close attention to any handles or buttons.

**Rinse produce.** All fresh vegetables and fruits need to be rinsed under running water before eating, cutting, or cooking.

SEPARATE:

**Separate foods when shopping.** Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

**Separate foods when preparing and serving.** Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL SEPARATE:

**Use a food thermometer.** To ensure food is safely cooked to be consumed, food must be held at safe temperatures until eaten.

**Cook food to safe internal temperatures.** Check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F

**Keep foods at safe temperatures.** Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F)

For more information, visit [www.fsis.usda.gov](http://www.fsis.usda.gov), OR contact Katherine Pinto, EFNEP and SNAP-Ed Agent, [kd Pinto@ksu.edu](mailto:kd Pinto@ksu.edu) or 620-232-1930.



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