

HEALTHY CHOICES

October 2023

Commodities

Tomato soup

Pinto Beans

Garbanzo

Almonds Roasted

1% Milk

Medium Grain Rice

Pulled Pork

Canned Red Salmon

Whole Strawberry

Chicken Drumsticks

Cheddar Cheese

Southwind Extension District
620-365-2242

<https://www.southwind.k-state.edu>

Serving: Allen, Bourbon,
Neosho, Woodson Counties

Wildcat Extension District
620-331-2690

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

Serving: Crawford, Labette,
Montgomery, Wilson Counties



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Canned Salmon Pasta

Servings 4

Ingredients:

- 4 tablespoons olive oil
- 4 large cloves garlic, minced
- 2 (5 ounce) can salmon
- 2 tablespoon lemon juice + zest of 1/2 lemon
- 2 tablespoon fresh parsley, chopped
- Salt and pepper to taste
- 8 ounces uncooked pasta (like spaghetti)



Source: Adapted from, Salt & Lavender, Internet,

Directions:

1. Boil a pot of water for your pasta and cook according to package directions.
2. Wash hands with soap and water.
3. Add oil to a small pan over medium heat. Once the oil is hot, add the garlic and cook for 30 seconds.
4. Stir in the salmon, (add the juices from the can for added flavor) the lemon juice, + zest, and parsley. Let it heat through.
5. Once the pasta is done, add some of the pasta water (2 tablespoons) to the sauce and then drain the pasta and toss with the sauce. Season with salt and pepper as needed. Grate some parmesan on the top if you wish.

Nutrition Information: This is only an estimate to the recipe, Calories 438, Carbohydrates 44g, Protein 24g, Total Fats 18g, Cholesterol 59mg, Sodium 275mg

Savor the flavor. Take time to pay attention to the taste of each bite of food. Make small, healthy changes to your recipes or try dishes from another culture to liven things up.

Pumpkin Picking

What is round, smooth, slightly bumpy, and most often shades of deep yellow and orange? If you were thinking of Oranges, you're not wrong. But, in this article, we are referring to pumpkins!

Native to North America, pumpkins are one of the oldest domesticated plants used as early as 7,000 to 5,500 B.C. Pumpkins are widely grown for food, but also make beautiful fall decorations! Pumpkins are commonly carved into decorative jack-o'-lanterns for the Halloween season.

Pumpkins aren't just pretty to look at; they provide a ton of great nutrition. Pumpkins provide a great source of vitamins A and C, Potassium, and Fiber.

Pumpkins are a type of winter squash that are available in October and November. If you really take a liking to pumpkin, canned pumpkin is convenient and available year-round. Unopened canned pumpkin is safe to eat for up to years after the 'use by' or 'best by' date if the can has no dents, rust, or swelling. Once opened, canned pumpkin can be kept in the refrigerator can be kept for 3 to 4 days. Store whole pumpkins in a cool, dark, and dry place for up to 3 months. With any pumpkins that you plan to consume, make sure that you scrub them under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.

Pumpkins grown for cooking are called "Pie Pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree. Choose pie pumpkins that are firm and heavy for their size, without cracks or any soft spots. Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not always pleasant. Each pound of uncut pumpkin will provide 1 to 1 ½ cups of cooked puree. Pumpkin puree is a great way to add in flavor and fiber to your favorite food; I enjoy putting pumpkin puree into my morning oatmeal with Cinnamon!

There is so much fun to be had with pumpkins; get the whole family involved! When kids help make healthy food, they are more likely to try it!

Show kids how to:

- Gather ingredients and tools for cooking

- Measure and mix ingredients

- Follow proper food safety steps

Make decorating the house for all a fun family activity! Try visiting a local pumpkin patch and letting everyone pick out their own pumpkin. There are big ones and small ones, but most importantly there are some for everyone!

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Types of sugar storage will be the topic for this month's newsletter.

Brown sugar should be stored in an airtight container that helps retain the moisture of the sugar. Soften hard sugar by microwaving with a clean white wet, but not dripping, paper towel. Microwave on high for 30 seconds. Sugar will be hot and when cooled will become hard again.

Or cover sugar with plastic wrap in a rustproof container. Place a damp but not dripping paper towel over the plastic wrap and seal container. Wait for about two days and sugar should be moist again. Remove paper towel and plastic wrap and re-seal container.

White sugar should also be stored in an airtight container. When sugar becomes hard or forms a crust break up sugar by shaking container, placing in a strong storage bag and pressing with a mallet or roll with a rolling pin. A mortar and pestle or spice grinder will also work. As with flour, be sure the container you use or purchase will fit into the cabinet or on the shelf easily. The lid should be easy to open and seal tightly.

Follow this simple chart for storage amounts and container sizes.

1-pound sugar = 2.5 cups sugar fitting in a 1 to 2-pint container

4 pounds sugar = 8 cups sugar fitting in a .5-gallon container

10 pounds sugar = 23 cups sugar fitting in a 1.5-gallon container

Information is taken from Cleaning the Kitchen Cupboard: Toss or Save? By Alice Henneman, Retired UNL Extension Agent in Lancaster County and Joyce Jenson, Lincoln-Lancaster County Health Department in Lincoln, Nebraska.

