

## Lentil Tacos

### Commodities

Applesauce  
Whole Kernel Corn  
Green Beans  
Potatoes  
Walnut Pieces  
Lentils  
Chicken  
Carrots  
Roasted Whole Almonds  
Farina Wheat

### In this Issue

Lentil Tacos  
Storing Food  
Crying Babies

Cherokee County  
620-429-3849

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

Serving: Cherokee County

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

### Ingredients:

Serves 6

1 tablespoon vegetable oil  
1 onion, diced  
1 cup dried lentils  
1/4 teaspoon garlic powder  
2 tablespoons taco seasoning  
2 cups water  
1 can tomato sauce (8 ounce)  
12 corn tortillas (6 inch)  
1 cup salsa  
1 cup shredded cheese  
2 cups shredded lettuce



Source: Adapted from University of Florida Extension

### Directions:

1. Wash hands with soap and water.
2. Wash the lettuce.
3. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
4. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in 2 layers of foil, put on a plate, and cover with another plate to keep warm.
5. Heat the oil in the skillet over medium heat.
6. Add the onion, and cook for 4 to 6 minutes until it becomes soft. Stir while cooking.
7. Add the lentils, garlic powder, and taco seasoning, and stir to mix.
8. Add the water and tomato sauce, and stir to mix.
9. Bring to a boil, then reduce heat to medium low, and cover. Cook for about 20 minutes or until the lentils are tender.
10. Uncover, and cook for 5 more minutes until the mixture thickens. (Optional; mash the lentils somewhat with a fork)
11. Add 1/4 cup of the lentil mixture, salsa, cheese, and lettuce to each tortilla.
12. Refrigerate leftovers within 2 hours. Eat within 3 to 4 days.

**Nutrition Information:** Serving size 2 tacos, Calories 360, Total Fat 11g, Saturated Fat 4g, Cholesterol 20mg, Sodium 860mg, Carbohydrate 54g, Fiber 9g, Sugar 8g, Protein 17g



## Storing foods in your pantry

Storing foods in kitchen cupboards should be limited to shelf stable foods such as sugar, flour, shortening, oil, spices, canned foods, baking soda, baking powder, honey, vinegar and popcorn. Throughout the next year tips for storing these foods safely will be the focus of this portion of the newsletter. The information is taken from *Cleaning the Kitchen Cupboard: Toss or Save?* By Alice Henne-man, UNL Extension in Lancaster County, Retired, and Joyce Jenson, Lincoln-Lancaster county Health Department in Lincoln, Nebraska.

**Canned foods** should be used in 1-2 years or by the best quality date stamp on the can. Most cans will have a date long enough into the future to allow food to be used before the best by dates. Some products contain a code that identifies the production date. If you have concerns about a canned food call the company's toll-free number or write to the address on the can. Avoid refrigerating opened canned foods in their can. Transfer to another storage container that can be sealed to avoid off-odors, drying out and darkening of foods left in the original can when refrigerated.

**Spices and Herbs** are best if used within 1 year if ground or 2 years if whole. Herbs and spices lose flavor and color when exposed to air, light, moisture and heat. Store in sealed containers in a dark cabinet. Avoid heat near a stove, dishwasher, microwave, refrigerator, sink or heating vent. Always use dry utensils and never pour over steaming foods. Refrigerate paprika, chili powder and red pepper for best color retention especially in summer or hot climates. Return to the refrigerator immediately to avoid condensation formation.

**Spices and Herbs** can be tested by giving them a "Sniff" Test. If a ground spice is potent, its aroma is immediate, strong and spicy when crushed. A whole spice will need to be crushed, broken or scraped before you smell it. If the aroma is fresh and pleasant it will flavor foods. If there is no smell the spice or herb should be tossed. Smelling your spices will allow you to detect their freshness or if they are old and need to be thrown away.



**Holly Miner**

Nutrition, Health & Food Safety Agent  
Wildcat Extension District  
620-331-2690

**K-STATE**  
Research and Extension

Wildcat District



Many parents of infants and young children struggle to know how to respond when children cry. A child's crying can indicate a number of different needs, yet it can cause tired parents to feel frustrated or anxious. How should you respond to a crying baby?

According to Bradford Wiles of K-State Research and Extension, here are some things to keep in mind:

1. **Think rationally.** Remind yourself that it's okay to be frustrated by your baby's crying, but getting angry isn't going to help.
2. **Keep it quiet.** Hold your baby close to you, and quietly sing or talk to them. Repeat a calm word or phrase, such as, "it's okay."
3. **Get moving!** Weather permitting, put your baby in the stroller and take a walk together.
4. **Play soothing music.** Playing soft music can help a child (and an adult!) relax.
5. **Feeding.** Breastfeeding or bottle-feeding (or even a binkie) can help provide a baby with a sense of comfort.
6. **Bath time.** Try a warm bath. This calms some babies instantly, but may not help others. Knowing your baby can help you avoid things that might upset them more.
7. **Use your social network.** Let family members or other trusted person take over for a while. Use the time to take a nap or simply relax. If you're worried about your ability to cope with a crying baby, contact a family member, friend, your healthcare provider, or a mental health support center for support.
8. **Be kind to yourself.** Remind yourself that you're not failing your baby if you can't stop a crying spell.

**K-STATE**  
Research and Extension

Cherokee County

**Kate Fluckiger**  
Family & Community Wellness + Snap Ed  
Cherokee County  
620-429-3849

