

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming Classes

April—

Gluten Free Baking

Thurs. April 18 @6-8pm

Fee: \$25

Do you need to avoid gluten but struggle with cravings for crusty bread with airy, soft centers? Do you miss doughy pizza and cookies that don't crumble when you look at them and taste like rocks? Well suffer no more! Join our class to learn the basics of successful gluten free baking.

May—

Basic Bread Making

Thurs. May 16 @6-8pm

Fee: \$25

Nothing beats the taste and smell of fresh homemade bread. Come learn the timeless skill of bread making at our hands-on class. We'll show you how to make, roll and shape dough to create a variety of delicious recipes.

June—

Summer Pies

Tues. June 18@6-8pm

Fee: \$25

Learn the important technique of blind baking required for making cream pies, as well as making meringue and whipped cream toppings and summer fruit pies. The iconic lemon meringue and coconut cream pies will be demoed as well as how to make a summer fresh fruit tart, hand pies, and more. Please bring a **rolling pin** for a few minutes of hands-on fun!

Electric Pressure Cooking

Thurs. June 20@6-8pm

Fee: \$25

Learn how to prepare a new type of "fast food"! Pressure cooking is a hot new trend that everyone is talking about. We will feature dishes your whole family is sure to love in record time. All participants will receive a recipe booklet and try some delicious samples.

Classes are held at
K-State Johnson County Extension Office:
11811 South Sunset Drive,
Olathe, KS 66061

To register,
Call: 913-715-7000
Or visit: www.johnson.k-state.edu

Create a Rainbow on Your Plate

It is April and spring is in the air--and sky! Look up after a mid-day April shower, and you might just catch a glimpse of a beautiful rainbow. That rainbow probably doesn't have a pot of gold at the end of it, but we can achieve the true gold of good health if we remember to eat a rainbow every day!

When it comes to fruits and vegetables, eating a variety of colors—red, orange, yellow, green, blue, purple, and white—provides the best mix of nutrients for your body, not to mention being more pleasing to the eye. Recommendations regarding how much people need depend on age, gender, and amount of physical activity. To learn more about your daily recommendations, visit www.choosemyplate.gov/MyPlate. Most Americans need to increase the amount of fruits and vegetables eaten every day. Remember, all product forms count—fresh, canned, frozen, dried, and 100% juice. By eating more fruits and vegetables, your risk of chronic disease is reduced.



Tips to increase fruits and vegetables in your diet:

- Prepare fruits and vegetables as soon as you get them so they are ready to eat. Consider dividing into individual servings so they are easy to grab and go.
- Have veggies and low-fat dip for a snack.
- Add vegetables to casseroles, stews, and soups.
- Choose fruit for dessert.
- Add veggies to sandwiches.
- Enjoy a fruit smoothie for breakfast or as a snack.

Source: Adapted from
www.fruitsandveggiesmorematters.org



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Recipe of the Month

Southwest Chicken Mason Jar Salad

- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon kosher salt
- 1 pound skinless boneless chicken breast
- 5 tablespoons salsa
- 5 tablespoons plain nonfat Greek yogurt
- 1 quart grape tomatoes
- 3 bell peppers (any color)
- 1/2 red onion, chopped
- 1/2 cup canned low sodium black beans, drained & rinsed
- 1 avocado, skinned and chopped
- 1 teaspoon fresh lime juice
- 3 jalapeño cheese sticks, chopped
- 5-ounces chopped lettuce
- Optional: Crushed tortilla chips

1. Preheat oven to 350°F.
2. Combine chili powder, cumin, oregano and salt in a small bowl.
3. Sprinkle seasoning mixture over the chicken breasts. Bake for 25 to 40 minutes (depending how large the chicken breasts are) or until the chicken is cooked thoroughly and internal temperature reaches 165°F. Set aside to cool.
4. Chop the chicken into chunks.
5. Divide ingredients evenly to layer in the mason jars. Start with the salsa and Greek yogurt. Then add the tomatoes, bell peppers, onions, avocado (squirt with lime juice first), black beans, chicken, cheese, and end with the romaine.
6. Put the lid on and store in the refrigerator for up to 5 days.
7. May serve with crushed tortillas.

Makes 5 servings, 1 mason jar each
Source: www.organizeyourselfskinny.com



Nutrition Facts

5 servings per container	
Serving size	1 jar
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 420mg	18%
Total Carbohydrate 21g	8%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 2mg	10%
Potassium 1180mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.