

Healthy Tips! – April 2017

K-STATE

Research and Extension

Master Food Volunteer

Johnson County

Upcoming Classes

June—

Cooking for 1 or 2

Making the transition from cooking for a crowd to cooking for one or two is not an easy journey. Let our Extension Master Food Volunteers show you how to budget, meal plan, shop, store and cook meals that are suitable for single/couple servings and still just as delicious and enjoyable. Come hungry and ready to try many tasty samples.

Tues., June 20 @ 6-8pm

Fee: \$20

Kids in the Kitchen

Move over parents, the kids are taking over! This month they'll be making yummy Mexican dishes, as well as learn proper cooking and safety techniques.

Sat., June 24 @ 9:30am-12pm

* Registration for both of these classes opens April 11. Classes fill quickly, don't delay!

To register, call: 913-715-7000

Or visit: www.johnson.k-state.edu

Make Healthier Grilled Cheeses National Grilled Cheese Day is April 12

Grilled cheese seems like the perfect food. It's easy to make, has few ingredients and sports a crispy crust and a warm, gooey, cheesy center. What's not to love? How about the 410 calories and 18 grams of saturated fat per sandwich? We don't love that. Grilled cheese can attribute its high fat and calories to the butter spread on the outside of the bread to make it crispy and the copious amounts of cheese in the middle. Pair that with a couple of slices of plain white bread and you have a nutritional disaster.



But do you really need all of that to make the perfect grilled cheese sandwich? No! Here are 5 secrets for how to make grilled cheese that saves calories and fat to boot.

1. **Pick the right cheese:** When it comes to grilled cheese, not all cheese is created equal. Some people love American cheese. It has superior melting qualities, but it falls short on flavor so skip mild-flavored cheeses and opt for ones with a stronger flavor—like sharp, or even extra-sharp, Cheddar. Blue cheese is also a great option. You'll get more bang for your buck and because it's big on flavor you won't have to use as much, which helps cut fat and calories.
2. **Think beyond cheese for flavor:** OK, so cheese is a necessary ingredient. But you don't have to have mounds of it to make the perfect grilled cheese sandwich. You can get that hit of soft melted loveliness that cheese contributes by using just a little—and mixing it with other ingredients like mashed beans or even salsa and hot chiles.
3. **Choose better bread:** Whole-grain breads are great to use.
4. **Master a crispy crust:** Skip the butter and use a panini maker.
5. **Know that everything *isn't* better with butter:** The butter on the outside of a grilled cheese sandwich not only crisps up the crust, but gives it richness as well. But since grilled cheese is already rich, you really don't need butter for the flavor either. Instead, experiment with creamy spreads you put inside that are lower in fat such as reduced-fat mayonnaise with a squeeze of lemon or reduced-fat sour cream mixed with chopped fresh herbs. They'll add that silky mouthfeel and sense of richness you may be missing without the butter but with less fat and calories.

Source: www.eatingwell.com



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A Beautiful Brunch Blooms

Extension's Room 1060 and an adjoining hallway were transformed into a kind of lovely purple, white and spring green banquet hall for Building a Beautiful Brunch on March 21.

The new class was billed as a way for cooks to show off their skills in the kitchen while entertaining their friends and loved ones. Learning ways to present and display food was equal to the recipes in this class.

The 32 attendees came in to a Welcoming Buffet in Room 1060 decorated with poinsettias and a fruit ring. It featured Poinsettia Punch, Lemon Rosemary Scones and a Cheese and Olive Platter. Beverages were decaf coffee, water, tea and milk.

Decorated with purple tulips, the Main Buffet in the hallway off Room 1060 featured a table laden with Fruit and Brie Kabobs; Cranberry Orange Bread Loaf; Honey Marinated Canadian Bacon; Vegetable Frittata with Parmesan; Cold Poached Salmon with Mustard-Lime Sauce; Asparagus, Pecorino and Red Onion Salad; Orzo Salad, and Chocolate Truffles.

In between those two buffets, EMFVs demo'd how to make the Scones (Denise McKenny), the Vegetable Frittata (Sandy Corwin) and the Cold Poached Salmon (Barbara Bein). Maralie Edmisten talked about how to set up a buffet and Sherry Carter showed how to fold napkins into clever patterns such as the Chef's Hat, the Fleur de Lis and the Triple Pocket.

Other EMFVs who staffed the class were Cindy Faulknier, Pat Graham, Cathy Hoffman, newbie Marsha Huston, Linda Landreth, Sharon Lund and Janet Rossbach.

Agent Crystal, who coordinated this class, put in a good-natured "disclaimer" about the recipes, telling attendees they use more butter, sour cream and cream than are normally included in recipes in other cooking classes. But the message remains the same: use in moderation.

At the end of the class, two attendees—who were repeats from Extension's other cooking classes—said the Brunch Class is their favorite so far.

