

Healthy Tips! – May 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.

Tues., June 20 @ 6-8pm

Fee: \$20

*Registration is now open

July—

Pressure Cooking for Beginners

Join the Extension Master Food Volunteers to 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.

Tues., July 18 @ 6-8pm

Fee: \$20

*Registration opens May 16

Classes fill quickly, don't delay!

To register, call: 913-715-7000

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

Eat Healthy for Cinco de Mayo

Mexican food is a favorite with many people, but a lot of Mexican food is fried with lard and topped with cheese, so it's loaded with saturated fat. It can be high in sodium too. But when you know what to choose, Mexican food can be fresh, tasty and more healthful.

Here are a few tips when eating out:

- Tell your server not to bring fried tortilla chips to the table.
- Ask for low-fat sour cream or use salsa to add flavor.
- Veracruz or other tomato-based sauces are better than cream or cheese sauces.
- If you order a taco salad, don't eat the fried shell.

Instead of...

Try...

Flour tortillas.....	Corn tortillas
Nachos.....	Grilled shrimp
Carnitas (fried beef or pork)	Grilled fish or chicken breast
Refried beans.....	Frijoles a la charra
Full fat sour cream and cheese....	Salsa, pico de gallo, cilantro, jalapeno peppers
Quesadillas.....	Chicken fajitas
Chalupas or tacos.....	Taco salad or fajita salad (don't eat the tortilla shell and ask for low-fat sour cream)
Flautas or burritos.....	Chicken or beef enchiladas with red sauce or salsa

Source: www.heart.org



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‘Fish for Beginners’ Gets Cozy Locale

With new recipes and fresh faces, the popular Fish for Beginners class returned this year to the glamorous studio kitchen at K-State Olathe. EMFVs prepped in the large commercial kitchen nearby and then were cued to enter the studio for their demos and presentations and to pass out samples.

Almost like theatre-goers, the 19 attendees sat in comfortable, padded desk chairs to watch the presentations and eat the samples. It was a small, but cozy, meeting place.

The Feb. 23 class featured salmon, shrimp, tilapia and cod. The dishes were prepared to showcase different cooking techniques, including poaching, sautéing, baking in parchment—also known as *en papillote*—broiled or grilled and simmered in a stew.

Recipes were tested in January and selected for both taste and ease in preparation. One standout recipe was for Jambalaya, a shrimp-and-sausage dish which originated in Louisiana and was deftly prepared by Agent Crystal (who grew up in New Orleans).

Other recipes which EMFVs demo’d and attendees sampled were Cold Poached Salmon with Mustard-Lime Sauce (Barbara Bein); Fish and Vegetables with Pesto (Linda Landreth, who made it with cod); Encrusted Tilapia with Mango Puree (Roberta Harris); Grilled and Barbecued Shrimp (Cindy Faulkner); and Salmon Cakes (Denise McKenny, who used canned salmon).

As they entered the studio kitchen, attendees were invited to sample Denise’s salmon cakes and Anne Byrd’s tilapia tacos at a buffet table. The tacos were served with three sauces: sour cream and lime salsa, pico de gallo and avocado salsa.

Hy-Vee dietitian Lisa Zane, R.D., L.D., was the featured speaker, describing the nutritional benefits of fish (lots of Omega-3 healthy fats, for one), the virtues of fresh vs. frozen fish and food safety. Anne followed her, talking about seafood sustainability.

Information included in the recipe packets were “Seafood: Nutrition Facts” and the “Monterey Bay Aquarium Seafood Watch” on sustainable seafood.

