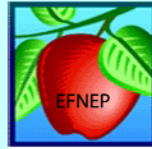


## The Market Basket



Expanded Food and  
Nutrition Education  
Program



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## June is Dairy Month!



### Stretching your Food Dollar Tips:

7. Shop alone if you can. You will easily see the effects of impulsive buying habits by watching a child.
8. Plan ahead on your meals. Each night of the week, is given a specific meat day. For instance, Mondays: chicken, Tuesdays: ground beef, ect. Add rice, vegetables, pasta or potatoes for the side dishes. When you break it down, This works great.
9. Stay away from already-prepared foods -- including deli and bakery items -- avoid shopping the outer aisles where these products are featured. Frozen entrees can be costly.
10. The most expensive items are usually at eye level. The best bargains are closer to the floor.
11. Beware of displayed items. Always check the store aisle where this item is normally stored. Often you will find other brands that are cheaper.
12. Don't buy toiletries at the grocery store or drug store. Go to one of the large discount stores. Bath soap, shampoo, toothpaste, shaving cream, and other such items can be 20% to 50% less. The same for household supplies.

Welcome!

Congratulations to our Graduates! Summer Vacation is here! Our topics in this issue are going to be; June is Dairy Month so we will be discussing Dairy Issues and Dairy recipes of course. We also are continuing our discussion on Tips for cutting your Food Bill. Also their will some Grilling tips for those summer cookouts. I also am adding some tips on things to do for your Dad for Father's Day!

Enjoy the start of your Summer Vacation!



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### Ideas on things to do for Dad for Father's Day:

Give him the gift of food.

If he lives alone, clean his house.

Wash his Car/Truck.

Do some Yard Work for Him.

Gift Certificates.

Write a letter to Dad Thanking Him for all that he does.

Build some kind of model together.



## Why Is Milk Intake So Low?

There are a variety of reasons why we shy away from milk.

- We do not like the taste.
- We may feel it is “for kids only.”
- We may feel it has too many calories.
- We may be lactose intolerant — a condition in which milk gives them gas and makes them feel bloated.

Current research shows that incorporating three servings of dairy per day (i.e., three glasses of milk) in your diet will aid in weight loss. Calcium in milk promotes muscle growth and healthy bones. Another benefit of milk is it also contains protein for healthy bones; vitamins A, B12, and D; riboflavin, phosphorus, potassium, magnesium, and zinc.

### What Are Alternatives to Drinking Milk?

#### Use Cheese

There are many low-fat (e.g., Kraft Light Naturals and “Philly” Light — a Neufchatel cheese) and nonfat (cottage, cream, Alpine Lace brand) cheeses. Eat cheese plain or combine it with other foods where it calls for traditional cheese.

For those who are lactose intolerant, harder, longer-aged cheeses have more whey removed, so they are lower in residual lactose.

#### Use Yogurt

Choose low-fat and non-fat versions, plain and flavored. Use as a substitute for mayonnaise in salad dressing. Replace sour cream with yogurt in dips, salads, desserts, and main dishes (e.g., stroganoff.) If a thicker product is desired, drain the yogurt by placing it in a coffee filter and strainer over a bowl in the refrigerator for 12 to 24 hours. Use frozen yogurt for dessert instead of ice cream.



## DAIRY RECIPES

### Buncha Banana Pudding:

(3 oz.) packages vanilla cook & serve pudding mix  
4 cups 1% low fat milk  
20 (approx.) vanilla wafer cookies  
3 bananas, sliced

#### Optional garnish:

whipped cream  
graham cracker crumbs

Prepare pudding with low fat milk as directed on package. Spoon one cup of pudding into 2-qt. serving bowl and top with 10 cookies and half the banana slices. Continue layering with 2 cups of pudding, remaining cookies and bananas. Top with remaining pudding, cover and refrigerate 3 hours or overnight. Garnish with whipped cream, graham cracker crumbs or banana slices if desired.

### Mac and Cheese Casserole Cups:

cups skim milk  
2 1/2 tbsp all-purpose flour  
6 ounces (1 1/2 cups) reduced-fat, mild shredded Cheddar cheese  
3/4 cup light shredded Mozzarella cheese  
1/2 cup grated Parmesan cheese  
8 ounces elbow macaroni, cooked and drained

Preheat oven to 350°F. In medium saucepan, slowly add 1 cup of milk to flour, stirring constantly until all lumps have dissolved. Add the remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens. Add 1 cup of the Cheddar, Mozzarella and Parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with reserved 1/2 cup shredded Cheddar. Bake 15 minutes or until golden brown. Let cool for 5 minutes before serving.

### BBQ Ranch Quesadilla Wedges:

1 bag (16 oz.) frozen pepper stir-fry blend (green, red and yellow peppers and onions)  
1/4 cup barbecue sauce  
1/2 cup light ranch dressing  
1 tbsp butter, softened  
8 flour tortillas (8-inch)  
1 cup prepared barbecue shredded beef  
3/4 cup Borden® Mild Cheddar Shredded Cheese

## Use Dry Milk:

Use dry milk as an additive in cooking and baking.

Most recipes will tolerate the addition of 1/4 to 1/2 cup

- Add dry milk to main dishes like meatloaf, cream soups, stroganoff, spaghetti, lasagna, chili, enchiladas, tacos, chicken and broccoli casserole, macaroni and cheese (even from the box), and most casseroles with a cream soup base.
- Add dry milk to baked products such as cookies, brownies, cake mixes, coffee cake, muffins, biscuits, pancakes, French toast, quick breads (corn bread, pumpkin or zucchini bread), yeast breads and rolls and their fillings, and bread dressing.
- Add dry milk to other milk-based products such as puddings, Popsicles made with pudding, cheese sauces, milk shakes (made from dry milk, sugar, fruit or flavoring, ice cubes, or frozen yogurts), milk gravy, cheesecakes, custards, cream soups, and creamy salad dressings (make it with a yogurt base, not a sour cream or mayonnaise one).

## Use Non-Dairy Sources

If you have a severe allergy to milk (usually to the milk proteins), get your calcium from non-dairy sources. Drink juices fortified with calcium and combine this with a daily dose of higher calcium vegetables (greens), legumes (dried beans, peas, and lentils), tofu, and fortified grain products (e.g., some breakfast cereals.) Use canned fish with bones (salmon, sardines, and mackerel).

When simmering bones to make soup stock, add 1 to 2 tablespoons of vinegar to the pot. This will dissolve a small amount of the calcium from the bones and leave it in the meat broth



Prepare stir-fry pepper blend according to package directions. Mix barbecue sauce and ranch dressing and set aside. Spread butter evenly on 1 side of each tortilla and layer barbecue beef, peppers and onions, and cheese evenly on unbuttered side of 4 tortillas and cover with remaining tortillas, butter side up. Grill each quesadilla in large skillet over medium heat for 3 minutes on each side or until golden and cheese melts. Cut into wedges and serve with barbecue ranch dipping sauce.

\*Tip: For fajita-ranch quesadillas, layer cooked peppers and onions, thawed fajita chicken strips and cheese on grilled flour tortillas. Serve with a signature dip comprised of equal parts salsa and ranch sauce.

## Breakfast Smoothie:

8 oz (1 cup) nonfat plain yogurt

1 cup 1% lowfat or nonfat milk

1 ¼ cup whole fresh or frozen strawberries, hulled

1 fresh peach, peeled and sliced, or ¾ cup frozen peach slices (see Note)

2 tsp vanilla extract

2 Tbsp chopped walnuts

2 whole strawberries (optional)

1 Place first 5 ingredients in a blender.

Purée mixture for 15 to 20 seconds.

2 Pour into two tall glasses and top each with 1 Tbsp chopped nuts.

3 Garnish glass with strawberry, if desired.

**Note:** If you prefer a thicker smoothie, replace the peach with 1 small sliced banana.

## Cinnamon Swirl Yogurt French Toast:

### French Toast

2 whole medium eggs

4 egg whites

1 cup fat free milk

½t teaspoon cinnamon

8 pieces cinnamon swirl bread

### Topping

16 ounces fat free plain yogurt

5 tablespoons maple syrup

2 cups coarsely chopped fresh fruit (i.e. grapes, strawberries, oranges, blueberries, peaches)

Combine the topping ingredients, except for fruit, in small mixing bowl. Refrigerate.

In a medium bowl, beat together eggs, milk, and cinnamon. Preheat a nonstick skillet over medium heat and lightly coat with nonstick cooking spray. Dip each piece of bread into the egg mixture and coat thoroughly. Place in skillet and cook for about 2 minutes on each side.

To serve, cut warm French toast on the diagonal. Arrange on plate. Top with fruit, then the yogurt mixture.

## Use a Dietary Supplement

Calcium supplements are available, if needed. Make sure to get a supplement with vitamin D added. Vitamin D plays a key role in the absorption of calcium.

Make sure the calcium supplement will disintegrate properly by placing it in 6 ounces of vinegar for 30 minutes. If it disintegrates, your body will be able to absorb the calcium in the pill.

Where to Find Calcium in My Pyramid:



- Grains: Fortified breakfast cereals, bread, pasta, and rice.
- Fruit: Orange juice and oranges.
- Vegetables: Chinese cabbage, turnip greens, lettuce greens, okra, mustard greens, kale, broccoli, rutabaga.
- Meat/Beans (Protein): Salmon, sardines, dried figs, tuna, anchovies, pinto beans.
- Milk Group: Yogurt, tofu, soy milk, Parmesan cheese, swiss cheese, cheddar cheese, mozzarella cheese, cottage cheese, cream cheese.
- Sweets: Blackstrap molasses, pudding, ice cream, milk chocolate bar.

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## Grilling Tips:

Picnics, barbecues, and potlucks are wonderful ways to celebrate Spring and Summer holidays, but whatever your plans, take care to prepare and transport food safely. Whether your picnic is an elaborate affair for a few dozen friends and relatives or a simple cook-out for a few, a little planning will help prevent food borne illnesses so common during the summer months.

Bacteria begin to multiply between 40°F and 140°F, so it's important to keep it either cold or hot right up to the moment of cooking and/or serving. To make cleanup easier, take garbage bags, paper towels and damp washcloths in plastic bags.

Make sure your cooler will keep foods at 40°F, or plan foods that are less perishable, such as luncheon meats, cheese, peanut butter, etc.. Keep drinks in a separate cooler, since it will be opened more often. Plan ahead; try to take only what will be eaten so you won't have to worry about leftovers.

Don't partially precook meat or poultry before transporting; if it must be precooked, cook until done then chill before packing in the cooler.

Pack condiments in small containers rather than taking whole jars. Put the cooler in the inside of the car rather than the hot trunk, and keep it in the shade at your destination; replenish ice often.

If you cook food ahead of time, chill thoroughly before putting it in the cooler. If you take hot food, wrap the dish in aluminum foil and towels to keep it above 140°F; if it's a long trip it may be best not to take a hot dish. Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting

Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food. Take only as much food out of the cooler as you're going to cook right then.

When meat is cooked, transfer to a clean plate or platter - never place cooked meat on a platter which held raw meat.

To be sure bacteria are destroyed, hamburgers and ribs should be cooked to 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F. Reheat pre-cooked meats until steaming hot. Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade.

