



Expanded Food and Nutrition Education Program

The Market Basket



March/April 2008

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March is NATIONAL NUTRITION MONTH!

When it comes to Good Nutrition for everyone the key is eating food from all the food groups as it takes a wide variety of foods from each of the food groups to have all the nutrients our bodies need to stay strong & healthy. The tricky part is to eat that variety but yet not overeat. Its very important to make sure we eat at every meal foods that are packed with vitamins & minerals to meet those needs.

Out of all the food groups, Fruit & Vegetables are the most important specifically because they are packed with those essential vitamins, minerals, fiber & other compounds that contribute to good health. When it comes to produce the darker the color the better the choice. In order for your taste buds to change make gradual changes in your diet.

When eating foods from the grain group try to remember to eat more grains that are whole grains (whole wheat, oats, etc..) For Dairy foods look for low-fat or non-fat brands to ensure your getting the needed calcium for strong bones but not the added fat.

Choose fats wisely, some are better than others. The fats in fish and olive oil particularly are very good. To round it all out try to get at least 30 minutes of exercise each & every day.

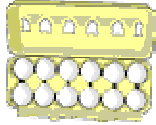
Go for the Green on St. Patrick's Day:

Green fruits and vegetables contain many health-promoting photo-chemical including lute in and indoles. They help protect against certain cancers and help maintain vision health and strong bones and teeth

Some ways to get green into your diet include:

**Enjoy your favorite dip with broccoli & other vegetables. Enjoy vegetable pizza with green vegetables.
Try spinach or cream of broccoli soups. Eat an**





Egg Facts:



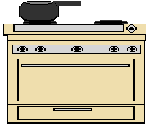
April is the time when our thoughts turn to spring, new beginnings and new life. The egg has long symbolized spring and the promise of nature's rebirth. Eggs are a universal food. There is hardly a country or a culture that does not depend on eggs as a food source. Because the egg is connected with new life, April is a good month to talk about the use of eggs and food safety.

The egg is one of nature's most nutritious, economical and versatile foods. The nutrients that make eggs a high quality food for humans are also a good growth medium for bacteria. Eggs and other animal protein foods, such as meat, poultry, fish, seafood and milk products, as well as cooked vegetables, provide a ready supply of both food and moisture for bacterial growth - which may occur unless the food is chilled, cooked or otherwise preserved. As a result, the Food and Drug Administration (FDA) considers these foods "potentially hazardous". This designation is not cause for alarm. It simply means that these foods are perishable and should be treated with care including refrigeration, sanitary handling and adequate cooking. The use of clean, uncracked eggs along with proper handling and storage practices is essential

Egg Safety Tips:

- To safely prepare basic egg dishes other than hard-cooked, cook the eggs until the whites are completely coagulated and the yolks begin to thicken. They should no longer be runny, but not hard. Once cooked, served promptly.
- Cook scrambled eggs in small batches not larger than 3 quarts until there is no visible liquid egg. Hold for serving at 140° F or higher. Do not add a batch of just-cooked scrambled eggs to leftover eggs held on a steam table.
- Avoid keeping broken-out eggs or prepared egg dishes out of refrigeration for more than 1 hour, including time for preparing and serving (but not cooking).
- Serve cooked eggs and egg-rich foods hot immediately after cooking, or refrigerate at once for serving later. Reheat to 140° F or higher.
- When refrigerating a large amount of a hot, egg-rich dish, divide it into several shallow containers so it will cool quickly.
- Buy eggs from a vendor whose deliveries are refrigerated. Refrigerate eggs in cartons or cases immediately after delivery, at 41° F or below.
- When refrigerated properly, eggs will keep for at least three to four weeks beyond the expiration, or sell by date, shown on the end of the carton. Leave eggs in original cartons. Do not use dirty or cracked eggs.
- Wash hands with hot soapy water. Wash and sanitize utensils, equipment and work areas before and after coming in contact with eggs and egg-rich foods.
- Do not use a container which has held a raw-egg mixture, even for another raw-egg mixture, until the container has been washed and sanitized.
- Never mix the shell with the internal contents of the egg.
- Avoid pooling (breaking quantities of eggs together) if not used immediately





Recipes for You & Your Family



Baked Chicken Nuggets:

Serving Size: 3 ounces Yield: 4 servings Preparation Time: 15 minutes preparation. Cooking Time: 6-8 minutes microwave oven or 12-14 minutes conventional oven.

Ingredients:

- 1 1/2 pounds chicken thighs**
- 1 cup cereal crumbs, flake type, check label for whole grains.**
- 1/2 teaspoon Italian herb seasoning**
- 1/4 teaspoon garlic powder**
- 1/4 teaspoon onion powder**
- 1 teaspoon paprika**

Instructions:

- 1. Remove skin and bone from chicken thighs; cut into bite-sized pieces.**
- 2. Place cereal in plastic bag and crush with a rolling pin.**
- 3. Add remaining ingredients to crushed cereal. Close bag tightly and shake until blended.**
- 4. Add a few chicken pieces at a time to cereal crumb mixture. Shake to coat evenly.**

Microwave method:

- 1. Lightly grease an 8 x 12 inch non-metal baking dish.**
- 2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper.**
- 3. Cook on high, turning chicken over every 2-3 minutes. Cook until tender, about 6-8 minutes.**

Conventional oven method:

- 1. Preheat oven to 400°F. Lightly grease a cooking sheet.**
- 2. Place chicken pieces on cooking sheet so they are not touching.**
- 3. Bake until golden brown, about 12-14 minutes.**

NOTE: To remove bone from chicken thigh, place chicken on cutting board, remove skin. Turn chicken thigh over, carefully cut around bone with a sharp knife, remove bone.

Banana Bread:



The key to good Banana Bread is to use Bananas that have brown speckles on them.

Ingredients;

- 3 large ripened bananas**
- 1 egg or 2 egg whites**
- 2 tablespoons of canola oil (best for baking)**
- 1/3 cup low fat milk**
- 1/3 to 1/2 c sugar**
- 1 tsp. salt**
- 1 tsp. baking soda**
- 1/2 tsp. baking powder**

1 1/2 cups of flour (preferably 1/2 whole wheat & 1/2 white)
Preheat oven to 350 degrees
Mash bananas with a fork
Add everything but flour and beat well.
Gently blend in the flour and stir for 20 seconds or until moistened.
Pour into a 4x8 loaf pan that has been lightly oiled or lined with wax paper.
Bake for 45 min. or until toothpick inserted in center comes out clean.
Let cool for 5 min. before removing from the pan.



Monkey Mix:

Monkey Mix – This is an on-the-go snack. It's great for kids' lunches too.

3 cups Cheerios
1 cup banana chips
1 cup flaked coconut
1 cup chocolate chips (substitute raisins if you'd like)

Mix all the ingredients together. Keep it stored in a gallon Ziploc bag.

For additional information, please contact your local County Extension Office:

Joyce Tompkins
Polk County Extension Service
1702 Hwy 17-south
PO Box 9005, Drawer HS03
Bartow, Florida 33831-9005
(863)519-8677 X114



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