

Mealtimes Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.



Did You Know?

In the summer your truck can reach 150° F putting the safety and quality of your food at risk. If you are transporting food in or out of a cooler, keep it in the passenger area of an air conditioned vehicle. If you are camping or picnicking, keep the cooler in the shade and cover with a clean blanket to help keep the contents cold and safe.

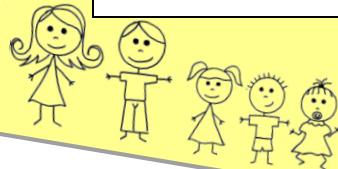
Which of the following is considered a fruit and a vegetable? Kiwi, Watermelon, Zucchini or Eggplant
(Answer in the 2nd July Edition)

Nutrition Nugget

Enjoy the health benefits of a daily handful of nuts or a couple of tablespoons of seeds by sprinkling them on cereal, yogurt, salads or pasta. To intensify the flavor of the nuts, try roasting them in the microwave or toaster oven.

Family Play Time

Summer is the perfect time for families to enjoy physical activity together! The Physical Activity Guidelines for Americans recommends that children get at least 60 minutes and adults 30 minutes of physical activity every day. After work, weekends and vacations are great times to incorporate activity. Think of the fun outside games you played and teach them to your children. Things like tag, kick the can, flashlight tag, hide and seek, spud, combine fun and physical activity. Take a walk or a swim after supper. Riding bikes is a great family activity. Include friends and family to make it even more fun!



Cooking School

What is the difference between chop, cube and dice?

Chop is to cut food with a knife or food processor into fine, medium or coarse irregular pieces.

Cube is to cut food into uniform pieces, usually a $\frac{1}{2}$ inch on all sides.

Dice is to cut food into smaller uniform pieces, usually $\frac{1}{8}$ to $\frac{1}{4}$ inch on all sides.



Grilled Veggies

Grilled veggies are more a cooking method than an exact recipe. Feel free to experiment with all types. Denser veggies (potatoes) take longer to cook. Try and chop vegetables into similar sized pieces. You can marinate your veggies before grilling or first grill them plain or with your favorite seasoning. Use a grill pan or basket and grill veggies at medium high for 15-20 minutes with lid closed. Turn once or twice during cooking. Vegetables to try: peppers, zucchini, carrots, asparagus, potatoes, mushrooms, eggplant. Experiment and find your own favorite combination.

Simple Layered Fiesta Salad

6 cups torn romaine lettuce
1 can (15 oz) black beans, drained rinsed
1 cup frozen corn, thawed, drained
1 ½ cups cooked chicken
½ cup thick and chunky salsa
1 cup grated cheddar cheese
½ cup ranch dressing (low-fat)
1 cup broken tortilla chips

Place lettuce in bottom of bowl or platter. Layer lettuce evenly with beans, corn, chicken, salsa, and cheese. Drizzle with dressing and sprinkle with chips.

ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt and Sheridan Counties.

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What Can I Do Today?

After dinner at least three times this week get out and take a walk or a bike ride. Include the whole family (even the dog needs physical activity)!

This will increase everyone's physical activity while enjoying the beautiful summer evenings.