

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

MORE Picnic

Cutting Corners

Montana Caviar

This can be used as a salad or a dip at your next picnic.

Ingredients

- 1 can black beans
- 1 can pinto beans
- 1 can corn
- 1 can diced tomatoes
- ¾ cup lowfat Italian dressing

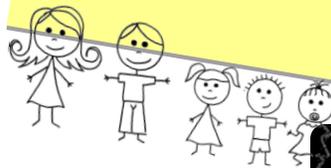
Rinse beans, combine all ingredients in a bowl and chill 1 hour before serving.

Family Connections

Most students experience some learning loss during the summer months. What can you do to reduce or stop that loss? Visit your local library. It is a great place to promote the love of reading and the librarian can help you choose appropriate grade level books for your child.

Check out the internet for fun crafts, activities, experiments your child can do alone or with a parent.

A trip is a great time to teach kids map reading skills and let them try their hand at being the navigator. Try to include some math problems by letting children add up the ticket at the restaurant or subtract a purchase from cash to determine the correct change. You can include some work with fractions by letting children help measure ingredients in the kitchen.



Food on the Move

Make Your Own Snack Mix

- 2 cups unsweetened cereal
- ½ cup raisins or craisins
- ½ cup dry roasted peanuts or almonds
- ¼ cup of chocolate or peanut butter chips

Combine ingredients & toss well. Store in snack size baggies so they are easy to pack along on your summer adventures.

Use your imagination and try other dried fruits or nuts!



Keep It Safe

Your best tool for high-quality safe food is your meat thermometer. Be sure you are aware of these safe minimum internal temperatures. The internal cooking temperature for pork recently was reduced to 145° F, with 3 minute rest time. Chicken/other poultry, 165°F : Hamburgers (ground beef), 160°F : Beef/Pork (steaks, roasts & chops) medium rare, 145°F with 3 minute rest time, medium, 160°F : and Fish 145°F

Hawaiian Chicken

Ingredients

- 12 oz. boneless, skinless chicken breast, cut into 1-inch cubes
- 1 cup fresh pineapple, diced (or canned pineapple chunks in juice)
- 8 – 6 inch wooden skewers

For Sauce:

- 2 Tbsp. ketchup
- 2 Tbsp. honey
- 1 tsp. ginger, minced
- 2 Tbsp. lite soy sauce
- 2 tsp. orange juice
- 1 tsp. garlic, minced (about 1 clove)

Heat broiler or grill on medium-high heat. Thread chicken cubes and pineapple chunks alternately on each skewer. Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later. Grill skewers for 3-5 minutes on each side. Brush or spoon sauce onto chicken and pineapple about every other minute. To prevent chicken from drying out, brush with sauce that was set aside before serving.

Grilled Banana Boats

Ingredients

- 6 ripe firm large bananas, unpeeled
- 6 tablespoons chocolate chips
- 6 tablespoons miniature marshmallows
- 2 tablespoons chopped pecans

Cut 6 (12 inch) sheets of heavy duty foil. Heat gas or charcoal grill, or oven to 350°F. With sharp knife, make deep lengthwise cut along inside curve of each banana, being careful not to cut all the way through. Open slit to form pocket. Crimp and shape 1 sheet foil around each banana, forming boats. Fill each banana pocket with 2 Tbsp. chocolate chips, 2 Tbsp marshmallows and ½ heaping tsp. pecans. Seal bananas in foil, leaving 2 to 3 inches headspace. Grill on medium heat 8 to 10 minutes or until marshmallows soften. Or bake 15-15-20 minutes in oven.

What Can I Do Today?

Popsicles can be so refreshing on a hot summer day but many of the store bought ones can be high in sugar with little or no nutritional value. Popsicles are easy to make at home using either popsicle molds or with simple paper cups and a plastic spoon for the stick. **Ice Pops**- mix 1 cup of 100% fruit juice and 1 cup of fruit chunks. Pour into molds or cups and freeze. **Yogurt Pops** – mix 1 cup of your favorite yogurt, 1 cup of chopped fruit and 1 tsp. honey and freeze. **Pudding Pops**- Use lowfat milk to make instant pudding, whirl with fruit in the blender and pour into molds.

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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