Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

MONTANA STATE UNIVERSITY EXTENSION

Roosevelt County – October 2013 (1)

Orange and Yellow

Did You Know?

Sweet potatoes are a great alternative for regular white potatoes. They are high in fiber, and are an excellent source of vitamin A and C, potassium, and even contain some iron. Only one medium-sized sweet potato can provide more than one and a half of the recommended dietary allowance for vitamin A. On the other hand, this nutrient-rich vegetable is fat- and cholesterol-free, and low in sodium.

Fresh sweet potatoes can last up to 3 to 5 weeks if stored in a dark cool place (55°F), and should not be refrigerated.

Family Play Time

Orange and yellow foods bring a variety of nutrients to our diet, whether it is the calcium in cheese, the omega-3 fats in salmon or the vitamin C in fruits.

To make sure to include one of these colorful foods in your diet, take turns with each family member in choosing which yellow/orange food to include in your dinner.

Here are a few suggestions.

Yellow: Apricots, Bananas, Corn, Garbanzo Beans, Eggs, Golden Apples, Golden Raisins, Grapefruit, Honey, Lemon, Pears, Pineapple, Saffron, Spaghetti Squash, Yellow Beans, Yellow Lentils, Yellow Peppers, Yellow Summer Squash, Yellow Wax Beans

Orange: Cantaloupe, Carrots, Cheddar Cheese, Citrus Fruits, Clementine, Mangoes, Nectarines, Orange Peppers, Orange Tomatoes, Oranges, Papaya, Peaches, Pumpkin, Salmon, Sweet Potatoes, Tangerines

Which food contains more beta-carotene?

a) A whole, fresh orange

b) Fresh orange juice (1/3 cup)

Nutrition Nugget

Orange and yellow fruits and vegetables are great sources of beta-carotene. Beta-carotene gives those foods their sunny color, and is a precursor of vitamin A, which means that our body can convert it to Vitamin A. This vitamin is not only a powerful antioxidant, but it also plays a crucial role in skin health, vision, immune function and bone metabolism.

Cooking School

Perfect Boiled Eggs

Fill a small saucepan ¾ full with water and bring to a fast boil. Add a good pinch of salt to prevent the eggs from cracking. Using a spoon, slowly lower 4 eggs into the water.

Now cook your eggs for the following times, depending on how you like them:

- 5 minutes for runny eggs
- 7.5 minutes for semi-firm eggs
- 10 minutes for hard-boiled eggs

Plunge the eggs into cold water to arrest the cooking, and prevent a greenish black rim to form between the yolk and the white.

Transfer your eggs to egg cups, crack them open with a teaspoon and enjoy.

Peanut Butter Banana Breakfast Shake

Servings: 1

Ingredients

1 cup fat free or low fat milk
1 tablespoon peanut butter
1/2 teaspoon vanilla extract
1/2 cup frozen banana slices
1/4 teaspoon ground cinnamon

Combine all ingredients in a blender and blend until smooth and creamy. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Note: Freeze banana slices by slicing banana(s) and placing the slices in a single layer in a shallow metal pan (such as a cake pan) or on a cookie sheet in the freezer. Freeze overnight for a smoothie in the morning or slice in the morning for a smoothie later in the day.

Chicken Curry

Servings: 4

Ingredients

¼ cup vegetable oil
2 lbs chicken thighs
1 cup chopped onion
1/2 teaspoon cayenne
1 teaspoon cumin
1 1/2 cups low sodium chicken stock
1/4 cup plain Greek yogurt
3/4 cup frozen peas
Salt and pepper
3 teaspoons curry
1 teaspoon cinnamon
2 carrots, peeled and sliced on diagonal
1 cup broccoli florets

Directions

Heat oil in a large skillet. Season chicken thighs with salt and pepper. Add the chicken to the skillet and cook over high heat, turning once, until lightly browned. Remove chicken to a plate. Stir in onions and cook until tender. Stir in curry, cayenne, cinnamon and cumin. Stir in carrots and toss to coat. Add chicken stock and bring to a simmer. Place chicken thighs back into skillet and stir in broccoli. Cover and simmer for 15 minutes to cook chicken. Stir in cream and peas. Season to taste. Serve with rice.

ASK AN AGENT

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

To ask a question or for more information contact:
Ardis Oelkers, Roosevelt County Extension Agent
406-787-5312
aoelkers@montana.edu

What Can I Do Today?

Make a rainbow salad for lunch or dinner. You can include bell peppers, tomatoes, baby spinach, and sprinkle with cheese and drizzle with olive oil. For some additional protein, add grilled steak or chicken.