

Fruit & Vegetable Curriculum Teacher's Guide

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Fruit & Vegetable Curriculum Teacher's Guide

Cooking Class

Four lesson plans were developed to teach the topics discussed in the *Fruit & Vegetable Introduction* of the **BFNEP Fruit & Vegetable Cookbook** with the goal of encouraging FDPIR clients to eat more fruits & vegetables. The lesson plans were designed to teach a series of four (1½ hour) nutrition classes for adults. The classes were evaluated through attendance, home preparation questionnaires, success stories, and by participants preparing a recipe from the **BFNEP Fruit & Vegetable Cookbook** for the final class.

Lesson Plans:

1. Selecting Fruits & Vegetables
2. Storing Fruits & Vegetables
3. Safe Handling of Fruits & Vegetables
4. Healthy Cooking with Fruits & Vegetables

Evaluation Tools:

1. Attendance Form
2. Home Preparation Questionnaire Form
3. Success Story Form

Food Demonstration

Mini-lesson plans (30 minutes) were developed to teach adults the topics discussed in the *Fruit & Vegetable Introduction* of the **BFNEP Fruit & Vegetable Cookbook** with the goal of encouraging FDPIR clients to select and eat more fruits & vegetables. The lesson plans include more detail than the information in the *Fruit & Vegetable Introduction* since they cover specific produce items. The demonstrations were evaluated through attendance, participant feedback, verbal group recipe identification, preference surveys, success stories, and evaluation of FDPIR produce inventory.

Lesson Plans:

1. Apricot (Canned)
2. Grapefruit (Fresh & Juiced)
3. Apple #1 (Fresh)
4. Apple #2 (Fresh & Juiced)
5. Apple #3 (Fresh & Canned)
6. Bean #1 (Dried)
7. Bean #2 (Canned)
8. Bean #3 (Canned)
9. Potato #1 (Dehydrated)
10. Potato #2 (Canned)
11. Potato #3 (Fresh)

12. Pear #1 (Canned)
13. Pear #2 (Canned)
14. Pear #3 (Fresh)
15. Pear #4 (Fresh & Canned)

Evaluation Tools:

1. Attendance Forms (2)
2. Food Demonstration Questionnaire Form
3. F & V Recipe Identification
4. Fruit & Vegetable Preference Survey Form
5. Success Story Form

Supplemental Materials

Newsletters and recipe cards were developed for FDPIR clients to reinforce the above primary nutrition activities. Newsletters include nutrition information about produce items available at FDPIR. The newsletters and recipe cards were evaluated through participant feedback. Local communities can adapt these materials to meet their individual needs.

Newsletters:

1. Apricot Newsletter (monthly)
2. Grapefruit Newsletter (monthly)
3. Apple Newsletter (quarterly)
4. Bean Newsletter (quarterly)
5. Potato Newsletter (quarterly)
6. Pear Newsletter (monthly)
7. Pear Newsletter (quarterly)

Recipe Cards:

1. Apple Cabbage Slaw
2. Sunday's Best Fruit Salad
3. Oatmeal Raisin Apple Cookies
4. Hardy Bean Chili
5. Cowgirl Veggie Casserole
6. Vegetable Burgers
7. Cream of Potato Soup
8. Spiced Sweet Potato Cookies
9. Ranch Potato Salad
10. Mixed Fruit Muffins
11. Warm Spiced Pear Sauce
12. Sweet Baked Pears

Evaluation Tools:

1. Newsletter Feedback Card
2. Reinforcing Activities Feedback Card

The lesson plans, evaluation tools, and supplemental materials are to be used with the **BFNEP Fruit & Vegetable Cookbook**. All materials in the **Fruit & Vegetable Curriculum Teacher's Guide** were developed by Stephanie Hightower Rendulic, RD, CD (Yakama Nation BFNEP Consultant). Current materials are continually updated and new materials are regularly added. Please contact Donjulie Aranha at 509.865.5121 x 4827 for the status of updated materials or for information on the success of the curriculum.

All materials were funded by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutrition foods for a better diet. To find out more, contact 1.877.877.6114.

BFNEP FRUIT & VEGETABLE COOKING CLASS

Session #1: Selecting Fruits & Vegetables

Preparation:

Several days prior to class:

1. Select three recipes, determine whether to:
 - prepare recipe from start to finish in class *or*
 - prep ingredients and complete in class *or*
 - make entire recipe ahead and demo certain steps in class
2. Prepare/copy any handouts
3. Purchase ingredients/supplies taking into account BFNEP inventory
4. Make a list of necessary equipment plus serving and cleaning supplies needed for class

Day of class:

1. Prepare recipes based on #1 above
2. Pack totes: one with ingredients and pre-prepared recipes; one with equipment and supplies
3. Remind class location of today's class

Class Supplies:

1. Attendance Sheet
2. Current BFNEP Newsletter
3. Pens
4. Food and Equipment Totes
5. Recipe Copies (12)
6. BFNEP Fruit & Vegetable Cookbooks (12)
7. Incentive Items (12)
8. Basic Food Program Information/Referral Folder

Class Information, Nutrition Education and Cooking Activities:

I. Welcome and Introductions (5 min)

II. Housekeeping Details (5 min)

- Attendance Sign-in
- Bathroom Location
- Distribute Newsletters, Recipes and Cookbooks
- Basic Food Program Information

III. Class Description and Class Objectives (5 min)

1. Series of 4 sessions: Selecting Fruits & Veggies, Storing Fruits & Veggies, Safe Handling of Fruits & Veggies, Healthy Eating Tips
2. Promote increased produce intake by teaching and practicing basic skills for preparing produce at home, thereby improving overall health
3. Prepare and taste three recipes each class (cook and taste together)
4. Final class is a class potluck; class chooses dishes from cookbook (*BFNEP Fruit and Vegetable Cookbook*)

IV. Selecting Tips (10 min)

- A. Fresh

1. local produce stands
2. best to buy while in season
3. grocery stores
4. perishable – handle gently
5. take home quickly
6. *Produce Calendar*: peak season and buying tips
7. buy variety, try new
8. additional home processing information for longer storage (freezing, canning, drying)—call local Agriculture Extension

B. Frozen

1. good value year round, try store brands
2. may have better retention of nutrients
3. shorter cooking times
4. less preparation
5. choose bags with separate and loose pieces
6. look for low salt, fat and unsweetened

C. Canned

1. store brands/commodities, good value, and quality
2. longer shelf life
3. only need to be heated
4. avoid dented or swollen cans

D. Dried

1. mostly fruits (exception—Indian dried corn)
2. some vitamin loss
3. 6 month storage life
4. choose 100% fruit
5. good snacks: raisins, apples, pears, peaches, dried plums
6. store brands cheaper—same quality

V. Prepare Recipes as Planned (50 min): three recipes; see notes on each recipe

⇒ **Give participants incentive items (cooking item to encourage them to prepare recipes at home)**

VI. Taste Samples (15 min)

- Serve participants sampling sizes
- Recipe discussion

VII. Class Clean-up

- Clean kitchen (leave facility in same condition as prior to class)
- Return class totes & attendance sheets plus excess food, handouts, and incentive items to BFNEP staff

BFNEP FRUIT & VEGETABLE COOKING CLASS

Session #2: Storing Fruits & Vegetables

Preparation:

Several days prior to class:

1. Select three recipes, determine whether to:
 - prepare recipe from start to finish in class *or*
 - prep ingredients and complete in class *or*
 - make entire recipe ahead and demo certain steps in class
2. Prepare/copy any handouts
3. Purchase ingredients/supplies taking into account BFNEP inventory
4. Make a list of necessary equipment plus serving and cleaning supplies needed for class

Day of class:

1. Prepare recipes based on #1 above
2. Pack totes: one with ingredients and pre-prepared recipes; one with equipment and supplies
3. Remind class location of today's class

Class Supplies:

1. Attendance Sheet
2. Current BFNEP Newsletter
3. Pens
4. Food and Equipment Totes
5. Recipe Copies (12)
6. BFNEP Fruit & Vegetable Cookbooks (12)
7. Incentive Items (12)
8. Basic Food Program Information/Referral Folder

Nutrition Education and Cooking Activities:

I. Welcome and Housekeeping Details (5 min)

- Attendance Sign-in
- Distribute Newsletters, Recipes and Cookbooks (new participants)
- Basic Food Program Information

II. Storage Tips (15 min)

- A. Proper storage ensures that produce is safe to eat, does not spoil early and tastes great (also maintains nutrient quality)
- B. Food that is safe to eat is not contaminated with germs or other harmful substances that cause illness
- C. Recommended storage times, temperatures and conditions vary
 1. most refrigerated, but a few taste or store better at room temperature (or a bit cooler)
examples: avocados, bananas, tomatoes—store room temp
onions, potatoes, garlic—cool dry place
 2. room temperature conditions (dark, 50-70°F, dry)
 3. two charts in cookbook: *Fresh Storage Tips* and *Storage Times*
- D. Don't wash prior to storage

- E. Never store produce with broken skins
- F. Store in plastic bags or produce drawer (crisper)—prevents wilting and drying (*except mushrooms—store in paper bags*)
- G. If you do not plan on eating produce within the refrigerated time limit, blanch (if necessary) and freeze to maintain quality
- H. Mark frozen produce with freeze date—throw away if frozen longer than recommended
- I. Some fruits taste better (sweeter) at room temperature (berries, tomatoes) while others taste better cold (watermelon)
- J. Some fruits won't ripen in refrigerator
 - 1. ripen in paper bags or slightly open plastic bag at room temperature (away from sunlight), once ripe-store in refrigerator
 - 2. *examples: avocados, bananas, kiwi, peaches, pears, tomatoes*
 - 3. *exception: apples should always be refrigerated*
- K. Some fruits & vegetables should not be stored together because they will spoil quicker (apples with potatoes or onions; potatoes and onions)
- L. After opening a dried fruit/vegetable package, slow spoilage by storing the dried produce in an airtight container in the fridge or freezer

III. Prepare Recipes as Planned (55 min): three recipes; see notes on each recipe

⇒ **Give participants incentive items (fruit & vegetable item to encourage them to eat lots of produce)**

IV. Taste Samples (15 min)

- Serve participants sampling sizes
- Recipe discussion

V. Class Clean-up

- Clean kitchen (leave facility in same condition as prior to class)
- Return class totes & attendance sheets plus excess food, handouts and incentive items to BFNEP staff

BFNEP FRUIT & VEGETABLE COOKING CLASS

Session #3: Safe Handling of Fruits & Vegetables

Preparation:

Several days prior to class:

1. Select three recipes, determine whether to:
 - prepare recipe from start to finish in class *or*
 - prep ingredients and complete in class *or*
 - make entire recipe ahead and demo certain steps in class
2. Prepare/copy any handouts
3. Purchase ingredients/supplies taking into account BFNEP inventory
4. Make a list of necessary equipment plus serving and cleaning supplies needed for class

Day of class:

1. Prepare recipes based on #1 above
2. Pack totes: one with ingredients and pre-prepared recipes; one with equipment and supplies
3. Remind class location of today's class

Class Supplies:

1. Attendance Sheet
2. Current BFNEP Newsletter
3. Pens
4. Food and Equipment Totes
5. Recipe Copies (12)
6. BFNEP Fruit & Vegetable Cookbooks (12)
7. Incentive Items (12)
8. Basic Food Program Information/Referral Folder

Nutrition Education and Cooking Activities:

I. Welcome and Housekeeping Details (5 min)

- Attendance Sign-in
- Distribute Newsletters, Recipes and Cookbooks (new participants)
- Basic Food Program Information

II. Safe Handling of Fruit & Veggies Tips (15 min)

- A. Contamination with harmful bacteria, fungi or viruses
 1. more common in dairy or meat, fish, poultry
 2. can happen at any point between field and table
 3. may cause foodborne illness/poisoning if eaten
 4. CDC estimates yearly: 76 million people get sick; 300,000 people are hospitalized; 5,000 people die...from food borne illness
 5. signs: nausea, vomiting, diarrhea, headache, fever—symptoms appear within 12-72 hours from the time food was eaten
- B. Steps to keep produce safe to eat
 1. wash hands for 20 seconds with hot, soapy water (*when: raw meat, diaper, restroom, pet or objects that may harbor germs*)

2. dry hands with disposable or clean towel
 3. clean cooking, sink and all counter areas
 - a. wash with hot, soapy water; then sanitize (1 tsp bleach to 1 quart water or commercial product, like 409)
 4. wash all fresh produce—even if the rind or skin won't be eaten
 - a. wash just before eating with running water
 - b. don't soak—leaches nutrients
 - c. don't use bleach, detergents or soap—leave residue; special produce washes not recommended (expensive)
 - d. scrub firm produce like potatoes & melons with brush
 5. fruit & vegetable waxes
 - a. applied by packers as protective coating—safe to eat, can be removed by peeling, if desired
 - b. some fruits like apples have a natural wax
- C. Canned fruits & vegetables
1. no dented cans (may contain bacteria)
 2. rinse can tops before opening
 3. wash can opener with warm soapy water (frequently)
- D. Frozen produce
1. keep frozen until ready to use (0 °F)
- E. Cutting (prevent cross-contamination)
2. use separate knife & cutting board to slice/chop produce; if you use same knife & cutting board, wash & sanitize before and after cutting up meat, fish and/or poultry
- F. Pest control (spread illness & contamination)
1. protect produce from rodents, flies and roaches

III. Prepare Recipes as Planned (55 min): three recipes; see notes on each recipe

- ⇒ **Give participants incentive items (cooking item to encourage them to prepare recipes at home)**
- ⇒ **Ask participants to prepare a recipe in the BFNEP Fruit & Vegetable Cookbook to bring for next week's class**

IV. Taste Samples (15 min)

- Serve participants sampling sizes
- Recipe discussion

V. Class Clean-up

- Clean kitchen (leave facility in same condition as prior to class)
- Return class totes & attendance sheets plus excess food, handouts and incentive items to BFNEP staff

BFNEP FRUIT & VEGETABLE COOKING CLASS

Session #4: Healthy Cooking with Fruits & Vegetables

Preparation:

Several days prior to class:

1. Prepare *Participant Evaluation Form*

Day of class:

1. No recipes to be prepared last class (no food or equipment needed)
2. Remind class location of today's class

Class Supplies:

1. Attendance Sheet
2. Current BFNEP Newsletter
3. Pens
4. Home Preparation Questionnaire Forms (12)
5. Incentive Items (12)
6. Basic Food Program Information/Referral Folder

Nutrition Education and Cooking Activities:

I. Welcome and Housekeeping Details (5 min)

- Attendance Sign-in
- Distribute Newsletters
- Basic Food Program Information

II. Healthy Cooking Tips (35 min)

A. Decreasing fat

1. trim visible fat from meats & poultry; remove skin from chicken, duck or goose before cooking
2. choose lean cuts of meat, extra lean ground meat; select white meat over dark meat for poultry
3. bake, broil, boil, or pan broil meats, fish and poultry; drain fat after cooking
4. measure oil for sautéing or frying carefully - allow 1 tsp per person or use cooking spray
5. remove fat from canned meats; refrigerate unopened for 1-2 hours, then open and remove solidified fat on top
6. skim fat from soups, stews & drippings for gravy
7. use low-fat or fat-free dairy products, salad dressings and spreads (margarine, mayonnaise); use small amounts or no extra fat at the table
9. try to eat more meatless meals by replacing meats with beans or vegetables
10. substitute applesauce or prune puree for $\frac{1}{4}$ to $\frac{1}{3}$ of fat when baking cakes, muffins or sweet breads

B. Choose healthier fats

1. cook or bake with oils; try canola or olive oil
2. choose soft tub margarines instead of stick margarine
3. eat fish and small amounts of unsalted nuts or seeds often

C. Decrease refined sugar

1. use a sugar substitute (Splenda, NutraSweet, Sweet & Low) - see table in the *Introduction* section of cookbook
 2. cut down on sugar in recipes by $\frac{1}{4}$
 3. choose canned fruit packed in lite syrup or juice; drain and rinse fruit packed in heavy syrup
 4. choose frozen fruit packaged without sugar or syrup
 5. use only small amounts of jams, honey, syrups and other sweet spreads
- D. Decrease salt
1. limit pre-prepared and processed foods (canned soup, ramen noodles, processed meats & cold cuts, chips, salted nuts & seeds)
 2. select low sodium broths and canned foods
 3. cut down on salt in recipes; season with herbs, spices, onion, garlic or seasoning blends like Mrs. Dash - see *Herb & Spice Buying Guide* in cookbook
 4. limit amounts of seasoning salts and sauces (such as teriyaki, soy, worcestershire, barbecue, ketchup)
- E. Aim for lots of vegetables & fruits daily - see *55 Ways to More Fruits & Veggies* in cookbook

III. Class Potluck (50 min):

- Taste recipes prepared by class participants
- Talk about recipes and preparation techniques

- ⇒ **Give participants incentive items (fruit & veggie item to encourage participants to pack their lunch full of produce)**
- ⇒ **Remember to have each participant complete the *Home Preparation Questionnaire***

IV. Class Clean-up

- Clean kitchen (leave facility in same condition as prior to class)
- Return class attendance sheets, completed evaluation forms and extra incentive items to BFNEP staff

BFNEP Fruit & Vegetable Cooking Class

Date	Last Name	First Name	Mailing Address/Telephone Number	Do you want us to mail you a copy of the monthly BFNEP newsletter?		
				YES	NO	Already Receive

Educator: _____

BFNEP Fruit & Vegetable Cooking Class Home Preparation Questionnaire

*We would love to hear about your Fruit & Vegetable Cooking Class experience! You do not need to include your name.
Thanks for your feedback!!*

How did you hear about the Fruit & Vegetable Cooking Class?

Did you enjoy tasting recipes in class?

YES NO

Did you learn any new cooking techniques or methods in class?

YES NO

Did you learn new ways to prepare fruits & veggies at home?

YES NO

Have you prepared any of the fruit & veggie recipes at home?

YES NO

Do you plan on using the fruit & vegetable cookbook at home?

YES NO

Feel free to share any additional comments or feedback?

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Apricots (Canned)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh and canned apricots.
2. You will be able to prepare an apricot recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- **Program Introduction:** Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- **Food Demonstration Introduction:** Tell participants that each month BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Apricot Information

This month’s “produce feature” is apricots, and apricots are available canned at Commodity Foods. Do you select them at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Canned Apricots:

- **Selecting Canned Apricots:** available year-round; apricots are picked ripe and processed quickly (canning process destroys some nutrients); select canned apricots packed in their own juice or lite syrup to avoid added sugar
- **Storing Canned Apricots:** long shelf life; store canned apricots in a dark, cool place for up to one year after you take them home from Commodity Foods; refrigerate apricots in a glass or plastic container after opening; practice “first in, first out” – use older cans first
- **Safe Handling of Canned Apricots:** wash hands well with soap for at least 20 seconds before preparing canned apricots; discard leaking, rusted, badly dented or bulging cans (may cause illness); wash tops of canned apricots with clean water before opening; regularly wash can opener
- **Cooking with Canned Apricots:** drain juice well to keep from diluting recipe, or save juice for another use

Key Nutrition Message #2 – Apricot Food Demonstration

Recipe: Apricot Upside-Down Cake

Incentive Item: Fruit & Vegetable Wipe Board w/ Pen

Put out the cups, plates, or napkins which will be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (substitute canned pineapples or peaches for apricots; use Commodity Foods baking mix; make own baking mix - provide baking mix recipe; replace sugar with a sugar substitute or half the sugar; use egg mix; use cinnamon and cloves for allspice).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of apricots (carbohydrates, fiber, potassium, vitamin C and vitamin A).
5. Point out food items in recipe available at Commodity Foods (baking mix, vegetable oil, egg mix, butter, apricots).
6. Use pre-prepared Apricot Upside-Down Cake to show participants what the recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Apricot Upside-Down Cake (9 servings)

1½ cups	Baking Mix
⅓ cup	Sugar
½ teaspoon	Allspice (ground)
½ cup	Water
2 tablespoons	Vegetable Oil
1 large	Egg (beaten)
½ teaspoon	Vanilla Extract
¼ cup	Butter
½ cup	Brown Sugar
1 can (15.5 oz)	Peaches, Apricots or Mixed Fruit (chunks, drained)

1. Preheat oven to 350° F.
2. Stir baking mix, sugar, and allspice together in a large bowl.
3. In another bowl, beat water, oil, egg, and vanilla together until foamy.
4. Stir liquid mixture into dry mixture; beat until smooth.
5. Melt butter in an 8"x8" square baking pan; sprinkle brown sugar over melted butter.
6. Place fruit (drained) in pan on top of brown sugar/butter mixture; then, pour cake batter over fruit.
7. Bake 25 minutes or until cake springs back from touch.
8. Place a plate upside down over cake pan; hold plate and cake together and turn upside down so cake is on top. Cake will drop from the pan onto the plate.

Closing

Encourage participants to:

- Select apricots (canned apricots) and other recipe items on Commodity Foods selection sheet.
- Eat more apricots; prepare Apricot Upside-Down Cake at home (by providing the cooking incentive item and other apricot recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Grapefruits (Fresh & Juiced)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh grapefruit and grapefruit juice.
2. You will be able to prepare a grapefruit recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each month BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Grapefruit Information

This month’s “produce feature” is grapefruit, and grapefruit is available fresh and juiced at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Fresh Grapefruit:

- Selecting Fresh Grapefruit: available year-round; divided into color classifications—white (yellowish flesh) and pink (pale pink to ruby red flesh); may be heavily seeded or without seeds; select firm fruit with a smooth, glossy skin and flat ends; should be heavy for size; thin, fine-textured skin indicates a juicy flesh
- Storing Fresh Grapefruit: grapefruits are picked ripe and won’t ripen further; store at room temperature for up to one week (they taste best at room temperature); store in refrigerator for up to eight weeks
- Safe Handling of Fresh Grapefruit: wash and scrub whole grapefruit before eating; toss rotten fruit immediately; always wash hands with hot, soapy water for 20 seconds before handling and eating grapefruit; then, dry hands well with disposable paper towel; wax coating applied shortly after harvest helps prevent moisture loss (safe to eat)
- Cooking with Fresh Grapefruit: grapefruit is 75% juice and one medium fruit yields $\frac{2}{3}$ cup juice; decrease bitterness by removing the rind and white inner portions before eating; season fruit with cinnamon, caraway, rosemary or nutmeg; you can peel a grapefruit like an orange

and divide it into segments; each fruit has 10-12 segments; recipes available in Commodity Foods lobby

Grapefruit Juice:

- Selecting Grapefruit Juice: available year-round; grapefruits are picked ripe and processed quickly (juicing process destroys some nutrients); choose 100% fruit juice with no added sugar
- Storing Grapefruit Juice: store in cool, dark place for up to one year; refrigerate juice in a plastic pitcher once opened and not in its original container; use first in, first out rule
- Safe Handling of Grapefruit Juice: throw away leaking, rusted, badly dented, or bulging cans; wash can tops with clean water before opening; wash can opener with warm, soapy water
- Cooking with Grapefruit Juice: substitute fresh grapefruit for juice in the Pink Grapefruit Sorbet recipe; dilute juice with club soda, sparkling water or tap water; recipes available in Commodity Foods lobby

Key Nutrition Message #2 – Grapefruit Food Demonstration

Recipe: Pink Grapefruit Sorbet
Incentive Item: Cheesecloth

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (substitute 1½ cups grapefruit juice and ½ cup water for fresh grapefruit; if using grapefruit juice, switch sugar to brown sugar and don't use zest; use a sugar substitute; don't use nutmeg).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of grapefruit (low in calories, significant source of vitamin A and potassium, excellent source of vitamin C and fiber). Pink grapefruits have a higher amount of vitamin A than white grapefruits.
5. Point out food items in recipe available at Commodity Foods (grapefruit, grapefruit zest, grapefruit juice).

6. Use pre-prepared Pink Grapefruit Sorbet to show participants what recipe looks like after freezing; serve samples and ask participants if they like the recipe.

Pink Grapefruit Sorbet (4 servings)

2 tablespoons	Grapefruit Zest
4 large	Grapefruits
½ cup	Sugar
1½ teaspoons	Lemon Juice
¼ teaspoon	Nutmeg (ground)

1. Using the finest grating face on a cheese grater, remove the zest (colored part) from the peel of half a grapefruit.
2. Squeeze 2 cups of juice from the grapefruits.
3. Strain juice into a mixing bowl through a cheesecloth (or clean piece of fabric) to remove excess pulp and seeds.
4. Add zest, sugar, lemon juice and nutmeg to strained grapefruit juice; mix well.
5. Freeze grapefruit mixture in a metal cake pan; remove from freezer when partially frozen and break-up sorbet with a fork; then, return to freezer until solid.
6. Shave sorbet with a spoon; serve in cups.

Closing

Encourage participants to:

- Select grapefruit (fresh grapefruit and grapefruit juice) and other recipe items on Commodity Foods selection sheet.
- Eat and drink more grapefruit; prepare Pink Grapefruit Sorbet at home (by providing the cooking incentive item and other grapefruit recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the ***BFNEP Fruit & Vegetable Cookbook***.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (***BFNEP Fruit & Vegetable Cookbook***).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Apples #1 (Fresh)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh apples.
2. You will be able to prepare an apple recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Apple Information

This quarter’s “produce feature” is apples, and apples are available fresh, canned as applesauce and juiced at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Fresh Apples (red delicious, golden delicious, granny smith):

- Selecting Fresh Apples: available year-round but taste best in fall when newly harvested; Red Delicious, Golden Delicious, and Granny Smith varieties at Commodity Foods; firm & heavy with good color and smooth skin; avoid bruised apples or apples with shriveled skin
- Storing Fresh Apples: refrigerate ripe apples in a plastic bag and eat within one month (or texture will become mealy); ripen apples at room temperature in a cool, dark place; don’t wash before storing; don’t store near carrots
- Safe Handling of Fresh Apples: wash and scrub whole apple before eating; toss rotten fruit immediately; apples usually have a wax coating for protection (safe to eat); always wash hands with hot, soapy water for 20 seconds before handling and eating apples; then, dry hands well with disposable paper towel
- Cooking with Fresh Apples: Red Delicious (dark red color; elongated shape; sweet, juicy flavor); Golden Delicious (yellow; crisp, juicy flesh that doesn’t brown); Granny Smith (freckled green skin; sweet, tart flavor); these varieties are best eaten fresh but also suitable for

cooking; don't feel apples (lose fiber & antioxidants); squeeze apple juice (vitamin C) on apple flesh to prevent browning

Key Nutrition Message #2 – Apple Food Demonstration

Recipe: Apple Cabbage Slaw

Incentive Item: Fruit & Vegetable Notepad

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (substitute low fat mayonnaise for Miracle Whip; use purple cabbage to add color; replace sugar with sugar substitute; use different apple varieties).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of apples (low in fat, sodium and calories; good source of vitamin C and fiber).
5. Point out food items in recipe available at Commodity Foods (apple, peanuts).
6. Use pre-prepared Apple Cabbage Slaw to show participants what recipe looks like after chilling; serve samples and ask participants if they like the recipe.

Apple Cabbage Slaw (6 servings)

4 cups Cabbage (shredded)
1 large **Granny Smith Apple** (diced)
¼ cup Pecans, Walnuts or **Peanuts** (chopped)

Slaw Dressing (mix thoroughly):

½ cup *Miracle Whip (low fat)*
1 tablespoon *Sugar*
2 tablespoons *Lime Juice (to taste)*

1. Mix cabbage and apple together with above slaw dressing.
2. Sprinkle nuts on top before serving.

Closing

Encourage participants to:

- Select apples (fresh apples, canned applesauce and apple juice) and other recipe items on Commodity Foods selection sheet.
- Eat more apples; prepare Apple Cabbage Slaw at home (by providing the cooking incentive item and other apple recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the ***BFNEP Fruit & Vegetable Cookbook***.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (***BFNEP Fruit & Vegetable Cookbook***).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Apples #2 (Fresh & Juiced)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh apples and apple juice.
2. You will be able to prepare an apple recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Apple Information

This quarter’s “produce feature” is apples, and apples are available fresh, canned as applesauce and juiced at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Fresh Apples (red delicious, golden delicious, granny smith):

- Selecting Fresh Apples: available year-round but taste best in fall when newly harvested; Red Delicious, Golden Delicious, and Granny Smith varieties at Commodity Foods; firm & heavy with good color and smooth skin; avoid bruised apples or apples with shriveled skin
- Storing Fresh Apples: refrigerate ripe apples in a plastic bag and eat within one month (or texture will become mealy); ripen apples at room temperature in a cool, dark place; don’t wash before storing; don’t store near carrots
- Safe Handling of Fresh Apples: wash and scrub whole apple before eating; toss rotten fruit immediately; apples usually have a wax coating for protection (safe to eat); always wash hands with hot, soapy water for 20 seconds before handling and eating apples; then, dry hands well with disposable paper towel
- Cooking with Fresh Apples: Red Delicious (dark red color; elongated shape; sweet, juicy flavor); Golden Delicious (yellow; crisp, juicy flesh that doesn’t brown); Granny Smith (freckled green skin; sweet, tart flavor); these varieties are best eaten fresh but also suitable for

cooking; don't feel apples (lose fiber & antioxidants); squeeze apple juice (vitamin C) on apple flesh to prevent browning

Apple Juice:

- Selecting Apple Juice: available year-round with a longer shelf life than fresh; apples are picked ripe and processed quickly (juicing process destroys some nutrients); choose 100% fruit juice with no added sugar
- Storing Apple Juice: store in cool, dark place for up to one year; refrigerate juice in a plastic pitcher once opened and not in original container; use "first in, first out rule" – use older cans first
- Safe Handling of Apple Juice: throw away leaking, rusted, badly dented, or bulging cans; wash can tops with clean water before opening; wash can opener with warm, soapy water
- Cooking with Apple Juice: use apple juice in place of lemon juice to prevent fruit browning (vitamin C); dilute juice with club soda, sparkling water or tap water

Key Nutrition Message #2 – Apple Food Demonstration

Recipe: Sunday's Best Fruit Salad
Incentive Item: Measuring Cups & Spoons

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (substitute fruit in recipe for other fresh, frozen or canned varieties; use pie filling instead of fruit dressing; switch peaches for another canned fruit; prevent browning with lemon juice, apple juice or pineapple juice).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of apples (low in fat, sodium and calories; good source of vitamin C and fiber).
5. Point out food items in recipe available at Commodity Foods (apple, apple juice, pineapple, peaches, corn syrup).

6. Use pre-prepared Sunday's Best Fruit Salad to show participants what recipe looks like after chilling; serve samples and ask participants if they like the recipe.

Sunday's Best Fruit Salad (8 servings)

2 large	Apples (bite-sized pieces)
2 large	Bananas (sliced)
1 can (20 oz)	Pineapple (diced – keep juice)
1 large	Grapefruit (bite-sized pieces)
1 pint	Strawberries (sliced)
2 teaspoons	Vanilla Extract
1 teaspoon	Cinnamon (ground)
	Fruit Dressing (recipe below)

1. In a small bowl, toss apples and bananas with pineapple juice for 5 minutes to prevent browning.
2. In a large bowl, combine pineapple, grapefruit, strawberries, vanilla and cinnamon with cooled fruit dressing (recipe below).
3. Add apples and bananas (without juice) to large bowl; stir to combine.
4. Chill and serve.

Fruit Dressing:

1 can (15.5 oz)	Peaches (keep juice)
2 tablespoons	Honey or Corn Syrup
2 teaspoons	Cornstarch
1 tablespoon	Water

1. Coarsely chop peaches, keep juice.
2. In a saucepan, mix peaches and juice with honey or corn syrup.
3. Dissolve cornstarch in water, add to peach mixture.
4. Heat on medium until mixture boils and thickens, about 4-5 minutes.
5. Cool before adding to salad.

Closing

Encourage participants to:

- Select apples (fresh apples, canned applesauce and apple juice) and other recipe items on Commodity Foods selection sheet.
- Eat and drink more apples; prepare Sunday's Best Fruit Salad at home (by providing the cooking incentive item and other apple recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (***BFNEP Fruit & Vegetable Cookbook***).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Apples #3 (Fresh & Canned Applesauce)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh apples.
2. You will be able to prepare an apple recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Apple Information

This quarter’s “produce feature” is apples, and apples are available fresh, canned as applesauce and juiced at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Fresh Apples (red delicious, golden delicious, granny smith):

- Selecting Fresh Apples: available year-round but taste best in fall when newly harvested; Red Delicious, Golden Delicious, and Granny Smith varieties at Commodity Foods; firm & heavy with good color and smooth skin; avoid bruised apples or apples with shriveled skin
- Storing Fresh Apples: refrigerate ripe apples in a plastic bag and eat within one month (or texture will become mealy); ripen apples at room temperature in a cool, dark place; don’t wash before storing; don’t store near carrots
- Safe Handling of Fresh Apples: wash and scrub whole apple before eating; toss rotten fruit immediately; apples usually have a wax coating for protection (safe to eat); always wash hands with hot, soapy water for 20 seconds before handling and eating apples; then, dry hands well with disposable paper towel
- Cooking with Fresh Apples: Red Delicious (dark red color; elongated shape; sweet, juicy flavor); Golden Delicious (yellow; crisp, juicy flesh that doesn’t brown); Granny Smith (freckled green skin; sweet, tart flavor); these varieties are best eaten fresh but also suitable for

cooking; don't feel apples (lose fiber & antioxidants); squeeze apple juice (vitamin C) on apple flesh to prevent browning

Canned Applesauce:

- Selecting Canned Applesauce: available year-round with a longer shelf life than fresh; choose unsweetened applesauce; canning process destroys some nutrients
- Storing Canned Applesauce: store in cool, dark place for up to one year; refrigerate applesauce in a glass or plastic container after opening; use "first in, first out rule" – use older cans first
- Safe Handling of Canned Applesauce: throw away leaking, rusted, badly dented, or bulging cans; rinse can tops with water before opening; frequently wash can opener with warm, soapy water
- Cooking with Canned Applesauce: decrease fat in a baking recipe by replacing half of the butter or oil with applesauce

Key Nutrition Message #2 – Apple Food Demonstration

Recipe: Oatmeal Raisin Apple Cookies
Incentive Item: Oven Mitts

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (substitute eggs with egg mix; switch apples for pears to add variety; use canned fruit instead of fresh; half the brown sugar to decrease the amount of sugar in the recipe).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of apples (low in fat, sodium and calories; good source of vitamin C and fiber).
5. Point out food items in recipe available at Commodity Foods (butter, eggs, applesauce, all-purpose flour, oatmeal, apples, raisins).
6. Use pre-prepared Oatmeal Raisin Apple Cookies to show participants what recipe looks like after baking; serve samples and ask participants if they like the recipe.

Oatmeal Raisin Apple Cookies (42 servings)

½ cup	Butter (softened)
1 cup	Brown Sugar
½ cup	Sugar
2 large	Eggs
1 teaspoon	Vanilla Extract
½ cup	Applesauce
1¾ cups	All-Purpose Flour
1½ teaspoons	Cinnamon (ground)
1 teaspoon	Baking Soda
½ teaspoon	Salt
3 cups	Oatmeal
1 cup	Apples or Pears (finely chopped)
1 cup	Raisins

1. Preheat oven to 375° F; spray cookie sheets with cooking spray.
2. In a large bowl, beat butter, brown sugar and sugar until creamy; add eggs, vanilla and applesauce; beat well.
3. In a small bowl, combine flour, cinnamon, baking soda and salt; then, add to the butter/sugar mixture; mix well. Stir in oatmeal, apples and raisins.
4. Drop dough by rounded tablespoonfuls about two inches apart onto cookie sheets.
5. Bake 11-13 minutes or until golden brown (centers will be soft); cool two minutes on cookie sheets; remove to wire rack and cool completely.

Closing

Encourage participants to:

- Select apples (fresh apples, canned applesauce and apple juice) and other recipe items on Commodity Foods selection sheet.
- Eat more apples; prepare Oatmeal Raisin Apple Cookies at home (by providing the cooking incentive item and other apple recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Beans #1 (Dried)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with dried beans.
2. You will be able to prepare a dried bean recipe at home using foods available at Commodity Foods.

BFNEP Introduction

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Key Nutrition Message #1 – Bean Information

This quarter’s “produce feature” is beans, and beans are available dried & canned at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Dried Beans (pinto, lima, great northern):

- Selecting Dried Beans: available year-round; think about flavor & color and how you want to prepare them; Commodity Foods stocks pinto (stews, chili, casseroles or serve refried), lima (soups, casseroles, or mix with veggies or ham) and great northern (soups, casseroles, salads, served baked) beans; choose bags free of holes
- Storing Dried Beans: long shelf life; store dry beans in a dark, dry, cool place; practice “first in, first out” – use older beans first; shelf-stable – excellent food to keep on hand in case of emergency; important to store cooked beans properly (refrigerate & discarded after seven days)
- Safe Handling of Dried Beans: wash hands well with soap (20 seconds) before cooking beans; pick through to remove damaged beans & small stones; once cooked – require special care because high in protein & grow bacteria quickly; refrigerate cooked beans within ½ to 1 hour; chill beans quickly by refrigerating in shallow storage containers – not the original pot
- Cooking with Dried Beans: experiment with different varieties; season beans with bay leaves, black pepper, coriander, marjoram, garlic,

oregano, parsley, rosemary, sage or thyme; change soaking water several times to minimize intestinal gas; different varieties have different cooking times (1-3 hours); read & follow package directions for best results

- Presoak Method: place beans in a large pot; cover with water & soak overnight for at least 8 hours; drain water & rinse beans; add fresh water & cook until tender (follow package directions)
- Quick Soak Method: place beans in a large pot; cover with water & bring to a boil for 2-3 minutes; remove from heat & let stand for 1 hour; drain water & rinse beans; add fresh water & cook until tender (follow package directions)

Key Nutrition Message #2 – Bean Food Demonstration

Recipe: Hardy Bean Chili
Incentive Item: Liquid Measuring Cup

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (substitute ground beef with bison; use different bean varieties; replace dried beans with canned beans; make own chili mix with chili powder, paprika, cumin, garlic powder, onion powder and oregano; add cayenne pepper to make chili hot; thicken chili with cornmeal or masa harina).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of beans (low in fat, sodium and calories; good source of potassium, folate, iron and fiber).
5. Point out food items in recipe available at Commodity Foods (vegetable oil, beef, onion, tomato sauce, tomatoes, beans, corn).
6. Use pre-prepared Hardy Bean Chili to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Hardy Bean Chili (8 servings)

3 tablespoons	Vegetable Oil
1 pound	Beef or Bison (ground)
1 cup	Onion (diced)
2 cloves	Garlic (minced)
1 cup	Bell Peppers (diced)
1 package (1.25 oz)	Chili Mix
1 can (15.5 oz)	Tomato Sauce
4 cups	Water
1 can (15.5 oz)	Tomatoes (diced, drained)
2 cups	Pinto Beans (cooked)
1 can (15.5 oz)	Corn (drained)
	Salt (to taste)
	Black Pepper (to taste)

1. In a large pot, cook beef in oil until browned; sauté onion, garlic and peppers until golden; drain excess liquid.
2. Add chili mix, tomato sauce and water; bring to a boil, reduce heat and simmer 20 minutes.
3. Add tomatoes, beans and corn; cook 10 additional minutes.
4. Add salt and pepper to taste; continue to simmer until water reduces to desired consistency.

Closing

Encourage participants to:

- Select beans (dried beans, canned beans) and other recipe items on Commodity Foods selection sheet.
- Eat more beans; prepare Hardy Bean Chili at home (by providing the cooking incentive item and other bean recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Beans #2 (Canned)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with canned beans.
2. You will be able to prepare a canned bean recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
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Key Nutrition Message #1 – Bean Information

This quarter’s “produce feature” is beans, and beans are available dried & canned at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Canned Beans (kidney, refried, vegetarian):

- Selecting Canned Beans: available year-round; think about flavor & color and how you want to prepare them; Commodity Foods stocks kidney (stews, chili, salads or with cornbread), refried (mashed pinto beans – tacos, burritos, nachos, veggie burgers) and vegetarian (seasoned navy beans – soups, chowders, casseroles or serve baked) beans; beans are picked ripe & processed quickly (canning process destroys some nutrients)
- Storing Canned Beans: long shelf life; store cans in a dark, dry, cool place; practice “first in, first out” – use older beans first; shelf-stable for one year – excellent food to keep on hand in case of emergency; refrigerate opened beans in glass or plastic container – not the original can; important to store cooked beans properly (refrigerate & discarded after seven days)
- Safe Handling of Canned Beans: throw away leaking, rusted, badly dented or bulging cans; rinse can tops with water before opening; frequently wash can opener with warm, soapy water; once cooked – require special care because high in protein & grow bacteria quickly;

refrigerate cooked beans within ½ to 1 hour; chill beans quickly by refrigerating in shallow storage containers – not the original pot

- Cooking with Canned Beans: experiment with different varieties; season beans with bay leaves, black pepper, coriander, marjoram, garlic, oregano, parsley, rosemary, sage or thyme; salt is added to canned beans, rinse & drain them to decrease salt; don't like the seasoning added to some canned beans, rinse & drain and add own flavoring

Key Nutrition Message #2 – Bean Food Demonstration

Recipe: Cowgirl Vegetable Casserole
Incentive Item: Colander

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (use tomato paste in place of ketchup; add ground beef, bison, chicken, or pork; substitute different bean varieties; replace canned beans with cooked dried beans).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of beans (low in fat, sodium and calories; good source of potassium, folate, iron and fiber).
5. Point out food items in recipe available at Commodity Foods (vegetable oil, onion, carrots, green beans, corn, vegetarian beans, cheese).
6. Use pre-prepared Cowgirl Vegetable Casserole to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Cowgirl Vegetable Casserole (6 servings)

1 tablespoon	Vegetable Oil
1 medium	Onion (chopped)
1 cup	Carrots (diced)
1 large	Red Bell Pepper (diced)
1 can (15.5 oz)	Green Beans (rinsed, drained)
1 can (15.5 oz)	Corn (rinsed, drained)
1 can (15.5 oz)	Vegetarian Beans (undrained)
½ teaspoon	Barbecue Seasoning
1 tablespoon	Ketchup or Tomato Paste
1 cup	Cheddar Cheese (shredded)

1. Preheat oven to 375° F.
2. In a large skillet, sauté onion, carrots and bell pepper in oil until golden.
3. Add green beans, cook 3-5 additional minutes; stir in corn, vegetarian beans (undrained), barbeque seasoning and ketchup or tomato paste.
4. Cook 2 minutes or until heated through; pour into a baking dish and sprinkle top with cheese.
5. Cover; bake 30 minutes or until casserole is bubbling and cheese has melted.

Closing

Encourage participants to:

- Select beans (dried beans, canned beans) and other recipe items on Commodity Foods selection sheet.
- Eat more beans; prepare Cowgirl Vegetable Casserole at home (by providing the cooking incentive item and other bean recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Beans #3 (Canned)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with canned beans.
2. You will be able to prepare a canned bean recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Bean Information

This quarter’s “produce feature” is beans, and beans are available dried & canned at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Canned Beans (kidney, refried, vegetarian):

- Selecting Canned Beans: available year-round; think about flavor & color and how you want to prepare them; Commodity Foods stocks kidney (stews, chili, salads or with cornbread), refried (mashed pinto beans – tacos, burritos, nachos, veggie burgers) and vegetarian (seasoned navy beans – soups, chowders, casseroles or serve baked) beans; beans are picked ripe & processed quickly (canning process destroys some nutrients)
- Storing Canned Beans: long shelf life; store cans in a dark, dry, cool place; practice “first in, first out” – use older beans first; shelf-stable for one year – excellent food to keep on hand in case of emergency; refrigerate opened beans in glass or plastic container – not the original can; important to store cooked beans properly (refrigerate & discarded after seven days)
- Safe Handling of Canned Beans: throw away leaking, rusted, badly dented or bulging cans; rinse can tops with water before opening; frequently wash can opener with warm, soapy water; once cooked – require special care because high in protein & grow bacteria quickly;

refrigerate cooked beans within ½ to 1 hour; chill beans quickly by refrigerating in shallow storage containers – not the original pot

- Cooking with Canned Beans: experiment with different varieties; season beans with bay leaves, black pepper, coriander, marjoram, garlic, oregano, parsley, rosemary, sage or thyme; salt is added to canned beans, rinse & drain them to decrease salt; don't like the seasoning added to some canned beans, rinse & drain and add own flavoring

Key Nutrition Message #2 – Bean Food Demonstration

Recipe: Vegetable Burgers
Incentive Item: Storage Container

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (freeze extra patties to serve later; heat ingredients in a loaf pan for a vegetarian meatloaf; sauté ingredients in a skillet & serve as a dip with chips; add more/different vegetables for variety; substitute refried beans with whole beans—just mash them to the consistency of refried beans; use Worcestershire sauce to increase flavor).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of beans (low in fat, sodium and calories; good source of potassium, folate, iron and fiber).
5. Point out food items in recipe available at Commodity Foods (refried beans, corn, carrots, onion, oatmeal).
6. Use pre-prepared Vegetable Burgers to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Vegetable Burgers (8 servings)

1 can (15.5 oz)	Refried Beans (drained)
½ can (15.5 oz)	Corn (rinsed, drained)
½ cup	Celery (diced)
½ cup	Carrots (shredded)
½ cup	Red Bell Pepper (diced)
½ cup	Onion (diced)
1½ tablespoons	Soy Sauce (low sodium)
½ teaspoon	Black Pepper
½ teaspoon	Crushed Red Pepper (optional)
1 cup	Oatmeal

1. Combine all ingredients together in a large bowl; mix well to blend flavors.
2. Prepare into patties and cook in a skillet over medium heat; carefully flip patties until vegetables are grilled and cooked through.

Closing

Encourage participants to:

- Select beans (dried beans, canned beans) and other recipe items on Commodity Foods selection sheet.
- Eat more beans; prepare Vegetable Burgers at home (by providing the cooking incentive item and other bean recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Potatoes #1 (Dehydrated)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with dehydrated potatoes.
2. You will be able to prepare a dehydrated potato recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Potato Information

This quarter’s “produce feature” is potatoes, and potatoes are available dehydrated, canned and fresh at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Dehydrated Potatoes (instant potato flakes):

- Selecting Dehydrated Potatoes: available year-round; quick to prepare; Commodity Foods stocks instant mashed potato flakes (uncooked potatoes with most of the water removed); choose sealed bags free of holes; potatoes are picked ripe and processed quickly (dehydrating process destroys some nutrients)
- Storing Dehydrated Potatoes: long shelf life; store at room temperature in a cool, dry place; practice “first in, first out” – use older bags first; shelf-stable – excellent food to keep on hand in case of emergency (can prepare with only boiling water); best to use within one year of pick-up from Commodity Foods; once opened – store unused instant potatoes in an airtight container
- Safe Handling of Dehydrated Potatoes: wash hands well with soap (20 seconds) before cooking potatoes; once cooked – cover and store leftover prepared potatoes in refrigerator for up to three days
- Cooking with Dehydrated Potatoes: very bland flavor – so, experiment with different seasonings; season potatoes with basil, cayenne pepper, dill, mint, oregano, paprika, parsley or rosemary; add cheese or corn

for additional flavor; use to thicken soups, stews and casserole dishes; for convenience, cook potatoes ahead and refrigerate

- Prepare Instant Mashed Potato Flakes: in medium saucepan, bring 1½ cups water, 1 tablespoon margarine or butter and 1 teaspoon salt to a rolling boil; remove from heat; stir in ½ cup milk and 1⅓ cups potato flakes with fork until potatoes are desired consistency (follow package directions)

Key Nutrition Message #2 – Potato Food Demonstration

Recipe: Cream of Potato Soup

Incentive Item: Colander or Liquid Measuring Cup

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (use another meat like turkey, ham or fish instead of lunchmeat; sauté onion and meat in oil in place of butter; experiment with herbs and spices – paprika, basil, cilantro, dill, dried mustard – for more flavor; add additional vegetables such as celery, carrots or green onions; serve soup as a meal with crackers or bread).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of potatoes (naturally low in fat, sodium and calories; good source of vitamin C, folate, potassium and fiber – with skins).
5. Point out food items in recipe available at Commodity Foods (onion, lunchmeat, butter, dried instant milk, corn, instant potato flakes).
6. Use pre-prepared Cream of Potato Soup to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Cream of Potato Soup (6 servings)

1 cup	Onion (chopped)
2 cups	Lunchmeat (diced)
2 tablespoons	Butter
1 cup	Instant Dry Milk (fat free)
3 cups	Water
1 can (15.5 oz)	Corn
$\frac{3}{4}$ cup	Instant Potato Flakes
$\frac{1}{2}$ teaspoon	Black Pepper

1. Sauté onion and lunchmeat in butter over medium heat until onion is tender and meat browns (about 5 minutes).
2. Add instant milk, water and corn; simmer 5 minutes.
3. Add potato flakes and pepper; mix well and serve warm.

Closing

Encourage participants to:

- Select potatoes (dehydrated, canned and fresh) and other recipe items on Commodity Foods selection sheet.
- Eat more potatoes; prepare Cream of Potato Soup at home (by providing the cooking incentive item and other potato recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the ***BFNEP Fruit & Vegetable Cookbook***.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (***BFNEP Fruit & Vegetable Cookbook***).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Potatoes #2 (Canned)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with canned potatoes.
2. You will be able to prepare a canned potato recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Potato Information

This quarter’s “produce feature” is potatoes, and potatoes are available dehydrated, canned and fresh at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Canned Potatoes (sliced, sweet potato):

- Selecting Canned Potatoes: available year-round; quick to prepare; Commodity Foods stocks canned sliced potatoes and canned sweet potatoes; potatoes are picked ripe and processed quickly (canning process destroys some nutrients)
- Storing Canned Potatoes: long shelf life; store at room temperature in a cool, dry place; practice “first in, first out” – use older cans first; shelf-stable – excellent food to keep on hand in case of emergency (already cooked); best to use within one year of pick-up from Commodity Foods; once opened – store unused potatoes in refrigerator
- Safe Handling of Canned Potatoes: throw away leaking, rusted, badly dented or bulging cans; rinse can tops with water before opening; frequently wash can opener with warm, soapy water; wash hands well with soap (20 seconds) before cooking potatoes; once cooked – cover and store leftover canned potatoes in refrigerator for up to seven days
- Cooking with Canned Potatoes: sliced potatoes have a very bland flavor – so, experiment with different seasonings (basil, cayenne pepper, dill, mint, oregano, paprika, parsley or rosemary); canned sweet potatoes are traditionally eaten for Thanksgiving – eat more

often, and experiment with different seasonings (allspice, cinnamon, cloves, ginger, nutmeg) and recipes; salt is added to canned sliced potatoes, rinse and drain them to decrease salt; sugar is added to canned sweet potatoes, rinse and drain them to decrease sugar

Key Nutrition Message #2 – Potato Food Demonstration

Recipe: Spiced Sweet Potato Cookies

Incentive Item: Spice Shaker or Mini Grater/Zester

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (mash sweet potatoes before adding to wet ingredients; substitute egg with egg mix – it works great in baking recipes; use chopped prunes or other dried fruit instead of raisins; for variety, add nuts to cookie mix; decrease the amount of fat by using $\frac{1}{4}$ cup applesauce + $\frac{1}{4}$ cup butter in place of $\frac{1}{2}$ cup butter; use whole wheat flour instead of all-purpose flour to increase fiber).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of potatoes (naturally low in fat, sodium and calories; good source of vitamin C, folate, potassium and fiber – with skins; sweet potatoes are also a good source of vitamin A).
5. Point out food items in recipe available at Commodity Foods (butter, sweet potatoes, egg, all-purpose flour, raisins).
6. Use pre-prepared Spiced Sweet Potato Cookies to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Spiced Sweet Potato Cookies (36 servings)

	Cooking Spray
½ cup	Butter
1 cup	Sugar
1 can (15.5 oz)	Sweet Potatoes (mashed)
1 large	Egg
1 teaspoon	Vanilla Extract
2 cups	All-Purpose Flour
1 teaspoon	Baking Powder
1 teaspoon	Baking Soda
1 teaspoon	Cinnamon (ground)
½ teaspoon	Nutmeg (ground)
¼ teaspoon	Allspice (ground)
¼ teaspoon	Salt
¾ cup	Raisins

1. Preheat oven to 350° F; spray cookie sheets with cooking spray.
2. In a large bowl, cream butter and sugar together; add sweet potatoes, egg and vanilla; beat well.
3. In a small bowl, mix flour, baking powder, baking soda, cinnamon, nutmeg, allspice and salt.
4. Add dry ingredients into wet ingredients; mix well; stir in raisins.
5. Drop dough by rounded teaspoonfuls about two inches apart onto cookie sheets.
6. Bake 12-15 minutes or until lightly browned.

Closing

Encourage participants to:

- Select potatoes (dehydrated, canned and fresh) and other recipe items on Commodity Foods selection sheet.
- Eat more potatoes; prepare Spiced Sweet Potato Cookies at home (by providing the cooking incentive item and other potato recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Potatoes #3 (Fresh)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh potatoes.
2. You will be able to prepare a fresh potato recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Potato Information

This quarter’s “produce feature” is potatoes, and potatoes are available dehydrated, canned and fresh at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Fresh Potatoes (russet, red):

- Selecting Fresh Potatoes: available year-round; think about flavor and color and how you want to prepare them; Commodity Foods stocks russet (slightly dry and starchy flesh – baking, mashing or frying) and red (moist, waxy flesh with little starch – boiling, roasting or frying) potatoes; potatoes should be firm and well-shaped with smooth skin; avoid potatoes with wrinkles and sprouts
- Storing Fresh Potatoes: store in a dark, dry, cool and well-ventilated location; will keep for one week at room temperature – but will keep for several weeks at 45°F-55°F; if too warm – shrink and develop sprouts; if too cold, flavor changes and turn black; if too light – turn green; don’t wash before storage to help prevent decay
- Safe Handling of Fresh Potatoes: wash hands well with soap (20 seconds) before cooking potatoes; clean the skin well by scrubbing it gently with a sponge or vegetable brush; peel off any green skin as it tastes bitter; once cooked – refrigerate potatoes within ½ -1 hour of cooking for up to seven days
- Cooking with Fresh Potatoes: experiment with different varieties and cooking methods; add flavor and variety with seasonings (basil,

cayenne pepper, dill, mint, oregano, paprika, parsley or rosemary); most of the vitamins and minerals are found in the potato skin – so it's best to eat the skin (also adds color, flavor and texture and decreases preparation time)

Key Nutrition Message #2 – Potato Food Demonstration

Recipe: Ranch Potato Salad
Incentive Item: Spatula or Cutting Board

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (experiment with other potato varieties – red, blue or fingerling; if using smaller varieties, add eight potatoes not four potatoes; leave skins on potatoes because most of the fiber and nutrients are found in the skin; to hard boil eggs: place eggs in a saucepan and cover with cold water, bring to a boil; cover & remove from heat; let stand for 15-20 minutes; decrease the amount of fat by using low fat mayonnaise and dressing).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of potatoes (naturally low in fat, sodium and calories; good source of vitamin C, folate, potassium and fiber – with skins).
5. Point out food items in recipe available at Commodity Foods (potatoes).
6. Use pre-prepared Ranch Potato Salad to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Ranch Potato Salad (10 servings)

4 large	Potatoes (Russet, Yukon Gold)
½ cup	Mayonnaise (low fat)
½ cup	Ranch Salad Dressing (low fat)
1 cup	Celery (diced)
½ cup	Green Onions (chopped)
2 large	Eggs (hard boiled, chopped)
½ teaspoon	Salt (to taste)
½ teaspoon	Black Pepper (to taste)

Hard Boiled Eggs:

Place eggs in a sauce pan and cover with cold water, bring water to a boil; cover and remove from heat; let stand for 15-20 minutes.

1. Cook whole potatoes in boiling water for 20-25 minutes until tender (or cube potatoes and reduce cooking time to about 15 minutes).
2. Drain and cool potatoes to room temperature; chop into cubes.
3. In a large bowl, mix together mayonnaise, dressing, celery, green onions, eggs, salt (to taste) and pepper (to taste).
4. Add potatoes; toss and refrigerate for 1 hour.

Closing

Encourage participants to:

- Select potatoes (dehydrated, canned and fresh) and other recipe items on Commodity Foods selection sheet.
- Eat more potatoes; prepare Ranch Potato Salad at home (by providing the cooking incentive item and other potato recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Pears #1 (Canned Mixed Fruit)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with canned mixed fruit.
2. You will be able to prepare a canned mixed fruit recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Pear Information

This quarter’s “produce feature” is pears, and pears are available fresh & canned at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Canned Mixed Fruit (mixed fruit – pears, peaches, grapes):

- Selecting Canned Mixed Fruit: available year-round; pears are picked ripe and processed quickly (the canning process destroys some nutrients); select canned mixed fruit packed in its own juice or lite syrup to avoid added sugar; most canned pears are Bartlett pears
- Storing Canned Mixed Fruit: long shelf life; store canned mixed fruit in a dark, cool place for up to one year after you take them home from Commodity Foods; practice “first in, first out” – use older cans first; refrigerate pears in a glass or plastic container after opening
- Safe Handling of Canned Mixed Fruit: wash hands well with soap for at least 20 seconds before preparing canned mixed fruit; discard leaking, rusted, badly dented or bulging cans (may cause illness); wash tops of canned mixed fruit with clean water before opening; regularly wash can opener
- Cooking with Canned Mixed Fruit: can substitute canned mixed fruit for fresh pears in most recipes (drain juice well and cooking time may need to be shortened depending on recipe); save drained juice for another use; season pears with cinnamon, cloves, ginger or tarragon; pair pears with other fruits or cheeses, bake them in muffins and quick bread

recipes, add them to classic desserts (pies, cakes, crisps) and salads (vegetable, fruit, tuna) or just poach them; pears can easily be substituted for apples in any recipe

Key Nutrition Message #2 – Pear Food Demonstration

Recipe: Mixed Fruit Muffins

Incentive Item: Fruit & Veggie Potholder

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (use canned pears or peaches in place of mixed fruit; drain canned fruit well before pureeing; substitute egg with egg mix-it works great in baking recipes; only grate the orange-colored peel as the white-colored peel is bitter; use whole wheat flour instead of all-purpose flour to increase fiber; substitute chopped prunes or other dried fruit for raisins).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of pears (naturally low in fat, sodium and calories; good source of vitamin C and fiber; fair source of potassium).
5. Point out food items in recipe available at Commodity Foods (mixed fruit, egg, vegetable oil, orange peel, oatmeal, all-purpose flour and raisins).
6. Use pre-prepared Mixed Fruit Muffins to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Mixed Fruit Muffins (12 servings)

2 cans (15.5 oz each)	Cooking Spray
1 large	Mixed Fruit (drained, diced)
¼ cup	Egg (beaten)
1 teaspoon	Vegetable Oil
1 teaspoon	Vanilla Extract
1 cup	Orange Peel (grated)
1 cup	All-Purpose Flour
¾ cup	Oatmeal
2 teaspoons	Brown Sugar
1 teaspoon	Baking Powder
¼ teaspoon	Cinnamon (ground)
½ cup	Salt
	Raisins

1. Preheat oven to 400° F; spray a muffin pan with cooking spray.
2. Puree one can of mixed fruit (drained); in a small bowl, combine 1 cup mixed fruit puree, egg, oil, vanilla and orange peel; set aside.
3. In a large bowl, combine flour, oatmeal, brown sugar, baking powder, cinnamon and salt; mix well.
4. Stir liquid mixture into dry mixture; mix until just moistened; fold in raisins and 1 cup mixed fruit (drained, not pureed).
5. Spoon batter into muffin tins; bake 20-25 minutes or until toothpick inserted comes out clean.

Closing

Encourage participants to:

- Select pears (fresh pears, canned pears and canned mixed fruit) and other recipe items on Commodity Foods selection sheet.
- Eat more pears; prepare Mixed Fruit Muffins at home (by providing the cooking incentive item and other pear recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Pears #2 (Canned)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with canned pears.
2. You will be able to prepare a canned pear recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
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Key Nutrition Message #1 – Pear Information

This quarter’s “produce feature” is pears, and pears are available fresh & canned at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Canned Pears (sliced Bartlett pears, mixed fruit – pears, peaches, grapes):

- Selecting Canned Pears: available year-round; pears are picked ripe and processed quickly (the canning process destroys some nutrients); select canned pears packed in their own juice or lite syrup to avoid added sugar; most canned pears are Bartlett pears
- Storing Canned Pears: long shelf life; store canned pears in a dark, cool place for up to one year after you take them home from Commodity Foods; practice “first in, first out” – use older cans first; refrigerate pears in a glass or plastic container after opening
- Safe Handling of Canned Pears: wash hands well with soap for at least 20 seconds before preparing canned pears; discard leaking, rusted, badly dented or bulging cans (may cause illness); wash tops of canned pears with clean water before opening; regularly wash can opener
- Cooking with Canned Pears: can substitute canned pears for fresh pears in most recipes (drain juice well and cooking time may need to be shortened depending on recipe); save drained juice for another use; season pears with cinnamon, cloves, ginger or tarragon; pair pears with other fruits or cheeses, bake them in muffins and quick bread

recipes, add them to classic desserts (pies, cakes, crisps) and salads (vegetable, fruit, tuna) or just poach them; pears can easily be substituted for apples in any recipe

Key Nutrition Message #2 – Pear Food Demonstration

Recipe: Warm Spiced Pear Sauce
Incentive Item: Liquid Measuring Cup

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (serve pear sauce over pound cake or ice cream for dessert; flavor oatmeal with pear sauce; substitute 1 cup brown sugar for honey; use powdered ginger, cinnamon and nutmeg for best results; try recipe with other canned fruit such as peaches, mixed fruit or pineapple).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of pears (naturally low in fat, sodium and calories; good source of vitamin C and fiber; fair source of potassium).
5. Point out food items in recipe available at Commodity Foods (pears and butter).
6. Use pre-prepared Warm Spiced Pear Sauce to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Warm Spiced Pear Sauce (8 servings)

2 cans (15.5 oz each)	Pears (diced, drained – keep ½ cup juice)
1 cup	Honey
1 teaspoon	Ginger (ground)
1 teaspoon	Cinnamon (ground)
½ teaspoon	Nutmeg (ground)
¼ cup	Butter (cut into pieces)

1. Drain pears keeping ½ cup juice.
2. In a medium saucepan, combine pears and juice with remaining ingredients except butter.
3. Simmer gently over medium heat for approximately 10-15 minutes, or until sauce is reduced by half; add butter and stir well.
4. Serve warm pear sauce over pancakes, waffles or crepes.

Closing

Encourage participants to:

- Select pears (fresh pears, canned pears and canned mixed fruit) and other recipe items on Commodity Foods selection sheet.
- Eat more pears; prepare Warm Spiced Pear Sauce at home (by providing the cooking incentive item and other pear recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the **BFNEP Fruit & Vegetable Cookbook**.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (**BFNEP Fruit & Vegetable Cookbook**).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Pears #3 (Fresh)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh pears.
2. You will be able to prepare a fresh pear recipe at home using foods available at Commodity Foods.

BFNEP Introduction

- Program Introduction: Introduce educator(s) and explain that the Basic Food Nutrition Education Program (BFNEP) encourages families living on a fixed food budget to eat more fruits & vegetables.
- Food Demonstration Introduction: Tell participants that each quarter BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Pear Information

This quarter’s “produce feature” is pears, and pears are available fresh & canned at Commodity Foods. Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Fresh Pears (different varieties):

- Selecting Fresh Pears: available year-round; best when in season (August-October); pears are picked unripe and ripen off the tree; select firm pears with a bright, smooth skin and sweet smell; they ripen from the inside out, so gently press your thumb near the stem and if it’s slightly soft, it’s ripe
- Storing Fresh Pears: bruise easily—handle with care; don’t wash pears before storing; store fresh pears at room temperature until they’re ripe (3-6 days); eat ripe pears quickly or refrigerate them for 3-5 days to prevent further ripening; don’t store pears near potatoes or onions (they absorb their odor); don’t freeze fresh pears (juice and fibers separate when they thaw); can freeze cooked or processed pears with added sugar
- Safe Handling of Fresh Pears: wash hands well with soap for at least 20 seconds before preparing pears; clean pear skin well by gently scrubbing it with a sponge or vegetable brush under running water; discard pears with cuts or dark spots; some pears have a protective wax coating which is safe to eat

- Cooking with Fresh Pears: to get more nutrition, always eat fresh pear skins; use a corer or paring knife to remove core from bottom of fruit before eating; season pears with cinnamon, cloves, ginger or tarragon; pair pears with other fruits or cheeses, bake them in muffins and quick bread recipes, add them to classic desserts (pies, cakes, crisps) and salads (vegetable, fruit, tuna) or just poach them; pears can easily be substituted for apples in any recipe

Key Nutrition Message #2 – Pear Food Demonstration

Recipe: Sweet Baked Pears

Incentive Item: Colander or Recipe Card Holder

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (substitute fresh pears for canned: bake fresh pear halves, covered, in oven for 15 minutes then continue to step 3; if using fresh fruit, leave skins on pears for additional fiber; use ½ cup honey in place of brown sugar; before serving, top pears with yogurt, whipped cream, dried fruit or nuts).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of pears (naturally low in fat, sodium and calories; good source of vitamin C and fiber; fair source of potassium).
5. Point out food items in recipe available at Commodity Foods (pears).
6. Use pre-prepared Sweet Baked Pears to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Sweet Baked Pears (8 servings)

2 cans (15.5 oz each)	Pears (drained, halved)
½ cup	Brown Sugar
1 tablespoon	Lemon Juice
1 teaspoon	Cinnamon (ground)

1. Preheat oven to 350° F.
2. Place drained pear halves, cut side up, on a 9"x13" baking pan.
3. In a small bowl, combine brown sugar, lemon juice and cinnamon; drizzle over pears.
4. Bake, uncovered, 20 minutes; cool slightly; spoon brown sugar mixture over pears before eating.

Closing

Encourage participants to:

- Select pears (fresh pears, canned pears and canned mixed fruit) and other recipe items on Commodity Foods selection sheet.
- Eat more pears; prepare Sweet Baked Pears at home (by providing the cooking incentive item and other pear recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the ***BFNEP Fruit & Vegetable Cookbook***.

Evaluation

- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (***BFNEP Fruit & Vegetable Cookbook***).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

If possible, have one educator teach key nutrition message #1 while another educator demonstrates key nutrition message #2—try to integrate the two messages to maintain interest in topic.

Produce Feature: Pears (Fresh & Canned)

Key Nutrition Messages:

1. You will be able to identify how to select, store, safely handle and cook with fresh and canned pears.
2. You will be able to prepare a pear recipe at home using foods available at Commodity Foods.

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- Food Demonstration Introduction: Tell participants that each month BFNEP features a different produce item available at Commodity Foods. The food demonstration, newsletter, lobby display board and lobby handouts all focus on the “produce feature” (show location of items). At food demonstrations, the “produce feature” is discussed, and a recipe using the “produce feature” is demonstrated and tasted by participants.

Key Nutrition Message #1 – Pear Information

This month’s “produce feature” is pears, and pears are available fresh and canned at Commodity Foods). Which do you select at Commodity Foods? Utilize the BFNEP Display Board to reinforce key messages you teach verbally.

Fresh Pears (different varieties):

- Selecting Fresh Pears: available year-round; best when in season (August-October); pears are picked unripe and ripen off the tree; select firm pears with a bright, smooth skin and sweet smell; they ripen from the inside out, so gently press your thumb near the stem and if it’s slightly soft, it’s ripe
- Storing Fresh Pears: bruise easily—handle with care; don’t wash pears before storing; store fresh pears at room temperature until they’re ripe (3-6 days); eat ripe pears quickly or refrigerate them for 3-5 days to prevent further ripening; don’t store pears near potatoes or onions (they absorb their odor); don’t freeze fresh pears (juice and fibers separate when they thaw); can freeze cooked or processed pears with added sugar
- Safe Handling of Fresh Pears: wash hands well with soap for at least 20 seconds before preparing pears; clean pear skin well by gently scrubbing it with a sponge or vegetable brush under running water; discard pears with cuts or dark spots; some pears have a protective wax coating which is safe to eat

- Cooking with Fresh Pears: to get more nutrition, always eat fresh pear skins; use a corer or paring knife to remove core from bottom of fruit before eating; season pears with cinnamon, cloves, ginger or tarragon; pair pears with other fruits or cheeses, bake them in muffins and quick bread recipes, add them to classic desserts (pies, cakes, crisps) and salads (vegetable, fruit, tuna) or just poach them; pears can easily be substituted for apples in any recipe

Canned Pears (sliced Bartlett pears, mixed fruit – pears, peaches, grapes):

- Selecting Canned Pears: available year-round; pears are picked ripe and processed quickly (the canning process destroys some nutrients); select canned pears packed in their own juice or lite syrup to avoid added sugar; most canned pears are Bartlett pears
- Storing Canned Pears: long shelf life; store canned pears in a dark, cool place for up to one year after you take them home from Commodity Foods; practice “first in, first out” – use older cans first; refrigerate pears in a glass or plastic container after opening
- Safe Handling of Canned Pears: wash hands well with soap for at least 20 seconds before preparing canned pears; discard leaking, rusted, badly dented or bulging cans (may cause illness); wash tops of canned pears with clean water before opening; regularly wash can opener
- Cooking with Canned Pears: can substitute canned pears for fresh pears in most recipes (drain juice well and cooking time may need to be shortened depending on recipe); save drained juice for another use; season pears with cinnamon, cloves, ginger or tarragon; pair pears with other fruits or cheeses, bake them in muffins and quick bread recipes, add them to classic desserts (pies, cakes, crisps) and salads (vegetable, fruit, tuna) or just poach them; pears can easily be substituted for apples in any recipe

Key Nutrition Message #2 – Pear Food Demonstration

Recipe: Cinnamon Pear Cake

Incentive Item: Fruit & Vegetable Information Wheel

Put out the cups or plates and napkins to be used for serving the samples. Have recipe ingredients measured, placed in clear glass bowls, and all supplies loaded on cart prior to food demonstration. If recipe requires baking, prepare the item beforehand so you can serve samples to participants.

Important Components of Food Demonstration:

1. Demonstrate entire recipe step-by-step; explain how and why each step is completed.
2. Throughout the recipe, offer substitutions to accommodate food preferences and budget constraints (use Commodity Foods baking mix; make own baking mix - provide baking mix recipe; substitute canned pears for fresh; replace water with pear juice; use canned apricots, peaches or pineapple instead of pears; switch pears for fresh apples; use fresh vanilla instead of extract).
3. Tell participants about the list of *Common Ingredient Substitutions* located on the back page of the **BFNEP Fruit & Vegetable Cookbook** and the *Healthy Cooking Tips for Recipes* on page N in the *Fruit & Vegetable Introduction* section.
4. Talk about the nutritional value of pears (naturally low in fat, sodium and calories; good source of vitamin C and fiber; fair source of potassium).
5. Point out food items in recipe available at Commodity Foods (baking mix, pears).
6. Use pre-prepared Cinnamon Pear Cake to show participants what recipe looks like after cooking; serve samples and ask participants if they like the recipe.

Cinnamon Pear Cake (9 servings)

	Cooking Spray
2 cups	Baking Mix
1 teaspoon	Cinnamon (ground)
1 cup	Water
1 teaspoon	Vanilla Extract
2 large	Pears (chunked)

Sugar Topping (mix thoroughly):

¼ cup	Sugar
½ teaspoon	Cinnamon (ground)

1. Preheat oven to 325°F; spray an 8"x8" square pan with cooking spray.
2. In a large bowl, combine baking mix and cinnamon; mix well.
3. In a small bowl, blend water and vanilla; combine the water/vanilla mixture and the baking mix/cinnamon mixture; mix through, careful not to over mix; toss pears lightly in mixture.
4. Pour batter into pan; sprinkle cake batter with sugar topping; bake 30 minutes or until toothpick inserted comes out clean.

Closing

Encourage participants to:

- Select pears (fresh pears, canned pears and canned mixed fruit) and other recipe items on Commodity Foods selection sheet.

- Eat more pears; prepare Cinnamon Pear Cake at home (by providing the cooking incentive item and other pear recipes). *Be sure to link the incentive item with the information taught at the food demonstration.*
- Review the information discussed today in the ***BFNEP Fruit & Vegetable Cookbook***.

Evaluation

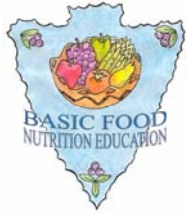
- Make sure all participants signed the sign-in sheet and marked whether they would prepare the recipe at home, and received a copy of the food demonstration curriculum (***BFNEP Fruit & Vegetable Cookbook***).
- BFNEP Nutritionist will inform you of evaluation data to be collected.

Food Demonstration Attendance Form

BFNEP Food Demonstrations

Date	Last Name	First Name	Mailing Address/Telephone Number	Do you want us to mail you a copy of the monthly BFNEP newsletter?		
				YES	NO	Already Receive

Educator: _____



BFNEP Commodity Food Demonstrations

Date	Last Name	First Name	Will you make this recipe at home?	
			YES	NO

Location: *Toppenish Georgeville*

BFNEP Educator: _____

BFNEP FOOD DEMONSTRATION QUESTIONNAIRE

Check the best answer. Add additional comments on back of page.

1. Do you regularly attend the BFNEP food demonstrations?
 YES NO
2. Do you plan your trips to the Commodity Foods Distribution Center so you can attend the BFNEP food demonstrations?
 YES NO
3. Would you make a special trip to the Commodity Foods Distribution Center to attend a BFNEP food demonstration?
 YES NO
4. Will you make the recipe demonstration today at home?
 YES NO
5. Will you use the BFNEP cookbook to make meals at home?
 YES NO
6. Do you read the monthly BFNEP newsletter?
 YES NO
7. Do you read the nutrition handouts located in the Commodity Foods Waiting Area?
 YES NO
8. What can we do to make the BFNEP food demonstrations better for you?

BFNEP FOOD DEMONSTRATION QUESTIONNAIRE

Check the best answer. Add additional comments on back of page.

1. Do you regularly attend the BFNEP food demonstrations?
 YES NO
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3. Would you make a special trip to the Commodity Foods Distribution Center to attend a BFNEP food demonstration?
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4. Will you make the recipe demonstration today at home?
 YES NO
5. Will you use the BFNEP cookbook to make meals at home?
 YES NO
6. Do you read the monthly BFNEP newsletter?
 YES NO
7. Do you read the nutrition handouts located in the Commodity Foods Waiting Area?
 YES NO
8. What can we do to make the BFNEP food demonstrations better for you?

Food Demonstration F & V Recipe Identification

Date: _____ BFNEP Educator: _____

of participants: _____

of participants to identify one F & V recipe using FDPIR items they prepare at home:

% of participants to identify one F & V recipe using FDPIR items they prepare at home:

List recipes:

Date: _____ BFNEP Educator: _____

of participants: _____

of participants to identify one F & V recipe using FDPIR items they prepare at home:

% of participants to identify one F & V recipe using FDPIR items they prepare at home:

List recipes:

Date: _____ BFNEP Educator: _____

of participants: _____





of participants to identify one F & V recipe using FDPIR items they prepare at home:

% of participants to identify one F & V recipe using FDPIR items they prepare at home:

List recipes:

Fruit & Vegetable Preference Survey

How much do you like these vegetables? Please check your answer.

Veggies	I don't like this 	I like this a little 	I like this a lot 	I don't know what this is 
Beans, Great Northern	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans, Kidney	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans, Lima	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans, Pinto	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans, Refried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans, Vegetarian	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots, Canned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots, Fresh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn, Cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn, Kernel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green Beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mixed Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes, Instant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes, Red	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes, Russet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes, Sliced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spaghetti Sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet Potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomatoes, Diced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato Sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato Soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable Soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Are there any other vegetables that you really like that aren't on this list?

Yes → what kind? _____

OVER →

Fruit & Vegetable Preference Survey

How much do you like these fruits? Please check your answer.

Fruits	I don't like this 	I like this a little 	I like this a lot 	I don't know what this is 
Apples	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Applesauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apple Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apricots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cranberry Apple Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cranberry Sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit Cocktail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grapefruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grape Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pears, Canned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pears, Fresh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pineapple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pineapple Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prunes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raisins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Are there any other fruits that you really like that aren't on this list?

Yes → what kind? _____

Do you choose more fruits & vegetables now than 9 months ago?

Yes No

Which of the following BFNEP resources do you use regularly? *(check all that apply)*

- | | |
|--|---|
| <input type="checkbox"/> fruit & vegetable newsletters | <input type="checkbox"/> fruit & vegetable recipes in lobby |
| <input type="checkbox"/> cooking/food demonstrations | <input type="checkbox"/> fruit & vegetable handouts in lobby |
| <input type="checkbox"/> fruit & vegetable cookbook | <input type="checkbox"/> fruit & vegetable display board in lobby |
| <input type="checkbox"/> other: _____ | <input type="checkbox"/> none |

Fill out your name & phone number to win a prize:

Name: _____

Phone Number: _____

July 2007

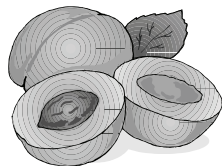
Volume 2
Issue 10

bfnep produce newsletter



July Produce Feature: Apricot

Yakama Nation bfnep



Apricots are NOT the Pits

Apricots are rich in nutrition and taste great, too. They're naturally low-fat, sodium-free, and loaded with potassium, vitamin A, and vitamin C; apricots aren't the pits! You can find them fresh, canned, frozen, and dried; although, fresh and canned are the most popular. July to August is our local apricot season, so you'll notice the inexpensive fruit at grocery stores, produce stands, and farmer's markets. Select apricots that are plump with a deep, golden orange color—especially around the stem because it's the last part to ripen—and velvety feel. The red blush occurs naturally on the side of the apricot that faced the sun while hanging on the tree. Soft-ripe apricots have the best flavor; however, they must be eaten immediately. If you want to ripen your apricots at home, place them in a paper bag with a banana at room temperature. Store fresh apricots in the refrigerator crisper for 3-5 days. Before eating, wash the whole fruit under water by gently rubbing it with your hands to loosen any dirt. Slice the fruit around the seam, twist in half, and lift out the pit to enjoy. Purchase canned apricots packed in their own juice or light syrup; store brands are usually a good buy. Canned apricots are picked ripe and processed (pitted & halved) quickly but the canning process destroys some nutrients. Store canned apricots in a dark, cool (50°F-70°F) place for up to one year. Make sure to throw away leaking, rusted, badly dented, or bulging cans, and rinse the tops of canned apricots with clean water before opening to eat.

Fun Apricot Facts

- ◆ Apricots were first discovered growing wild on mountain slopes in China
- ◆ Apricots, a relative of the peach, are small with smooth skin and an oval pit that's easily removed
- ◆ In Latin, apricot means "precious"—named because they ripen before other summer fruits
- ◆ The Greeks and Romans cherished apricots, calling them "golden eggs of the sun"
- ◆ Spanish explorers introduced apricots to California, where they were planted in the gardens of Spanish missions
- ◆ California produces 90% of all apricots in the U.S.
- ◆ The kernels of apricot pits are poisonous until roasted



Cooking With Apricots



Fresh apricots are delicious served at room temperature or even chilled. But, did you know you can cook with them? Usually apricots are baked in desserts such as cakes, cobblers, and crisps; but, they enhance the flavor of ice cream and sorbet as well. Further, apricots can be added to smoothies, salsas, soups, and pasta salads. You can even use them to season your favorite chicken or pork dish. As a general rule, apricots can be used in any recipe that calls for peaches or nectarines. And don't throw out the juice from canned apricots because it can be drained and thickened with flour or cornstarch to make a fruit sauce for pancakes, frozen in an ice cube tray and used as ice for sun tea, or used as part of the liquid for a gelatin dessert. Recipes for these suggestions can be found in the Commodity Foods lobby, or by calling the BFNEP office so we can send them to you.

The Spice Rack • Allspice



Allspice is the dried, unripe fruit of a small evergreen tree. This fruit is a pea-sized berry that turns reddish-brown when dried. It was named allspice because it tastes like a blend of cloves, cinnamon, and nutmeg. Today, most allspice is produced in Jamaica and can be purchased whole or ground. Allspice is also a staple in Caribbean cooking because it's the main ingredient in jerk seasoning. Season baked goods (cookies, cakes, pies), fruits, veggies, or grilled chicken with allspice. Add it to gravies, sauces, jams, and condiments (ketchup, pickles). Store it in a cool, dark place for no more than 6 months. If you are out of allspice, substitute the amount in the recipe with half cinnamon and half ground cloves. A few interesting facts: for centuries, Mayan Indians used allspice to embalm the bodies of important leaders; and in the 19th century, Russian soldiers placed it in their boots to keep their feet warm and odor-free.

More apricot recipes available in the Commodity Foods lobby!

July "Question
of the Month"



"How do you eat apricots?" Call the BFNEP office (509.865.5121 x 4828) and tell Stephanie or Margaret to win a square baking pan, an oven mitt, or a liquid measuring cup.

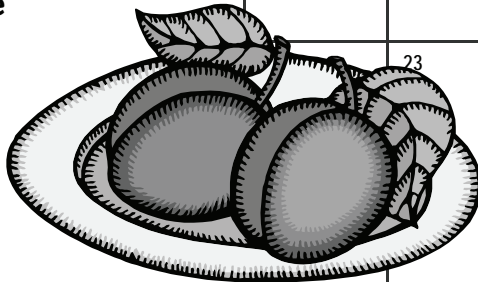





PO Box 151
Toppenish, WA 98948
509.865.5121 ext. 4828

The Yakama Nation Basic Food Nutrition Education Program (BFNEP) provides nutrition information to families living on a fixed food budget. BFNEP writes a monthly newsletter, teaches cooking classes for children, and offers food demonstrations for adults.

"I can resist everything
except temptation." -
Oscar Wilde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day (office closed)	5	6	7
		10	11	12 Toppenish Food Demonstration @ Commodity Building (10AM)	13	14
15	16	17	18	19 Georgeville Food Demonstration @ CHR Building (10AM)	20	21
		23	24	25	26	27
			31 Check mail for August BFNEP Newsletter			28

Apricot Upside Down Cake

9 servings

Tip: use peaches or pineapple instead of apricots.

1½ cups	Bisquick® or Baking Mix	½ teaspoon	Vanilla Extract
⅓ cup	Sugar	½ teaspoon	Allspice
½ cup	Water	¼ cup	Butter
2 tablespoons	Vegetable Oil	½ cup	Brown Sugar
1	Egg (beaten)	1 can (15 oz)	Apricots (drained)



Need a Baking Mix recipe?
Call the BFNEP office.

- Preheat oven to 350° F.
- Stir baking mix and sugar together in a large bowl.
- In another bowl, beat water, oil, egg, vanilla, and allspice together until foamy.
- Stir liquid mixture into dry mixture; beat until smooth.
- Melt butter in an 8"x8" square baking pan; sprinkle brown sugar over melted butter.
- Place drained fruit in pan on top of brown sugar/butter mixture; then, pour cake batter over fruit.
- Bake 25 minutes or until cake springs back from touch.
- Place a plate upside down over cake pan; hold plate and cake together and turn upside down so cake is on top. Cake will drop from the pan onto the plate.

Nutrition Facts

Serving Size 1/9 recipe (118g)	
Servings Per Container 9	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Cholesterol 30mg	10%
Sodium 220mg	9%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 4g	
Vitamin A 15%	Vitamin C 4%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

This material was funded by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-877-6114.

Who were June's Winners?

Thanks to Yvonne Smith, Aurora Gloria Rebollosa, Veronica Benavides, Robert Stahi, Sissy Tsoodle, and Alec Beavert for letting us know how they eat raisins. Ms. Smith likes raisins added to rice & carrot salad, or raw as a snack; Ms. Rebollosa enjoys raisins in oatmeal cookies, carrot apple salad, rice pudding, & out of the box; Ms. Benavides eats raisins in hot cereal, cookies, banana breakfast cake, & out of the box; Mr. Stahi prefers raisins cooked in baked goods; Ms. Tsoodle likes raisins in trail mix; and Mr. Beavert eats raisins straight out of the box. Thanks for calling!!

September 2007

Volume 2
Issue 12

bfnep produce newsletter



September Produce Feature: Grapefruit

Yakama Nation bfnep



Grapefruit Is More Than Meets the Eye

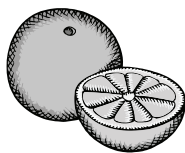


This citrus fruit grows in great abundance in Arizona, California, Florida and Texas. Grapefruits are divided into color classifications—white (yellowish flesh) and pink (pale pink to ruby red flesh). They may be either heavily seeded or without seeds. Grapefruit is a significant source of vitamin A and potassium, and an excellent source of vitamin C and fiber; though, pink grapefruits have a higher amount of vitamin A than white grapefruits. Fresh grapefruit is available year-round. Select a firm fruit with a smooth, glossy skin and flat ends. They should also be heavy for their size; and grapefruits with thin, fine-textured skin are the juiciest. You can't ripen the fruit after they're picked; but, they can be stored at room temperature for up to one week and in the refrigerator for up to eight weeks. Make sure you rinse and scrub the outside before cutting the fruit. Grapefruits taste better if they're left at room temperature for a couple of hours before eating. Grapefruit juice is also packed with nutrition and available year-round. You can squeeze your own or purchase the juice canned or frozen. Choose 100% fruit juice with no added sugar, wash the tops of cans before opening, and store juice refrigerated in a plastic pitcher not the original container. Finally, when preparing juice from a frozen concentrate, prepare the whole can and don't refreeze the juice.

Fun Grapefruit

Facts

- In 1750, grapefruit was first described as the "forbidden fruit"
- Grapefruit is named because it grows in clusters on trees, just like grapes
- The Texas Red Grapefruit is the state fruit of Texas
- To help prevent moisture loss, grapefruits are washed and waxed shortly after harvest
- You can eat grapefruit like an orange by peeling it and dividing it into segments
- Each grapefruit has 10-12 segments
- A grapefruit is 75% juice; one medium grapefruit will yield $\frac{3}{4}$ cup of juice
- To decrease bitterness, remove the rind and white inner portions before eating



Cooking With Grapefruit



Fresh and juiced grapefruit are refreshing in any season. Here are a few ideas for enjoying both. Broil grapefruit in the oven or add fresh sections to yogurt or oatmeal. Serve grapefruit soup or season chicken and fish with the fruit. Try baking grapefruit into a bread or adding it to a fruit salad. Squeeze fresh grapefruit for juice; dilute juice concentrate with club soda, sparkling water or tap water. Combine grapefruit with other fruits for a smoothie. Want a treat? Prepare grapefruit sorbet, grapefruit cake, or dip grapefruit sections or rind in chocolate. Grapefruit and caramel are also a perfect match as the bitterness of the fruit is mellowed by the sweetness of the sugar. Season grapefruit with cinnamon, caraway, rosemary or nutmeg. These recipes can be found in the Commodity Foods lobby, or by calling our office so we can send them to you.

Spice Rack • Nutmeg



In 1492 when Columbus sailed the ocean blue, one of the spices he was searching for was nutmeg. It's the seed of a fruit that grows on a tropical evergreen tree. The fruit is picked and split open to reveal an oval, light brown nutmeg seed. It's sold whole or ground, and the flavor is delicately warm, spicy and sweet. This spice is excellent in baked goods (sweet breads, cakes, muffins, cookies, fruit pies), milk-based items (puddings, eggnog) and on fruits and vegetables (grapefruit, potatoes, spinach, squash). Add nutmeg to meats (sausage, chicken, fish), soups and preserves. It also blends well with other spices like cloves, cinnamon and allspice. A little goes a long way so start with $\frac{1}{8}$ teaspoon per 4 servings. Connecticut is called the "Nutmeg State" because peddlers from the region earned a bad reputation for making and selling fake nutmeg seeds.

Grapefruit recipes are available in the Commodity Foods lobby!

September "Question
of the Month"



"How do you eat grapefruit?" Call the BFNEP office (509.865.5121 x 4828) and tell Stephanie or Margaret to win a large loaf pan, small loaf pan or liquid measuring cup.





PO Box 151
Toppenish, WA 98948
509.865.5121 ext. 4828

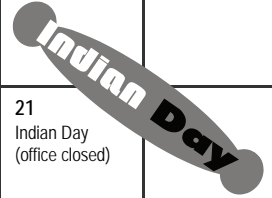
"There is a lot more juice in a grapefruit than meets the eye."
- Anonymous

Recipe Tip: Substitute 1½ cups grapefruit juice and ½ cup water for fresh grapefruit. If using grapefruit juice, switch sugar to brown sugar and don't use zest.

september activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
LABOR DAY						
2	3 Labor Day (office closed)	4				
9	10	11	12	13 Toppenish Food Demonstration @ Commodity Building (10AM)	14	15
16	August Recipe Correction: decrease water from 1¼ cup; to 1 cup in the Cinnamon Pear Cake recipe.			20 Georgeville Food Demonstration @ CHR Building (10AM)	21 Indian Day (office closed)	
23	24	25	26	27	28 Check mail for next BFNEP Newsletter	29
30						

The Yakama Nation Basic Food Nutrition Education Program (BFNEP) provides nutrition information to families living on a fixed food budget. BFNEP writes a monthly newsletter, teaches cooking classes for children, and offers food demonstrations for adults.



GRAPEFRUIT JUICE MAY INTERACT WITH SOME PRESCRIPTION MEDICATIONS FOR DEPRESSION, HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL. IF YOU DRINK GRAPEFRUIT JUICE AND TAKE PRESCRIPTION MEDICATIONS, TALK TO YOUR PHARMACIST BEFORE YOU MAKE ANY CHANGES.

Pink Grapefruit Sorbet

4 servings

- 2 tablespoons **Grapefruit Zest**
- 4 large **Grapefruits**
- ½ cup **Sugar**
- 1½ teaspoons **Lemon Juice**
- ¼ teaspoon **Nutmeg**

1. Using the finest grating face on a cheese grater, remove the zest (colored part) from the peel of half a grapefruit.
2. Squeeze 2 cups of juice from the grapefruits. Strain juice into a mixing bowl through a cheesecloth/strainer (or clean piece of fabric) to remove excess pulp and seeds.
3. Add zest, sugar, lemon juice and nutmeg to juice; mix well.
4. Freeze grapefruit mixture in a metal cake pan; remove from freezer when partially frozen and break-up sorbet with a fork; then, return to freezer until solid.
5. Shave sorbet with a spoon; serve in cups.

Original recipe from ultimatecitrus.com

Nutrition Facts

Serving Size 1/4 recipe (352g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 41g	
Protein 2g	
Vitamin A 60%	Vitamin C 190%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

This material was funded by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-877-6114.

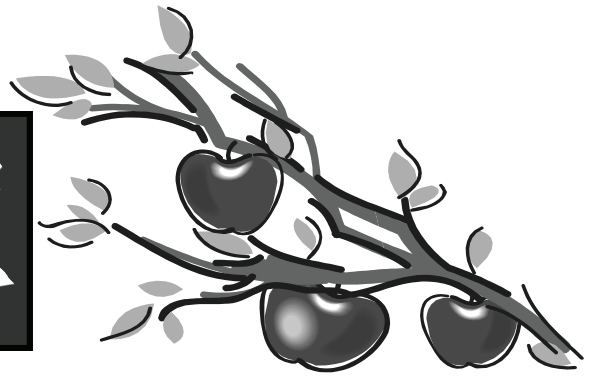
Who were August's Winners?

How do you eat pears? Cassandra Hernandez - picks pears from the tree, slices them, and adds them to water with lemon juice; Inez Strong - enjoys pears with cottage cheese; Veronica Benavides - eats pears fresh; Yvonne Smith - likes pears fresh and cooked in oatmeal raisin cookies; Nelly Sohapp - prefers fresh pears; Emmy Vivette - eats fresh pears and makes pear muffins for her grandchildren; Aurora Gloria Rebollosa - bakes pears in oatmeal raisin cookies, and enjoys them in fruit salads, straight from the can, and dipped in cottage cheese; Elizabeth Nason - likes pears with cottage cheese and a maraschino cherry.

Fall 2007



bfnep apple newsletter

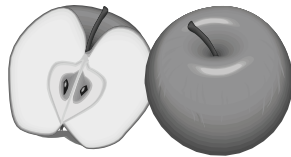


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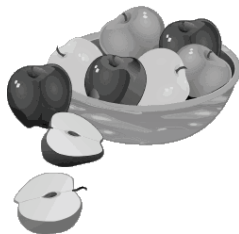
Can an Apple a Day Keep the Doctor

Fruits & vegetables are critical to promoting good health. People who eat more produce as part of an overall healthy diet are likely to have a reduced risk of some chronic disease like cardiovascular disease, high blood pressure, diabetes, and cancer. The 2005 Dietary Guidelines recommend Americans eat 2 cups of fruit daily. *What counts as a cup?* 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit. *What's in an apple?* Apples are a good source of vitamin C and fiber. The body needs vitamin C because it aids in growth & repair of tissues, helps heal cuts & wounds, keeps teeth & gums healthy, and aids in iron absorption. Fiber is important because it maintains proper bowel function, reduces blood cholesterol, and provides a feeling of fullness so you tend to eat less. In fact, an apple with the skin has 5 grams of fiber. Apples are also naturally low in fat, sodium, and calories. Remember to eat a variety of fruits since they all contain different nutrients for your body. While it will certainly take more than an "apple a day" to keep you healthy, eating more fruit is a step in the right direction.



Fun Apple Facts

- ★ The Romans adored apples and were the first to cultivate the fruit
- ★ More than 50% of apples in the U.S. are grown in Washington
- ★ About half of the U.S. apple crop is made into apple products, such as apple juice and applesauce
- ★ Apples are the 2nd most popular fruit after bananas
- ★ The Red Delicious apple is the most popular variety
- ★ Americans eat ~18 pounds of fresh apples each year
- ★ Apples have five seed pockets, and each pocket should contain a seed
- ★ Fresh apples float because 25% of their volume is air



Selecting Apples

Commodity Foods offers fresh apples, apple juice, and applesauce for selection. Fresh apples are available year-round but taste best in fall when newly harvested. Red Delicious, Golden Delicious, and Granny Smith apples are the fresh varieties usually on hand. They should be firm & heavy with good color & smooth skin. Avoid apples with skin that is bruised or shriveled. Canned apple juice and canned applesauce are also available year-round with a longer shelf life than fresh apples. Choose 100% fruit juice with no added sugar and unsweetened applesauce. Processing the fruit into juice and applesauce destroys some of the vitamin C and fiber; although, they are still healthy choices.

Storing Apples



Ripe apples should be refrigerated in a plastic bag and eaten within one month or the texture will turn mealy. Leaving an apple at room temperature causes it to soften ten times faster than if refrigerated. Therefore, if an apple isn't ripe, keep it at room temperature in a cool, dark place. Don't wash apples before storing or store them near carrots. Both canned apple juice and applesauce have a one year shelf life from the time you pick them up at Commodity Foods. They also need to be stored in a cool, dark place. Lastly, always use the first in, first out rule by placing newer cans behind older cans and using older apple juice or applesauce first.

Call-In Contest



"How do you eat apples?" Call the BFNEP office (509.865.5121 x 4828) and tell Stephanie or Margaret to win a peeler, mixing bowl, or oven thermometer.



How does one rotten apple ruin a barrel?
 An overripe apple stored with good apples will spoil the others by releasing ethylene gas which speeds up ripening of the good apples.

yakama nation bfneep



PO Box 151
 Toppenish, WA 98948
 509.865.5121 x 4828



Toppenish Food Demo: Oct. 11th @
 Commodity Foods Building (10AM)
Georgeville Food Demo: Oct. 18th @
 CHR Building (10AM)

Toppenish Food Demo: Nov. 8th @
 Commodity Foods Building (10AM)
Georgeville Food Demo: Nov. 15th @
 CHR Building (10AM)



Toppenish Food Demo & Attendance Drawing:
 Dec. 13th @ Commodity Foods Building (10AM)
Georgeville Food Demo & Attendance Drawing:
 Dec. 18th @ CHR Building (10AM)



*"To eat is a necessity, but to eat intelligently is an art."
 - La Rochefoucauld*

Safe Handling of Apples

It's important to keep produce safe so it won't make someone sick. Wash your hands well with soap and wash apples with clean, running water before eating. Some apples have a wax coating to protect them from bruising, to prevent the growth of mold, and to make them more attractive. Waxes are safe to eat! Throw away leaking, rusted, badly dented, or bulging cans because they may contain bacteria that can cause illness. Always wash the tops of the canned juice and applesauce with clean water before opening. And regularly wash your can opener with warm, soapy water.



Cooking with Apples

Three cards with apple recipes are included in this mailing for you to use. Attend the food demonstrations (see above) to taste the recipes and learn how to prepare them; plus receive a copy of the *BFNEP Fruit & Vegetable Cookbook* full of healthy recipes. More recipes using fresh apples, apple juice, and applesauce will also be available in the Commodity Foods lobby. Here is information on the apple varieties at Commodity Foods: The Red Delicious apple has a dark red color and elongated shape with a sweet, juicy flavor. Golden Delicious apples are yellow with a crisp, juicy flesh that does not brown after slicing. And the Granny Smith apple has a freckled green skin with a sweet, tart flavor. These varieties are best eaten fresh but are also suitable for cooking. Don't peel apples because most of the fiber and lots of antioxidants are found in the skin. Most apples turn brown once they're sliced and exposed to air; squeeze apple juice on fresh apples to prevent browning. And to decrease the amount of fat in a baking recipe, replace half of the butter or oil with applesauce. Happy Cooking!



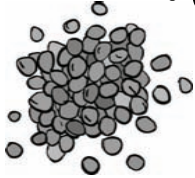
The Basic Food Nutrition Education Program (BFNEP) encourages adults and children living in low income households to eat more fruits & vegetables. BFNEP teaches cooking classes for children and offers food demonstrations for adults.

This material was funded by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-877-6114.

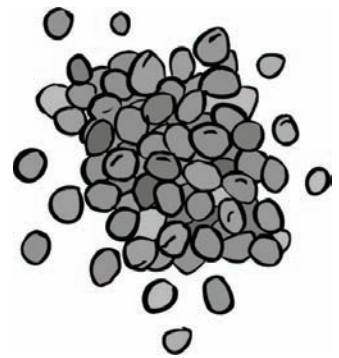
Who were September's Winners? →

How do you eat grapefruit? Nelly Sohappy - cuts fresh grapefruit in half and eats it with sugar; Yvonne Smith - peels grapefruit and enjoys it like an orange; Cassandra Hernandez - prepares the Pink Grapefruit Sorbet and likes fresh grapefruit sliced or peeled like an orange.

Winter 2008



bfnep bean newsletter

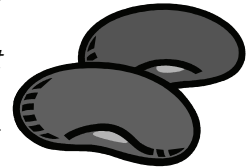


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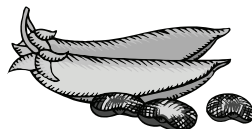
So Many Beans, So Little Time!

How about beans for dinner tonight? It's easy to substitute beans for meat in many popular dishes such as casseroles, soups, chili and salads. One half cup of beans provides the same amount of protein as 1 ounce of meat. Beans are also rich in nutrients like folate, iron, potassium and fiber. Beans can improve blood sugar control, reduce cholesterol and may prevent certain cancers. They are inexpensive and readily available, hence we have little excuse not to eat at least 3 cups of beans a week. There are hundreds of bean varieties, often with several names each, so it can be hard to know which bean to choose. Here are some ideas for cooking different beans: *Navy Beans* (add to soups, chowders, casseroles or serve baked); *Black Beans* (try with Mexican food, especially tortillas, salsas and soups); *Kidney Beans* (great in stews, chili, salads or with cornbread); *Lima Beans* (include in soups, casseroles or mix with veggies or ham); *Pinto Beans* (add to stews, chili, casseroles or serve refried); *Great Northern Beans* (try in soups, casseroles, salads or serve baked); *Garbanzo Beans/Chickpeas* (good in soups, stews, casseroles or salads). Go ahead and try a different bean with dinner tonight!



Fun Bean Facts

- ✧ Dried beans are one of the oldest foods and are an important staple for millions around the world
- ✧ The U.S. grows 20 million pounds of beans annually; although, most bean varieties originated in Africa, Asia and the Middle East
- ✧ In ancient Greece & Rome, beans were used for voting; a white bean meant *yes* and a black bean meant *no*
- ✧ Navy beans are named such because in the late 19th century they were a staple in the U.S. Navy diet
- ✧ Boston is often called "Bean Town" because early Bostonians frequently made baked beans with molasses
- ✧ Red Beans & Rice is a popular New Orleans dish, traditionally



Selecting Beans

Commodity Foods offers a variety of beans both canned (kidney, refried, vegetarian) and dried (lima, pinto, great northern). All types are available year-round and nutritious. Although with canned, some nutrients are destroyed and salt is added as a preservative. When deciding which beans to select, think about flavor & color and how you want to prepare them (see above). For quick & simple meals, choose canned beans as they're cooked and just need to be heated. The canned refried beans are seasoned mashed pinto beans; while, the vegetarian beans are navy beans with tomato seasoning. For long shelf-life, select dry beans. They take a couple of hours to prepare but you can cook what you like and store the rest.

Storing Beans

Both canned and dried beans should be stored in a dark, dry, cool (50°-70°F) place. Practice the "first in, first out" rule and use older beans first by placing newer beans behind older beans in the pantry. Beans are shelf-stable and nutritious so they're an excellent food to keep on hand in case of an emergency. Eat canned beans within one-year from the time you pick them up at Commodity Foods; dry beans can last longer. It's also important to store cooked beans properly (see back). For storage, they must be refrigerated and need to be discarded after seven days or they can be dangerous to eat. Don't reheat beans in storage containers; instead only heat the amount you wish to eat.



Call-In Contest



"What kind of beans do you eat?" Call the BFNEP office (509.865.5121 x 4828) and tell Stephanie or Margaret to win a cheese grater, oven mitt, or measuring tool.

**Food Demonstration Attendance
Drawing Winners!**

Toppenish: Ngee McNew
Georgeville: Tina Antone



PO Box 151
Toppenish, WA 98948
509.865.5121 x 4828



Toppenish Food Demo: Jan. 10th @
Commodity Foods Building (10AM)

Georgeville Food Demo: Jan. 17th @
CHR Building (10AM)

Toppenish Food Demo: Feb. 14th @
Commodity Foods Building (10AM)

Georgeville Food Demo: Feb. 21st @
CHR Building (10AM)



Toppenish Food Demo & Attendance Drawing:
Mar. 13th @ Commodity Foods Building (10AM)

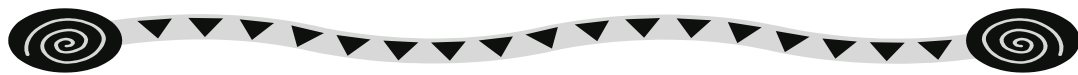
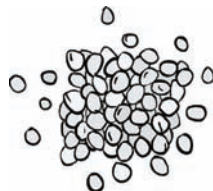
Georgeville Food Demo & Attendance Drawing:
Mar. 20th @ CHR Building (10AM)



"If you organize your kitchen, you can organize your life." - Louis Parish

Safe Handling of Beans

It's important to keep beans safe so they don't make someone sick. Wash your hands well with soap for at least 20 seconds before cooking beans. Throw away leaking, rusted, badly dented or bulging cans because they may contain bacteria that can cause illness. And always wash the tops of canned beans with clean water before opening. Pick through dried beans prior to cooking to remove damaged beans or small stones. Once beans are cooked, they require special care because they're high in protein and grow bacteria quickly. Beans need to be refrigerated within 1/2 to 1 hour of cooking. It's also important to chill warm beans quickly; so, refrigerate them in shallow storage containers, not the original cooking pot.



Cooking with Beans

Three cards with bean recipes are included in this mailing for you to use. Attend the food demonstrations (see above) to taste the recipes and learn how to prepare them; plus receive a copy of the *BFNEP Fruit & Vegetable Cookbook* full of healthy recipes. More recipes using canned and dried beans are also available in the Commodity Foods lobby. Are you tired of the same old taste of beans? If so, try a different variety or season your beans for new flavor, using fresh or dried herbs. Beans taste great seasoned with bay leaves, black pepper, coriander, marjoram, garlic, oregano, parsley, rosemary, sage or thyme. Remember, salt is added to canned beans, so rinse the beans before cooking and add herbs for flavor instead. Further, if you don't like the seasoning added to some canned beans (like vegetarian beans), rinse & drain them and add your own flavoring. Different dry beans varieties have different cooking times (1 to 3 hours), therefore read and follow the package directions for best results. Change the soaking water several times to help minimize intestinal gas from beans. Lastly, beans are high in fiber; so when eating more beans, drink plenty of water to prevent constipation.



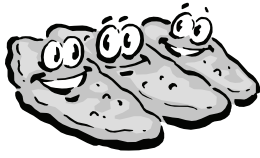
The Basic Food Nutrition Education Program (BFNEP) encourages adults and children living in low income households to eat more fruits & vegetables. BFNEP teaches cooking classes for children and offers food demonstrations for adults. The BFNEP newsletter and recipe cards are designed to help households select, store, safely handle and cook with fruits & vegetables available at Commodity Foods.

This material was funded by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-8-77-6114.

**Who were
1st Quarter's
Winners?** →

How do you eat apples? Yvonne Smith - Granny Smith & Golden Delicious apples raw; Emmy Vivette - Golden Delicious apples raw (with skin) & apple pie; Nellie Sohappy - raw apples; Edith Heemsah - raw apples; Mary Olney - Red Delicious apples raw & apple pie; Robert Stahi - raw apples & apple pie; Sissy Tsoodle - raw apples with lite salt. Thanks for calling!

Spring 2008



bfnep potato newsletter



yakama nation bfnep



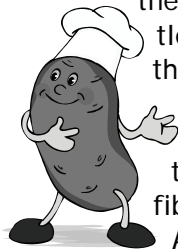
Fun Potato Facts

- ◆ A thousand years ago, the ancient Inca Indians were the first to cultivate potatoes
- ◆ Thomas Jefferson introduced "French Fries" to America during a White House dinner
- ◆ New potatoes are young potatoes of any variety harvested before they become starchy
- ◆ Potatoes are called a spud after a spudder, the shovel-like utensil used to dig potatoes



One Potato, Two Potato, Three Potato, Four!

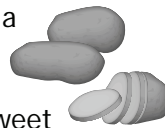
If you're an average American, you eat 134 pounds of potatoes each year, but how much do you know about potatoes? Potatoes are divided into four main categories: russet, long white, round white and round red. *Russet potatoes* have an elliptical shape with a rough, brown skin and numerous "eyes". The flesh is slightly dry and starchy; therefore, this variety should be used for baking, mashing and frying. *Long white potatoes* have a similar shape to the russet but have thin, smooth skins and white "eyes". They can be baked, broiled or fried. On the other hand, *round white potatoes* and *round red potatoes* are medium-sized and often called boiling potatoes. They're identical except the round white has a freckled brown skin and the round red has a reddish-brown coat. Both have a waxy flesh with little starch and more moisture than the russet or long white. They retain their shape when cooked and are best for boiling, roasting and frying.



The Yukon Gold potato, another round potato, has a yellow-golden skin and a moist texture making it a good choice for mashing. Potatoes are naturally fat free and full of potassium, vitamin C, folate and fiber (if you eat the skin); plus sweet potatoes are loaded with vitamin A. Go ahead and enjoy a potato today!

Selecting Potatoes

Commodity Foods offers a variety of potato products: dehydrated (potato flakes), canned (sliced; sweet potatoes) & fresh (russets; reds). All are available year-round and are nutritious. Although, with dehydrated and canned some nutrients are destroyed and salt is added as a preservative in the canning process. When deciding which fresh potato to select, think about flavor & color and how you want to prepare them (see above). Fresh potatoes should be firm and well-shaped with a smooth skin. Avoid potatoes with wrinkles or sprouts. It's good to keep dehydrated and canned potatoes on hand as they're quick to prepare and store longer than fresh. However, fresh potatoes cook in 20 minutes or less and store for weeks.



Storing Potatoes

It's important to store fresh potatoes the right way (dark, dry, cool & well-ventilated location). They'll keep for a week at room temperature, but for several weeks at 45°F-55°F. When potatoes are too warm they shrink and develop sprouts. If they're stored too cold, they can turn black. They turn green if exposed to light; the green tastes bitter so peel it away before cooking. To decrease decay, don't wash them prior to storage. Dehydrated & canned potatoes should be stored in a dark, dry, slightly warmer (50°-70°F) location. Practice the "first in, first out" rule and use older potatoes first by placing newer potatoes behind older potatoes in the pantry. It's best to eat dehydrated & canned potatoes within one-year.



Answer the Question & Win



→ "What kind of potatoes do you eat?" Stop by the BFNEP office @ the Commodity Foods building or give us a call @ 865.5121 x 4828 to win a square baking pan, oven mitt or wire cooling rack.

1 pound of potatoes = 3 medium potatoes = 3 cups peeled & sliced potatoes = 2 cups mashed potatoes = 2 cups French fries

Food Demonstration Attendance Drawing Winners!

Toppenish: Tyson Tahsequah
Georgeville: Leonard Dave, Jr.



PO Box 151
Toppenish, WA 98948
509.865.5121 x 4828



Toppenish Food Demo: Apr. 10th @
Commodity Foods Building (10AM)

Georgeville Food Demo: Apr. 17th @
CHR Building (10AM)

Toppenish Food Demo: May 8th @
Commodity Foods Building (10AM)

Georgeville Food Demo: May 15th @
CHR Building (10AM)



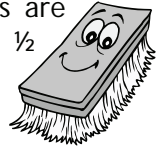
Toppenish Food Demo & Attendance Drawing:
June 12th @ Commodity Foods Building (10AM)

Georgeville Food Demo & Attendance Drawing:
June 19th @ CHR Building (10AM)



Safe Handling of Potatoes

It's important to keep potatoes safe so they don't make someone sick. Wash your hands well with soap for at least 20 seconds before cooking potatoes. Throw away ripped bags and leaking, rusted, badly dented or bulging cans because they may contain bacteria that can cause illness. And always wash the tops of canned potatoes with clean water before opening. For fresh potatoes, clean the skin well by scrubbing it gently with a sponge or vegetable brush. Once potatoes are cooked, refrigerate them within 1/2 to 1 hour of cooking.



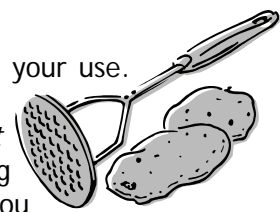
Interesting Fact: We often use the names interchangeably, but sweet potatoes and yams are different. There are two kinds of sweet potatoes: one is dry & mealy with a yellow flesh; the other is moist & sweet with a dark orange flesh. The second variety is often mistaken for a yam. There are more than 600 yam varieties and small yams resemble sweet potatoes; thus the confusion. Also, sweet potatoes are grown in the United States and yams are imported from tropical parts of the world.

"Let the sky rain potatoes."
- William Shakespeare



Cooking with Potatoes

Three cards with potato recipes are included in this mailing for your use. Attend the food demonstrations (see above) to taste the recipes, learn how to prepare them and receive a copy of the *BFNEP Fruit & Vegetable Cookbook* full of healthy recipes. More recipes using potatoes are also available in the Commodity Foods lobby. Are you tired of the same old potatoes? If so, use sweet potatoes, try a different recipe or season your potatoes for new flavor. You can substitute sweet potatoes for white potatoes in most recipes. Potatoes taste great seasoned with basil, cayenne pepper, dill, mint, oregano, paprika, parsley and rosemary. Season sweet potatoes with allspice, cinnamon, cloves, ginger or nutmeg. Remember, salt is added to canned potatoes, so rinse them before cooking and add herbs or spices for flavor instead. After you decide which potato to cook for dinner, decide whether to skin or not to skin. Most of the vitamins and minerals found in the potato are located in the skin. For that reason, if you peel off the skin you also peel off the nutrients. In addition, leaving the skin adds color, flavor and texture to any potato dish. And not peeling potatoes will save you preparation time when cooking!



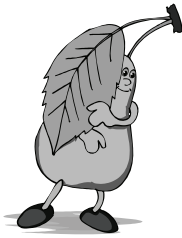
The Basic Food Nutrition Education Program (BFNEP) encourages adults and children living in low income households to eat more fruits & vegetables. BFNEP teaches cooking classes for children and offers food demonstrations for adults. The BFNEP newsletter and recipe cards are designed to help households select, store, safely handle and cook with fruits & vegetables available at Commodity Foods.

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Who were
2nd Quarter's
Winners? →

What kind of beans do you eat? Emmy Vivette - great northern & lima beans; Robert Stahi - pinto beans; Yvonne Smith - great northern & pinto beans; Connie Lewis - great northern beans; lola Totus - pinto & lima beans; Chanelle Castro - black beans. Thanks for calling!

Summer 2008



bfnep pear newsletter



Yakima Nation bfnep



Fun Pear Facts

- ✦ In the early 1700's, pears were nicknamed "butter fruit" because of their soft, melting texture
- ✦ Pear trees can live 100 years, but orchards usually replace them after 30 or 40 years
- ✦ Over 5,000 pear varieties are grown around the world
- ✦ The most popular pear variety is the Bartlett
- ✦ In the U.S., 95% of the pear crop is grown in California, Oregon and Washington
- ✦ The state fruit of Oregon is the pear
- ✦ *How are pears eaten?* 60% canned, 30% fresh and 10% processed (dried, baby food, juice)



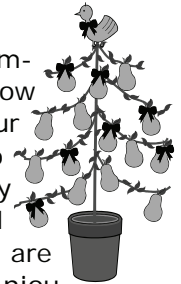
Answer the Question & Win



➔ "What kind of pears do you eat?" Stop by the BFNEP office @ the Commodity Foods building or give us a call @ 865.5121 x 4828 to win a can opener, a cheese grater or a colander for your kitchen.

So Many Pear...So Little Time

There are almost as many pear varieties as apple varieties. Since Commodity Foods stocks different pears and many types of pears grow throughout the Yakima Valley, they can be a delicious addition to your pantry. Bartlett Pears are shaped like a bell and turn from green to yellow when ripe (*the Red Bartlett turns red*). This is the only variety to change color as it ripens. They have the best taste in early fall when they're the sweetest. Also, they remain firm when cooked and are the preferred baking pear. Most canned pears are Bartlett pears. Anjou Pears are oval with a smooth skin that's yellow-green or red (*the Red Anjou variety*). They're creamy, tender and juicy with a sweet, mellow taste. For best results, eat them raw or roasted to concentrate their mild flavor. Bosc Pears have a long neck and stem with a rough, brown skin. They have a sweet-tart flavor and mealy texture that holds its taste and shape well when poached. Finally, Comice Pears are round with a short neck and stem, and yellow-green skin with a red blush. They're the largest, sweetest and juiciest of all pears and should be eaten raw. Medium-sized pears have only 100 calories each and are a good source of dietary fiber, vitamin C and potassium. They're naturally free of fat, sodium and cholesterol. So, which variety will you try today?



Selecting Pears

All year, Commodity Foods offers canned (*sliced Bartlett, mixed fruit*) and fresh pears (*different varieties*). Canned pears are nutritious, but the canning process destroys some nutrients. They're still an excellent alternative with a long shelf life. Select canned pears packed in their own juice or lite syrup to avoid added sugar. Fresh pears taste best when they're in season from late July to early spring. They're picked unripe and improve in texture and flavor as they ripen off the tree. Ripe pears are juicy and range in sweetness depending on the variety. They ripen from the inside out, so gently press your thumb near the stem and if it's slightly soft, it's ripe. Select fresh pears that are firm with a bright, smooth skin and sweet smell.



Storing Pears

Fresh pears bruise easily and should be handled with care. Store them at room temperature until they're ripe, about 3-6 days. To decrease ripening time, place pears in a paper bag with an apple or a banana; check them daily so they don't over-ripen. Eat ripe pears quickly or refrigerate them for 3-5 days to prevent further ripening. Don't store pears near potatoes or onions because they'll absorb their odors. And it's best not to freeze fresh pears, as their juice and fibers separate when they thaw. However, freezing a cooked or processed pear (*like pear sauce*) with added sugar will work—freeze them in a tightly sealed container. Store canned pears in a dark, cool (*50°F-70°F*) place for up to one year. Always practice the "first in, first out" rule and use older cans first.

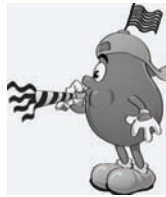


Food Demonstration Attendance

Drawing Winners!

Toppenish: Josephine Parent

Georgeville: Sharon Cloud



yakama nation bfneep



PO Box 151
Toppenish, WA 98948
509.865.5121 x 4828



Toppenish Food Demo: July 10th @
Commodity Foods Building (10AM)

Georgeville Food Demo: July 17th @
CHR Building (10AM)

Toppenish Food Demo: Aug. 14th @
Commodity Foods Building (10AM)

Georgeville Food Demo: Aug. 21st @
CHR Building (10AM)



Toppenish Food Demo & Attendance Drawing:
Sept. 11th @ Commodity Foods Building (10AM)

Georgeville Food Demo & Attendance Drawing:
Sept. 18th @ CHR Building (10AM)



"I can resist everything except temptation." - Oscar Wilde

Safe Handling of Pears

It's important to keep pears safe so they don't make someone sick. Wash your hands well with soap for at least 20 seconds before handling or cooking pears. Throw away leaking, rusted, badly dented or bulging cans because they may contain bacteria that cause illness. And always wash the tops of canned pears with clean water before opening. It's also a good idea to regularly wash your can opener. For fresh pears, clean the skin well by scrubbing it gently with a sponge or vegetable brush under running water. Discard pears with cuts or dark spots. Some pears have a protective wax coating which is safe to eat.



Cooking with Pears

Three cards with delicious pear recipes are included in this mailing for your use. Attend the food demonstrations (*see above*) to taste the recipes, learn how to prepare them and receive a copy of the **BFNEP Fruit & Vegetable Cookbook** full of healthy recipes. More recipes using pears are also available in the Commodity Foods lobby. Both canned and fresh pears can be paired with other fruits or cheeses as snacks, baked in muffin and quick bread recipes, added to classic desserts (*pies, cakes, crisps*) and salads (*vegetable, tuna*) or just poached for a warm treat. Canned pears can be substituted for fresh pears in most recipes; but, drain the juice from canned pears before adding them to the recipe. Depending on the recipe, the cooking time may also need to be shortened for canned pears. Consider topping a pizza with pears, adding sliced pears to a ham sandwich, using pears in a salsa or blending pears in a fruit smoothie. Further, you can flavor pancakes with sliced pears or a spiced pear sauce. Season pears with cinnamon, cloves, ginger or tarragon. To get the most nutrition, always eat the pear skins. And use a corer or paring knife to remove the core from the bottom of the fruit before eating. A good rule of thumb: pears can be easily substituted for apples in any recipe.



The Basic Food Nutrition Education Program (BFNEP) encourages adults and children living in low income households to eat more fruits & vegetables. BFNEP teaches cooking classes for children and offers food demonstrations for adults. The BFNEP newsletter and recipe cards are designed to help households select, store, safely handle and cook with fruits & vegetables available at Commodity Foods.

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Who were 3rd Quarter's Winners?

What kind of potatoes do you eat? Yvonne Smith—Baked Russet Potatoes; Sissy Tsoodle—Boiled or Baked Red Potatoes; Rosemary Sanchez—Russet Potatoes in Soups; Claire Olney—Baked Russet Potatoes; Alice Cruz—Baked Russet Potatoes; Pamela Visaya—Fried White New Potatoes; Marylou Ramirez—Baked White New Potatoes; Cecile Miller—Red, White & Russet Potatoes in Soups; and Tina Antone—Boiled Red Potatoes. Thanks for calling and don't forget to pick-up your prizes!

August 2007

Volume 2

Issue 11

bfnep produce newsletter



August Produce Feature: Pears

Yakama nation bfnep



So Many Pear Varieties...So Little Time



There're almost as many pear varieties as apple varieties. Pears are picked unripe and improve in texture and flavor as they ripen off the tree. Ripe pears are juicy and range in sweetness depending on the variety. Pears are in season from late July to early spring. Here's information on four popular varieties: Bartlett Pears, shaped like a bell, turn from green to yellow when ripe (the Red Bartlett turns red); this is the only variety to change color as it ripens. They have the best taste in early fall when they're the sweetest. Also, they remain firm when cooked and are the preferred baking pear. Most canned pears are Bartlett pears. Anjou Pears are oval with a smooth skin that's yellow-green or red (the Red Anjou variety). They're creamy, tender, and juicy with a sweet mellow taste. For best results, eat them raw or roasted to concentrate their mild flavor. Bosc Pears have a long neck and stem with a rough, brown skin. They have a sweet-tart flavor and mealy texture that holds its taste and shape well when poached. Finally, Comice Pears are round with a short neck and stem, and yellow-green skin with a red blush. They're the largest, sweetest, and juiciest of all pears and should be eaten raw. Select firm pears with a sweet smell that are blemish-free. Store pears at room temperature until ripe and always wash them before eating. Which variety will you try today?

Fun Pear Facts

- ✘ There're over 5,000 pear varieties grown around the world
- ✘ In the early 1700's, pears were nicknamed "butter fruit" because of their soft, melting texture
- ✘ In the U.S., 95% of the pear crop is grown in California, Oregon, and Washington
- ✘ The state fruit of Oregon is the pear
- ✘ Pear trees can live 100 years, but orchards usually replace them after 30 or 40 years
- ✘ The most popular pear variety is the Bartlett
- ✘ Pears ripen from inside out, so gently press your thumb near the stem and if it's slightly soft it's ripe
- ✘ Don't store pears near potatoes & onions because they'll absorb their odors



What to Pair with Pears?



Both canned and fresh pears can be paired with other fruits or cheeses as snacks, baked in muffin and quick bread recipes, added to classic desserts (pies, cakes, crisps) and salads (vegetable, tuna), or just poached for a warm treat. Fresh pears bruise easily and should be handled with care. Canned pears can be substituted for fresh pears in most recipes; but, always drain canned pears well and use older cans first. Depending on the recipe, the cooking time might need to be shortened for canned pears. Consider topping a pizza with pears, adding sliced pears to a ham sandwich, using pears in a salsa, or blending pears in a fruit smoothie. Further, you can flavor pancakes with sliced pears or a spiced pear sauce. Recipes for these ideas can be found in the Commodity Foods lobby, or by calling our office so we can send them to you.

Spice Rack • Cinnamon



Cinnamon is one of the most popular spices in the U.S., but how much do you know about this spice? Cinnamon is the inner bark of a tropical evergreen tree. To harvest, the bark is stripped off and dried in the sun, where it curls into the familiar stick form. Cinnamon sticks flavor beverages like coffee, cider, tea, and hot chocolate. Cinnamon is also ground into a reddish, brown powder that adds a sweet, earthy flavor and smell to cakes, pastries, puddings, cookies, and yellow vegetables. It's a perfect partner to chocolate and adds a wonderful aroma to pears and compliments their flavor. Cinnamon is an ancient spice that previously ranked in value with gold and ivory. For example, Romans believed the spice sacred and burned it at funerals; Egyptians used it in their embalming mixtures; and Chinese medicinal uses of cinnamon date back 4,700 years!

More pear recipes available in the Commodity Foods lobby!

August "Question of the Month" ?

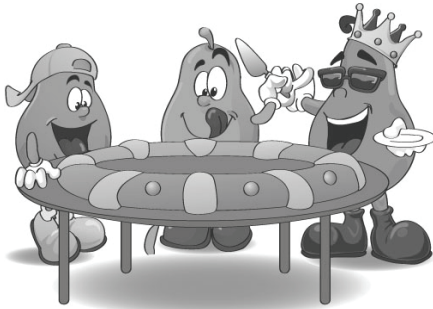
"How do you eat pears?" Call the BFNEP office (509.865.5121 x 4828) and tell Stephanie or Margaret to win a mixing bowl, pitcher, or oven thermometer. ?



PO Box 151
Toppenish, WA 98948
509.865.5121 ext. 4828

august 2007 activities

“Cooking is like love. It should be entered into with abandon or not at all.” -Harriet Van Horne



The Yakama Nation Basic Food Nutrition Education Program (BFNEP) provides nutrition information to families living on a fixed food budget. BFNEP writes a monthly newsletter, teaches cooking classes for children, and offers food demonstrations for adults.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				9 Toppenish Food Demonstration @ Commodity Building (10AM)	10	11
12	13	14	15	16 Georgeville Food Demonstration @ CHR Building (10AM)	17	18
19	20	21	22	23	24	25
26	27	28 Check mail for September BFNEP Newsletter	29	Congrats to Marion Thresher, the Georgeville Food Demonstration Attendance Winner, and Julie Elwell, the Toppenish Food Demonstration Attendance Winner!		

PEARS ARE A GOOD SOURCE OF DIETARY FIBER AND VITAMIN C. PEARS ARE ALSO PACKED WITH POTASSIUM. THEY CONTAIN NO SATURATED FAT, SODIUM, OR CHOLESTEROL, AND ONLY 100 CALORIES (FOR A MEDIUM PEAR).

Cinnamon Pear Cake

9 servings

- 2 cups Bisquick® or Baking Mix
- 1 teaspoon Cinnamon
- 1¼ cups Water
- 1 teaspoon Vanilla Extract
- 2 large Pears (chunked)

Sugar Topping (mix thoroughly):

- ¼ cup Sugar
- ½ teaspoon Cinnamon

1. Preheat oven to 325°F; spray an 8"x8" square pan with cooking spray.
2. In a large bowl, combine baking mix and cinnamon; mix well.
3. In a small bowl, blend water and vanilla; combine the water/vanilla mixture and the baking mix/cinnamon mixture; mix through, careful not to overmix; toss pears lightly in mixture.
4. Pour batter into pan; sprinkle cake batter with sugar topping; bake 30 minutes or until toothpick inserted comes out clean.

Need a Baking Mix recipe? Call the BFNEP office.



Nutrition Facts	
Serving Size 1/9 recipe (101g) Servings Per Container 9	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 2g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
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Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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Who were July's Winners?

Thanks to Antonia Stevens, Yvonne Smith, Gloria Rebollosa, Julie Salguiero, Mary Olney, Connie Adams, Cassandra Hernandez, and Claire Olney for letting us know how they eat apricots. Ms. Stevens chooses slightly green apricots for their tart taste; Ms. Smith eats fresh apricots in pineapple & apricot jam and in apricot upside down cake; Ms. Rebollosa enjoys fresh apricots with cottage cheese, sliced in salads, and dehydrated; Ms. Salguiero prefers fresh apricots; Ms. Mary Olney eats both fresh and canned apricots (from Commodity Foods); Ms. Adams loves apricots in jam with pineapple and walnuts; Ms. Hernandez likes them fresh with whipped cream & sugar and adds chopped apricots to frosting; and Ms. Claire Olney prefers fresh apricots that are really soft.

Apple Cabbage Slaw

Serves 6

4 cups Cabbage (shredded)
1 large **Granny Smith Apple** (diced)
¼ cup Pecans, Walnuts or **Peanuts** (chopped)

Slaw Dressing (mix thoroughly):

½ cup *Miracle Whip (low fat)*

1 tablespoon *Sugar*

2 tablespoons *Lime Juice (to taste)*

1. Mix cabbage and apple together with the above *slaw dressing*.
2. Sprinkle nuts on top before serving.

Recipe adapted by BFNEP staff

Foods in **bold** are available at Commodity Foods.

See back of card for recipe tips.

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Nutrition Facts	
Serving Size 1/6 recipe (100g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 1g	
Vitamin A 2%	Vitamin C 45%
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Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Tips:

- ★ *Substitute Miracle Whip with low fat mayonnaise*
- ★ *Choose purple cabbage to add more color*
- ★ *Replace sugar with a sugar substitute*
- ★ *Use different apple varieties in the recipe, although, the *Granny Smith* apple offers a pleasant tart taste*

Developed by: Yakama Nation BFNEP
509.865.5121 x 4828



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Sunday's Best Fruit Salad

Serves 8

- 2 large **Red Delicious Apples** (bite-sized pieces)
- 1 can (20 oz) Pineapple (diced, with juice)
- 1 large **Grapefruit** (bite-sized pieces)
- 1 pint Strawberries (sliced)
- 2 teaspoons Vanilla Extract
- 2 teaspoons Cinnamon (ground)
- 2 large **Fruit Dressing** (recipe on back of card)
- 2 large Bananas (sliced)

1. In a small bowl, toss apples with pineapple juice for 5 minutes to prevent browning.
2. In a large bowl, combine pineapple, grapefruit, strawberries, vanilla and cinnamon with cooled *fruit dressing*.
3. Add apples to large bowl; place banana slices in pineapple juice for 5 minutes to prevent browning.
4. Place banana slices around edge of serving bowl; chill and serve.

Recipe adapted by BFNEP staff

See back of card for recipe tips.

Foods in bold are available at Commodity Foods.

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3. Add apples to large bowl; place banana slices in pineapple juice for 5 minutes to prevent browning.
4. Place banana slices around edge of serving bowl; chill and serve.

Recipe adapted by BFNEP staff

See back of card for recipe tips.

Foods in bold are available at Commodity Foods.

Sunday's Best Fruit Salad

Serves 8

- 2 large **Red Delicious Apples** (bite-sized pieces)
- 1 can (20 oz) Pineapple (diced, with juice)
- 1 large **Grapefruit** (bite-sized pieces)
- 1 pint Strawberries (sliced)
- 2 teaspoons Vanilla Extract
- 2 teaspoons Cinnamon (ground)
- 2 large **Fruit Dressing** (recipe on back of card)
- 2 large Bananas (sliced)

1. In a small bowl, toss apples with pineapple juice for 5 minutes to prevent browning.
2. In a large bowl, combine pineapple, grapefruit, strawberries, vanilla and cinnamon with cooled *fruit dressing*.
3. Add apples to large bowl; place banana slices in pineapple juice for 5 minutes to prevent browning.
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Recipe adapted by BFNEP staff

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Nutrition Facts

Serving Size 1/8 recipe (292g)
Servings Per Container 8

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories 160			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 41g			14%
Dietary Fiber 6g			24%
Sugars 31g			
Protein 1g			
Vitamin A 10%	Vitamin C 90%		
Calcium 2%	Iron 4%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
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Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fruit Dressing:

1 can (15 oz)
2 tablespoons
2 teaspoons
1 tablespoon

Peaches (with juice)
Honey or Corn Syrup
Cornstarch
Water

1. Coarsely chop peaches, keep juice.
2. In a saucepan, mix peaches and juice with honey or corn syrup.
3. Dissolve cornstarch in water, add to peach mixture.
4. Heat on medium until mixture boils and thickens, about 4-5 minutes.
5. Cool before adding to salad.

Recipe Tips:

- ★ Substitute fruit in recipe for other fresh, frozen or canned varieties
- ★ Use pie filling instead of fruit dressing
- ★ Switch peaches for another canned fruit
- ★ Prevent browning with lemon juice or pineapple juice

Developed by: Yakama Nation BFNEP
509.865.5121 x 4828



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Servings Per Container 8

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Oatmeal Raisin Apple Cookies

Serves 42

½ cup	Butter (softened)	1½ teaspoons	Cinnamon
1 cup	Brown Sugar	1 teaspoon	Baking Soda
½ cup	Sugar	½ teaspoon	Salt
2 large	Eggs	3 cups	Oatmeal
1 teaspoon	Vanilla Extract	1 cup	Apples
½ cup	Applesauce	1 cup	Raisins
1¾ cups	All-Purpose Flour		

1. Preheat oven to 375°F; spray cookie sheets with cooking spray.
2. In a large bowl, beat butter, brown sugar and sugar until creamy; add eggs, vanilla and applesauce; beat well.
3. In a small bowl, combine flour, cinnamon, baking soda and salt; then, add to the butter/sugar mixture; mix well. Stir in oatmeal, apples and raisins.
4. Drop dough by rounded tablespoonfuls about two inches apart onto cookie sheets.
5. Bake 11-13 minutes or until golden brown; cool two minutes on cookie sheets; remove to wire rack and cool completely.

Recipe adapted by BFNEP staff

See back of card for recipe tips.

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Nutrition Facts

Serving Size 1/42 recipe (33g)
Servings Per Container 42

Amount Per Serving

Calories 90	Calories from Fat 15
% Daily Value*	

Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 10g	

Protein 2g

Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ Substitute eggs with egg mix—it works great in baking recipes
- ★ Use quick or old-fashioned oatmeal
- ★ Finely chop apples (or other fruit substitute)
- ★ Switch apples for pears to add variety
- ★ Use canned fruit instead of fresh
- ★ Half the brown sugar to decrease the amount of sugar in the recipe
- ★ Decrease the amount of fat in other baking recipes by using applesauce in place of oil (like in this recipe)

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509.865.5121 x 4828



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Hardy Bean Chili

Serves 8

3 tablespoons	Vegetable Oil	4 cups	Water
1 pound	Beef (ground)	1 can (15.5 oz)	Tomatoes (diced)
1 cup	Onion (diced)	2 cups	Pinto Beans (cooked)
2 cloves	Garlic (minced)	1 can (15.5 oz)	Corn
1 cup	Bell Peppers (diced)		Salt (to taste)
1 package	Chili Mix		Pepper (to taste)
1 can (15.5 oz)	Tomato Sauce		

1. In a large pot, cook beef in oil until browned; sauté onion, garlic and peppers until golden; drain excess liquid.
2. Add chili mix, tomato sauce and water; bring to a boil, reduce heat and simmer 20 minutes.
3. Add tomatoes, beans and corn; cook 10 additional minutes.
4. Add salt and pepper to taste; continue to simmer until water reduces to desired consistency.

Original recipe by Stephanie Rendulic, RD

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See back of card for recipe tips.

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Nutrition Facts

Serving Size 1/8 recipe (439g)
Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories 220	Calories from Fat 35		
Total Fat 4g		6%	
Saturated Fat 1g		5%	
Cholesterol 30mg		10%	
Sodium 430mg		18%	
Total Carbohydrate 31g		10%	
Dietary Fiber 6g		24%	
Sugars 12g			
Protein 17g			
Vitamin A 10%	Vitamin C 70%		
Calcium 6%	Iron 15%		

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	Calories	2,000	2,500
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cooking Dry Beans: (makes 2 cups cooked)

1 cup **Dry Pinto Beans**
4½ cups Water (divided)

1. Wash and drain beans; in a large pan, bring beans and 2½ cups water to a boil; cook for 2-3 minutes.
2. Remove from heat; cover, and let stand for 1 hour; drain water and rinse beans.
3. Cover beans with 2 cups fresh water and cook on low heat for 1 to 1½ hours until tender; add more water if necessary.

Recipe Tips:

- ★ Substitute ground beef with bison
- ★ Drain juice from canned vegetables
- ★ Use different bean varieties in the recipe
- ★ Make your own chili mix with chili powder, paprika, cumin, garlic powder, onion powder and oregano
- ★ Add cayenne pepper to make chili hot
- ★ Thicken chili with cornmeal or masa harina

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- ★ Use different bean varieties in the recipe
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- ★ Add cayenne pepper to make chili hot
- ★ Thicken chili with cornmeal or masa harina

Developed by: Yakama Nation BFNEP
509.865.5121 x 4828



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Nutrition Facts

Serving Size 1/8 recipe (439g)
Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories 220	Calories from Fat 35		
Total Fat 4g		6%	
Saturated Fat 1g		5%	
Cholesterol 30mg		10%	
Sodium 430mg		18%	
Total Carbohydrate 31g		10%	
Dietary Fiber 6g		24%	
Sugars 12g			
Protein 17g			
Vitamin A 10%	Vitamin C 70%		
Calcium 6%	Iron 15%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cooking Dry Beans: (makes 2 cups cooked)

1 cup **Dry Pinto Beans**
4½ cups Water (divided)

1. Wash and drain beans; in a large pan, bring beans and 2½ cups water to a boil; cook for 2-3 minutes.
2. Remove from heat; cover, and let stand for 1 hour; drain water and rinse beans.
3. Cover beans with 2 cups fresh water and cook on low heat for 1 to 1½ hours until tender; add more water if necessary.

Recipe Tips:

- ★ Substitute ground beef with bison
- ★ Drain juice from canned vegetables
- ★ Use different bean varieties in the recipe
- ★ Make your own chili mix with chili powder, paprika, cumin, garlic powder, onion powder and oregano
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Cowgirl Veggie Casserole

Serves 6

1 tablespoon	Vegetable Oil	1 can (15.5 oz)	Corn
1 medium	Onion (diced)	1 can (15.5 oz)	Beans (undrained)
1 cup	Carrots (diced)	½ teaspoon	Barbecue Seasoning
1 large	Bell Pepper (diced)	1 tablespoon	Ketchup
1 can (15.5 oz)	Green Beans	1 cup	Cheese (shredded)

1. Preheat oven to 375°F.
2. In a large skillet, sauté onion, carrots and bell pepper in oil until golden.
3. Add green beans, cook 3-5 additional minutes; stir in corn, beans (undrained), barbecue seasoning and ketchup.
4. Cook 2 minutes or until heated through; pour into a baking dish and sprinkle top with cheese; cover, and bake 30 minutes or until casserole is bubbling and cheese has melted.

Original recipe from Better Homes and Gardens

See back of card for recipe tips.

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Nutrition Facts	
Serving Size 1/6 recipe (301g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 40
<hr/>	
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 760mg	32%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 11g	
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Vitamin A 80%	Vitamin C 100%
Calcium 10%	Iron 10%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ Drain juice from canned vegetables (except beans)
- ★ Substitute ketchup with tomato paste
- ★ Add ground beef, bison, chicken or pork to recipe (step 2)
- ★ Use different bean varieties in the recipe

Developed by: Yakama Nation BFNEP
509.865.5121 x 4828



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Vegetable Burgers

Serves 8

- 1 can (15.5 oz) **Refried Beans** (drained)
- ½ can (15.5 oz) **Corn** (drained)
- ½ cup Celery (diced)
- ½ cup **Carrots** (shredded)
- ½ cup Red Bell Pepper (diced)
- ½ cup **Onion** (diced)
- 1½ tablespoons Soy Sauce (low sodium)
- ½ teaspoon Black Pepper
- ½ teaspoon Crushed Red Pepper (optional)
- 1 cup **Oatmeal**

1. Combine all ingredients together in a large bowl; mix well to blend flavors.
2. Prepare into patties and cook in a skillet over medium heat; carefully flip patties until vegetables are grilled and cooked through.

Original recipe by Stephanie Rendulic, RD See back of card for recipe tips.

Foods in bold are available at Commodity Foods.

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Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g 0%	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 19g	6%
Dietary Fiber 4g 16%	
Sugars 3g	
Protein 5g	
Vitamin A 25% • Vitamin C 35%	
Calcium 2% • Iron 6%	
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Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Tips:

- ★ Freeze extra patties to serve later
- ★ Heat ingredients in a loaf pan for a vegetarian meatloaf
- ★ Sauté ingredients in a skillet and serve as a dip with chips
- ★ Add more vegetables for variety
- ★ Substitute refried beans with whole beans—just mash them to the consistency of refried beans
- ★ Use Worcestershire Sauce to increase flavor

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509.865.5121 x 4828



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Cream of Potato Soup

Serves 6

1 cup **Onion** (chopped)
2 cups **Lunchmeat** (diced)
2 tablespoons Butter
1 cup **Instant Dry Milk** (fat free)
3 cups Water
1 can (15.5 oz) **Corn**
 $\frac{3}{4}$ cup **Instant Potato Flakes**
 $\frac{1}{2}$ teaspoon Black Pepper

1. Sauté onion and lunchmeat in butter over medium heat until onion is tender and meat browns (about 5 minutes).
2. Add instant milk, water and corn; simmer 5 minutes.
3. Add potato flakes and pepper; mix well and serve warm.

Recipe adapted by BFNEP staff

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See back of card for recipe tips.

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Nutrition Facts

Serving Size 1/6 recipe (292g)
Servings Per Container 6

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
Calories	180		
Total Fat	4g	6%	
Saturated Fat	2g	10%	
Cholesterol	15mg	5%	
Sodium	320mg	13%	
Total Carbohydrate	25g	8%	
Dietary Fiber	2g	8%	
Sugars	16g		
Protein	12g		
Vitamin A	10%	Vitamin C	10%
Calcium	25%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ Use another meat (turkey, ham, fish) instead of lunchmeat
- ★ Sauté onion and meat in oil in place of butter
- ★ Experiment with herbs & spices (paprika, basil, cilantro, dill, dried mustard) for more flavor
- ★ Add additional vegetables such as celery, carrots or green onions
- ★ Serve soup as a meal with crackers or bread

Developed by: Yakama Nation BFNEP
509.865.5121 x 4828



Nutrition Facts

Serving Size 1/6 recipe (292g)
Servings Per Container 6

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
Calories	180		
Total Fat	4g	6%	
Saturated Fat	2g	10%	
Cholesterol	15mg	5%	
Sodium	320mg	13%	
Total Carbohydrate	25g	8%	
Dietary Fiber	2g	8%	
Sugars	16g		
Protein	12g		
Vitamin A	10%	Vitamin C	10%
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Spiced Sweet Potato Cookies

Serves 36

½ cup	Cooking Spray	1 teaspoon	Baking Powder
1 cup	Butter	1 teaspoon	Baking Soda
1 can (15.5 oz)	Sugar	1 teaspoon	Cinnamon
1 large	Sweet Potatoes	½ teaspoon	Nutmeg
1 teaspoon	Egg	¼ teaspoon	Allspice
2 cups	Vanilla Extract	¼ teaspoon	Salt
	All-Purpose Flour	¾ cup	Raisins

1. Preheat oven to 350° F; spray cookie sheets with cooking spray.
2. In a large bowl, cream butter and sugar together; add sweet potatoes (mashed), egg and vanilla; beat well.
3. In a small bowl, mix flour, baking powder, baking soda, cinnamon, nutmeg, allspice and salt.
4. Add dry ingredients into wet ingredients; mix well; stir in raisins.
5. Drop dough by rounded teaspoonfuls about two inches apart onto cookie sheets.
6. Bake 12-15 minutes or until lightly browned.

Recipe adapted by BFNEP staff Foods in bold are available at Commodity Foods.

See back of card for recipe tips.

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	All-Purpose Flour	¾ cup	Raisins

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Nutrition Facts

Serving Size 1/36 recipe (31g)
Servings Per Container 36

Amount Per Serving	
Calories 70	Calories from Fat 15
	% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 7g	

Protein 1g

Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 4%

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Calories per gram:
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Recipe Tips:

- ★ Mash sweet potatoes before adding to wet ingredients
- ★ Substitute egg with egg mix—it works great in baking recipes
- ★ Use chopped prunes or other dried fruit instead of raisins
- ★ For variety, add nuts to cookie mix
- ★ Decrease the amount of fat by using ¼ cup applesauce + ¼ cup butter in place of ½ cup butter
- ★ Use whole wheat flour instead of all-purpose flour to increase fiber

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509.865.5121 x 4828



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Ranch Potato Salad

Serves 10

4 large **Potatoes** (Red, Russet, Yukon Gold)
½ cup Mayonnaise (low fat)
½ cup Ranch Salad Dressing (low fat)
1 cup Celery (diced)
½ cup Green Onions (chopped)
2 large Eggs (hard boiled, chopped)
½ teaspoon Salt (to taste)
½ teaspoon Black Pepper (to taste)

See back of card for recipe tips.

1. Cook whole potatoes in boiling water for 20-25 minutes until tender (or cube potatoes and reduce cooking time to 15 minutes).
2. Drain and cool potatoes to room temperature; chop into cubes.
3. In a large bowl, mix together mayonnaise, dressing, celery, green onions, eggs, salt (to taste) and pepper (to taste).
4. Add potatoes; toss and refrigerate for 1 hour.

Original recipe by Katie Brinker
(Quinault Indian Nation)

Foods in bold are available at Commodity Foods.

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Nutrition Facts

Serving Size 1/10 recipe (171g)
Servings Per Container 10

Amount Per Serving		% Daily Value*	
Calories 190	Calories from Fat 50		
Total Fat 6g		9%	
Saturated Fat 1g		5%	
Cholesterol 45mg		15%	
Sodium 370mg		15%	
Total Carbohydrate 28g		9%	
Dietary Fiber 3g		12%	
Sugars 3g			
Protein 4g			
Vitamin A 4%	Vitamin C 30%		
Calcium 4%	Iron 8%		

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ Experiment with other potato varieties (red, blue or fingerling)
- ★ If using smaller varieties, add 8 potatoes not 4 potatoes
- ★ Leave skins on potatoes because most of the fiber and nutrients are found in the skin
- ★ To hard boil eggs: place eggs in a saucepan and cover with cold water, bring to a boil; cover & remove from heat; let stand for 15-20 minutes
- ★ Decrease the amount of fat by using low fat mayonnaise and dressing

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Mixed Fruit Muffins

Serves 12

2 cans (15.5 oz each)	Mixed Fruit	1 cup	Oatmeal
1 large	Egg (beaten)	$\frac{3}{4}$ cup	Brown Sugar
$\frac{1}{4}$ cup	Vegetable Oil	2 teaspoons	Baking Powder
1 teaspoon	Vanilla Extract	1 teaspoon	Cinnamon
1 teaspoon	Orange Peel	$\frac{1}{4}$ teaspoon	Salt
1 cup	All-Purpose Flour	$\frac{1}{2}$ cup	Raisins

1. Preheat oven to 400° F; spray a muffin pan with cooking spray.
2. Puree one can of mixed fruit (drained); in a small bowl, combine 1 cup mixed fruit puree, egg, oil, vanilla and orange peel; set aside.
3. In a large bowl, combine flour, oatmeal, brown sugar, baking powder, cinnamon and salt; mix well.
4. Stir liquid mixture into dry mixture; mix until just moistened; fold in raisins and 1 cup mixed fruit (drained, not pureed).
5. Spoon batter into muffin tins; bake 20-25 minutes or until toothpick inserted comes out clean.

See back of card for recipe tips.

Recipe adapted by BFNEP staff

Foods in **bold** are available at Commodity Foods.

Mixed Fruit Muffins

Serves 12

2 cans (15.5 oz each)	Mixed Fruit	1 cup	Oatmeal
1 large	Egg (beaten)	$\frac{3}{4}$ cup	Brown Sugar
$\frac{1}{4}$ cup	Vegetable Oil	2 teaspoons	Baking Powder
1 teaspoon	Vanilla Extract	1 teaspoon	Cinnamon
1 teaspoon	Orange Peel	$\frac{1}{4}$ teaspoon	Salt
1 cup	All-Purpose Flour	$\frac{1}{2}$ cup	Raisins

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3. In a large bowl, combine flour, oatmeal, brown sugar, baking powder, cinnamon and salt; mix well.
4. Stir liquid mixture into dry mixture; mix until just moistened; fold in raisins and 1 cup mixed fruit (drained, not pureed).
5. Spoon batter into muffin tins; bake 20-25 minutes or until toothpick inserted comes out clean.

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Serves 12

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4. Stir liquid mixture into dry mixture; mix until just moistened; fold in raisins and 1 cup mixed fruit (drained, not pureed).
5. Spoon batter into muffin tins; bake 20-25 minutes or until toothpick inserted comes out clean.

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4. Stir liquid mixture into dry mixture; mix until just moistened; fold in raisins and 1 cup mixed fruit (drained, not pureed).
5. Spoon batter into muffin tins; bake 20-25 minutes or until toothpick inserted comes out clean.

See back of card for recipe tips.

Recipe adapted by BFNEP staff

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Nutrition Facts

Serving Size 1/12 recipe (117g)
Servings Per Container 12

Amount Per Serving
Calories 210 **Calories from Fat 50**

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 25g	

Protein 3g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ Use canned peaches or pears in place of mixed fruit
- ★ Drain canned fruit well before pureeing
- ★ Substitute egg with egg mix—it works great in baking recipes
- ★ Only grate the orange-colored peel as the white-colored peel is bitter
- ★ Use whole wheat flour instead of all-purpose flour to increase fiber
- ★ Substitute chopped prunes or other dried fruit for raisins

Developed by: Yakama Nation BFNEP
509.865.5121 x 4828



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Warm Spiced Pear Sauce

Serves 8

2 cans (15.5 oz each) **Pears** (diced, drained - keep ½ cup liquid)
1 cup Honey
1 teaspoon Ginger
1 teaspoon Cinnamon
½ teaspoon Nutmeg
¼ cup Butter (cut into pieces)

1. Drain pears reserving ½ cup liquid.
2. In a medium saucepan, combine pears and reserved liquid with remaining ingredients except butter.
3. Simmer gently over medium heat for about 10-15 minutes, or until sauce is reduced by half; add butter and stir well.
4. Serve warm pear sauce over pancakes, waffles or crepes.

Original recipe from Pacific Northwest Canned Pears

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See back of card for recipe tips.

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Nutrition Facts

Serving Size 1/8 recipe (156g)
Servings Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 0mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 41g	

Protein 1g	
Vitamin A 6%	Vitamin C 4%
Calcium 2%	Iron 2%

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Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ *Serve pear sauce over pound cake or ice cream for dessert*
- ★ *Flavor oatmeal with pear sauce*
- ★ *Substitute 1 cup brown sugar for honey*
- ★ *Too sweet? Decrease honey to ½ cup*
- ★ *Use powdered ginger, cinnamon and nutmeg for best results*
- ★ *Try recipe with other canned fruit such as peaches, mixed fruit or pineapple*

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Sweet Baked Pears

Serves 8

2 cans (15.5 oz each)
½ cup
1 tablespoon
1 teaspoon

Pears (drained, halved)
Brown Sugar
Lemon Juice
Cinnamon

1. Preheat oven to 350° F.
2. Place drained pear halves, cut side up, on a 9"x13" baking pan.
3. In a small bowl, combine brown sugar, lemon juice and cinnamon; drizzle over pears.
4. Bake, uncovered, 20 minutes; cool slightly; spoon brown sugar mixture over pears before eating.

Recipe adapted by BFNEP staff

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See back of card for recipe tips.

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Servings Per Container 8

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Calories	100	Calories from Fat	0
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Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	2g		8%
Sugars	21g		
Protein 0g			
Vitamin A	0%	Vitamin C	6%
Calcium	2%	Iron	2%

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Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ *Substitute fresh pears for canned: bake fresh pear halves, covered, in oven for 15 minutes then continue to step 3*
- ★ *If using fresh fruit, leave skins on pears for additional fiber*
- ★ *Use ½ cup honey in place of brown sugar*
- ★ *Before serving, top pears with yogurt, whipped cream, dried fruit or nuts*

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This material was funded by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-877-6114.

Nutrition Facts

Serving Size 1/8 recipe (121g)
Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	2g		8%
Sugars	21g		
Protein 0g			
Vitamin A	0%	Vitamin C	6%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ *Substitute fresh pears for canned: bake fresh pear halves, covered, in oven for 15 minutes then continue to step 3*
- ★ *If using fresh fruit, leave skins on pears for additional fiber*
- ★ *Use ½ cup honey in place of brown sugar*
- ★ *Before serving, top pears with yogurt, whipped cream, dried fruit or nuts*

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BFNEP NEWSLETTER FEEDBACK

Your information is appreciated & will help us write future newsletters.

Name: _____

Do you enjoy reading the newsletter? YES NO
Is the fruit & veggie information useful? YES NO
Is the fruit & veggie information easy to understand? YES NO
Have you tried any of the recipes on the recipe cards? YES NO
Did you learn something new about the "produce feature"? YES NO
If yes, what?

Do you regularly attend BFNEP Food Demonstrations? YES NO
If no, why not?

Have you participated in the BFNEP Call-in Contest? YES NO
(at bottom of newsletter) If no, why not?

Please provide additional comments on the back →

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BFNEP FEEDBACK CARD

Please rate the following statements on a 1-5 scale. Circle the best answer.

(1=needs improvement, 2=poor, 3=fair, 4=good, 5=excellent)

THANK YOU – Your information is greatly appreciated!

The produce newsletters teach me about different produce items.

1 2 3 4 5 *I don't read the newsletter*

The nutrition handouts in the lobby are full of helpful information.

1 2 3 4 5 *I don't take the handouts*

The recipe cards provide me with delicious meal ideas.

1 2 3 4 5 *I don't use the recipe cards*

The Commodity Foods Calendar gives me useful program information.

1 2 3 4 5 *I don't have a calendar*

The nutrition videos in the lobby are interesting and informative.

1 2 3 4 5 *I don't watch the videos*

The bulletin board in the lobby is noticeable and educational.

1 2 3 4 5 *I don't look at the bulletin board*

The KYNR 1490 announcements remind me about the food demos.

1 2 3 4 5 *I don't listen to KYNR 1490*

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