

COMMODITY CONNECTION

RECIPES AND TIPS USING COMMODITY FOODS



MyPyramid.gov
STEPS TO A HEALTHIER YOU

October 2008

**Provided by:
Family Nutrition Program, K-State Research and Extension, Pottawatomie County**

Calendar of Best Buys - Fresh Fruits and Vegetables

November

Apples
Broccoli
Cauliflower
Cranberries
Grapefruit
Oranges
Pears
Pumpkin
Sweet potatoes
Winter squash

December

Apples
Cranberries
Grapefruit
Grapes
Oranges
Pears
Sweet potatoes
Winter squash

January

Apples
Grapefruit
Oranges



♥Enjoy at least 4½ cups of fruits and vegetables everyday. ♥
Choose colorful fruits and vegetables to add a “rainbow” to your plate.

Enjoy this delicious easy-to-make dip with slices of fresh apples or pears.

Peanut Butter Dip

½ cup peanut butter
½ cup low fat milk
¼ cup honey

Place peanut butter in heavy saucepan. Gradually stir in milk and honey. Cook over low heat until mixture comes to a boil, stirring frequently.

Dip may be served warm or cold. Store peanut butter dip in refrigerator until serving time if not served warm. Stir the dip after taking out of the refrigerator before serving.

Makes about 24 tablespoons of dip.

Nutrition Information per serving (about 1 tablespoon):

Calories: 64 Protein: 1.5 grams Carbohydrates: 3 grams Fat: 3 grams
Fiber: less than 1 gram Cholesterol: 0 mg Sodium: 27 mg

Recipe source: K-State Research & Extension - Pottawatomie County

Pinto Beans

Pinto beans are great for making refried beans and using in Mexican dishes. They also can be used in place of kidney beans. Dried beans are a high fiber food and also provide protein but have almost no fat or cholesterol.

Cooking dried beans is easy, but does take some planning ahead. Dried beans cook best after being soaked in water for at least 4 hours before cooking. Drain and rinse soaked beans. Cover with 6 cups of fresh water for each pound of dry beans. Simmer beans until done. Dried beans also cook well in slow cookers, such as crock-pots. Cover beans with water and cook on low for several hours until done.



Making Refried Beans

Cook 1 pound pinto beans. Add chopped onions to the beans before cooking, if desired. Drain cooked beans and mash or blend until smooth in food processor or blender. Add 4 tablespoons vegetable oil and ½ teaspoon garlic powder. Put bean mixture in saucepan. Cook and stir over medium heat until beans are as thick as you like. Serve immediately or refrigerate until serving. Refried beans can also be frozen. Use the refried beans to make burritos, enchiladas, tacos, dips and other Mexican dishes.

Salmon Patties

- 1 can (14.75 ounces) salmon, drained and boned, if desired
- 1 egg
- 12 saltine crackers, crushed
- 2 tablespoons french-type dressing (like Dorothy Lynch)

Spray a non-stick skillet with cooking spray. Mix all ingredients together. Shape into patties. Place patties in skillet and cook over low heat for 5-7 minutes on each side until browned. Serve immediately. Makes 5 patties.

Leftovers can be frozen. Remember to thaw in the refrigerator or the microwave and use immediately. Re-heat to 165° F. before eating to assure food safety.

Nutrition information per serving (1 patty):

Calories: 190 Protein: 20 grams Fat: 9 grams Carbohydrates: 6 grams

Cholesterol: 70 mg Sodium: 574 mg Dietary Fiber: 0 grams

Recipe source: K-State Research and Extension

MyPyramid Corner - How do commodity foods fit into MyPyramid?

Vegetable soup would fit in the **vegetable** group. Vegetables provide us with important vitamins and fiber.

Grapefruit juice and **apricots** are part of the fruit group. Based on MyPyramid, ½ cup of juice and ½ cup of apricots would provide 1 cup of your fruit for the day. Grapefruit is a citrus fruit which is high in Vitamin C.

Peanut butter, pork, salmon and pinto beans are part of the meat and beans group, providing protein and iron in the diet. One tablespoon of peanut butter or ¼ cup cooked beans is equal to one ounce of meat in this group. The average adult should eat 5-6 ounces of meat daily.





**Material funded by USDA SNAP. USDA is an equal opportunity provider.
SNAP provides food assistance to people with low income. For information, call 1-888-369-4777.**