



Food Stamp Nutrition Education Program
A joint project of Texas AgriLife Extension,
Texas Department of Human Services,

TEXAS A&M
AGRI LIFE
EXTENSION

Swisher County
310 West Broadway
Tulia, Texas 79088

July, 2015

Summer Fun Food

Recipes using our Food Face-Off Winner

Huevos Motulenos

Ingredients:

6 Tablespoons butter
1 small onion chopped
1 clove garlic, finely chopped
1 can (15.5 oz.) black beans, drained
3/4 cup finely chopped cooked ham
4 corn tortillas
4 eggs
1/4 cup cooked green peas
Pico de gallo
Crumbled feta cheese

Directions:

Melt 2 tablespoons butter in 2-1/2 quart saucepan over medium heat and cook onion, stirring occasionally, 4 minutes or until tender. Stir in garlic and cook 1 minute. Add beans and heat through.

Meanwhile, melt 1 tablespoon butter in 12-inch non-stick skillet over medium heat and cook ham, stirring occasionally, until golden. Remove ham and set aside. Melt 1 tablespoon butter in same skillet over medium-high heat and cook 2 tortillas, turning once, 2 minutes or until golden. Arrange on serving plates. Repeat with 1 tablespoon butter and remaining tortillas. Wipe skillet with paper towels.

Melt 1 tablespoon butter in same skillet and cook 2 eggs over medium heat to desired doneness. Arrange eggs on tortillas. Repeat with remaining 1 tablespoon butter and eggs. Evenly top eggs with bean mixture, then sprinkle with ham and peas. Serve topped with pico de gallo and cheese.

Tips to Planning Healthy Meals

1. Bookmark any recipes you plan to use and put them in a visible place.
2. Vary your menu each week by making a few favorite dishes that you're comfortable with and a few that are new.
3. If you want leftovers, plan that into your menu. Roasting a chicken? Pop in a second one for sandwiches and salads. Make a double batch of soup or your favorite pasta sauce and freeze half.
4. Plan your menu around quick-cooking cuts of meat and poultry like cutlets, chops and fillets.

Tortilla Soup

Ingredients:

- 1 4-pound chicken
- 1 onion, quartered
- 1 carrot, peeled, chopped
- 5 garlic cloves, smashed
- 2 dried chipotle chiles
- 1 jalapeno (with or without seeds), halved lengthwise
- 7 cilantro sprigs
- 3 tablespoons (or more) fresh lime juice
- Kosher salt and freshly ground black pepper
- Vegetable oil (for frying)
- 5 corn tortillas, cut in 1/2 inch-thick strips
- 2 ears of husked corn, or 2 cups frozen, thawed corn kernels
- Chopped fresh cilantro, halved cherry tomatoes, avocado wedges, queso fresco or mild feta.

Preparation:

- Bring chicken, onion, carrot, garlic, chipotles, jalapeno, and 16 cups water to a boil in a large pot; skim foam from surface. Reduce heat to medium and simmer, skimming the surface frequently, until chicken is cooked through, about 1 hour.
- Transfer chicken to a plate. Strain broth over medium heat and add cilantro sprigs. Bring broth to a simmer; cook until reduced to 8 cups, about 1 hour. Discard sprigs and chiles, if using. Stir 3 tablespoons lime juice. Season with salt, pepper, and more lime juice, if desired. Add chicken to broth. *DO AHEAD: Can be made 2 days ahead. Chill until cold, then cover and keep chilled.*
- Attach deep-fry thermometer to the side of a large cast-iron skillet or other heavy skillet. Pour oil into skillet to a depth of 1 inch. Heat over medium heat until 350 to 360 degrees. Working in batches, fry tortilla strips, turning occasionally, until crisp and golden brown. 2 or 3 minutes per batch. Using a slotted spoon, transfer to paper towels to drain. Season with salt.
- Cook corn over a gas flame or under a broiler, turning occasionally, until charred in spots. Let stand until cool enough to handle. Cut kernels from cobs in strips. Discard cobs. (Alternatively, cook kernels in a large skillet over high heat until charred in spots.)
- Rewarm broth with chicken. Divide soup among bowls. Top generously with corn, tortilla strips, cilantro, tomatoes, avocado, and crumbled feta cheese.

Serving up Salad Greens

Honey Mustard Dressing

Ingredients:

1/2 cup low-fat plain yogurt
3 tablespoons nonfat or 1% milk
1 tablespoon honey
2 teaspoons mustard

Directions:

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill for 30 minutes before serving.
2. Refrigerate leftovers within 2 hours.

Notes:

For a stronger flavor, add an extra 1 to 2 teaspoons mustard.

This recipe works with all types of mustard! Honey is not recommended for children under 1 year old.

Ranch Dressing

Ingredients:

1/4 cup low-fat mayonnaise
1/2 cup low-fat buttermilk
1 teaspoon dried parsley
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon each salt and pepper

Directions:

1. Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
2. Refrigerate leftovers within 2 hours.

Notes:

For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.



Create a Salad

1. **Start with Greens**—One type or a mix. 2 cups of leafy greens is a serving
2. **Add some color**—Vegetables or fruit (fresh, canned, or dried).
Peas Carrots Tomatoes Oranges
Broccoli Peppers Berries Cranberries
3. **Pick a Low-Fat Protein**—It helps you feel full.
Egg Tuna or salmon Tofu
Beans cooked or canned (drained) Cooked meats
4. **Dress it Lightly**—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.

Use Toppings Sparingly—Look for reduced fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.



Source: <https://foodhero.org>

Summer Fun Food Facts Newsletter is produced by the Swisher County Office of Texas A&M AgriLife Extension Service.

Sincerely,

Calley Runnels
CEA-FCS Swisher County

Texas A&M AgriLife Extension Service MONTHLY Educational Programs

PROGRAM

Car Seat Class

July 22, 2015

Safe Riders Car Seat Distribution Program
at 2:00 p.m. in Annex Meeting Room
Pre-Registration Required
Call 995-3726

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