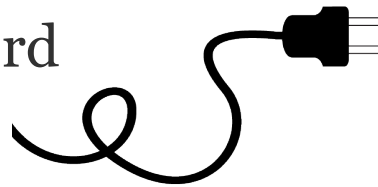


# The Extension Cord



Health and Human Sciences

March &amp; April 2021

Hello,

March marks one year in my role as HHS educator and one year communicating with you all! As this second year unfolds, I am hopeful that more opportunities will rise allowing for face to face interactions. I'm anxious to find a 'new-old' normal.

The start of 2021 brought a new partnership with HHS and the Youth Outlet Center. Twice a month I am able to go into the center and host "Grub Club" with any youth wishing to participate. One trip a month is devoted to meals in a mug recipes where each participant has their own mug, mixes their own ingredients, and all cooking is done in the microwave. The second visit is used to create a full, balanced meal that students can share together. In February students made omelets in a mug, practiced measuring and knife skills, while making a nutrient dense food that can be used as a snack or quick breakfast.

We also created Lasagna Casserole in an electric pressure cooker with green beans and breadsticks on the side. Again, students measured, added, and mixed their own ingredients working to build lifelong skills. See recipes below!

-Jessica



## Meals in a Mug: Breakfast Casserole

### Ingredients:

¾ cup O'Brien potatoes, frozen  
 1 egg, large  
 1 smoked breakfast sausage, diced  
 2 Tbsp. shredded cheese  
 1 Tbsp. sour cream

### Directions:

1. In the mug, microwave potatoes on HI for 1 ½ - 2 minutes or until warmed all the way through.
2. Use a fork to beat in egg. Stir in sausage, cheese and sour cream until blended.
3. Microwave for 1 – 3 minutes until just set. NOTE: check every 15 seconds after the first minute.
4. Let stand 5 minutes, then enjoy!

Possible ingredient variations: hash brown potatoes, diced ham or turkey.

# Pressure Cooker Lasagna Casserole

**Ingredients:**  
 1 lb. sausage/ ground beef  
 ¾ cup onion, chopped  
 ¼ tsp. black pepper  
 ¼ tsp. red pepper flakes  
 ¼ tsp. garlic powder  
 ½ tsp. Italian seasoning  
 ½ tsp. basil  
 24 oz. pasta sauce  
 2 cups of water  
 2 cups of uncooked noodles  
 1 cup cottage cheese  
 2 cups mozzarella cheese

Optional: can of mushrooms and diced tomatoes mixed into sauce.

**Instructions:**

1. Set pressure cooker to sauté- HI and let pot heat up.
2. Add sausage, ground beef, and chopped onion and cook until no pink is left. Drain grease and return the pot to your pressure cooker.
3. Turn off pressure cooker.
4. Add seasonings and pasta sauce to meat. Stir to combine and make an even layer over base of pot.
5. Pour 2 cups of water gently over your meat sauce. DO NOT STIR.
6. Add your uncooked noodles evenly over water and meat sauce. DO NOT STIR. Gently press noodles into mix until all are covered with liquid. Careful not to press any noodles all the way to the bottom of the pot.
7. Place lid onto pot and set pressure cook setting on high for 4 minutes.
8. Quick release pressure.
9. Remove lid. Stir in 1 cup cottage cheese and 2 cups mozzarella cheese. Let cool and enjoy!

**PURDUE UNIVERSITY** Extension FEBRUARY 2021

**SIMILAR INGREDIENTS, MULTIPLE MEALS**

Shop once, eat twice: Successful tips for busy families.

**Pizza Pasta**

**Ingredients:**  
 2 cups dry noodles  
 1 lb. hamburger or 1 lb. ground sausage  
 1 (3.5 oz.) pkg. sliced pepperoni, whole or cut into fourths  
 1 can mushroom pieces, drained  
 1 can diced tomatoes, drained  
 1 (4 oz.) can spicy peppers and/or black olives  
 2 (15 oz.) cans tomato sauce  
 1 cup shredded cheese

**Directions:**  
 1. Preheat oven to 350°F. Grease 3-qt. baking dish.  
 2. Cook pasta according to box directions, drain, return to pan.  
 3. Cook hamburger until no pink remains or when meat reaches 160°F. Drain grease.  
 4. Add meat, pepperoni, mushrooms, tomatoes, spicy peppers and/or black olives and tomato sauce to noodles. Stir to combine.  
 5. Pour mixture into 3-qt. baking dish. Cover with aluminum foil and bake for 30 minutes. Remove from oven. Sprinkle with cheese and bake uncovered for additional 10 minutes or until cheese is melted.

## Don't Forget... Similar Ingredients, Multiple Meals

"Similar Ingredients, Multiple Meals" developed by Purdue Extension - Area 8 HHS educators that features meal ideas that use similar ingredients. Each month highlights different proteins, vegetables, and nutrients. Our goal is to provide new ideas to incorporate into your usual routines! Look for it on our Fulton County Extension's Facebook page or Purdue Extension Area 8 HHS Facebook page.

## "Make Kiwi Your Green for the Month of March"

If you don't care to wear green, maybe you can focus more on eating something green. Skip the notorious green eggs and green ham and instead try to incorporate kiwi into your day/month. Kiwi is a naturally green, nutrient dense fruit, that grows on a vine with the ability to grow as high as 30 feet.



The woody vine of kiwi is native to China but made its way to New Zealand in the early 20<sup>th</sup> century. The fruit became a large export from New Zealand where it earned its name 'kiwi' after New Zealand's national bird. The United States refers to the fruit as 'kiwi' but in other parts of the world it is commonly marketed as 'kiwifruit'. California is the only state that commercially produces kiwis for the United States market and represent 95% of all kiwis grown in the U.S.. United States' kiwi harvest begins in late September, with the majority of fruit harvested during October and early November. Kiwi remains 'in season' from roughly November to May in our stores. While shopping, look for slightly firm kiwi with a rough, fuzzy skin. Avoid those fruits that are wrinkly or have extreme bruising and soft spots.

Ripen kiwi by placing it at room temperature for 3-5 days. Placing them next to fruits like apples, bananas, and pears will speed the process and ripen fruits in 1-2 days. Keep ripened fruit in the refrigerator for up to 2 weeks in a plastic bag. The plastic bag helps the fruit retain the moisture and quality.

Kiwi can be enjoyed multiple ways. To enjoy the fresh taste of kiwi, cut the kiwi in half and use a spoon to scoop out the fresh green fruit. The skin is also edible and full of fiber if you want to try and eat kiwi like an apple! Incorporate kiwi into your next smoothie by adding it to your favorite fruits, ice, yogurt, milk, and spinach to create a new twist to your usual mix. Kiwi also contains enzymes that act as a meat tenderizer. Incorporate them into your next homemade marinade to tenderize meat prior to cooking or grilling. Kiwi also combines well with peppers, lime juice, cilantro, and mangos to create tropical salsa for your tortilla chip snack or next round of tacos.

Kiwi is an excellent source of vitamin C and also contains vitamin E, fiber, and potassium. Vitamin E works as an antioxidant in our bodies protecting cells from being damaged, supports metabolism and the immune system. Potassium is an electrolyte that is important for proper function of the heart, kidneys, muscles, nerves, and digestive system.

## Eggs to decorate, eggs to eat, egg ingredients... so many possibilities!

In 2019, Indiana ranked 3<sup>rd</sup> in egg production in the United States behind Ohio and Iowa.. It's estimated that an average American eats about 290 eggs each year. Many of these eggs are consumed on the ultimate egg holiday- Easter!

Hard-boiled eggs are a fun way to express creativity this time of year. Decorating the shell of cooked eggs can be enjoyed by those of all ages. Use paint, markers, crayons, juices of fruits and vegetables to color, or combination of multiple mediums to decorate! Unpeeled, hard boiled eggs can be stored in the refrigerator for up to one week and make a great grab-and-go breakfast/snack or perfect topper to a salad. They can also be used to make a batch of deviled eggs or served with avocado and toast.

Eggs are a nutrient-dense choice, providing a good or excellent source of eight essential nutrients. Essential nutrients are those that our bodies cannot make enough of themselves and must get from food. These vitamin/mineral and protein packed eggs are great for consumers. When looking at the case of eggs in the store, know that the nutritive content of eggs is similar regardless of color (white or brown, blue or green), grade (AA, A or B) or how they are raised (organic, free-range and conventional). Eggs are a natural nutrition powerhouse but eggs laid from hens who are given a diet rich in vitamin D or omega-3 fatty acids can enhance those nutrients in eggs.



Eggs are often scrambled, fried, poached, boiled, mixed into casseroles and dishes like meatloaf and salmon patties to help keep ingredients together. The composition of eggs makes them such a unique food and far from boring. The yolk, yellow portion, is a major source of the egg's vitamins (including all fat-soluble vitamins), minerals, and fat. The white of an egg is a major source of egg protein and riboflavin (vitamin B2). Although some of these nutrients are present in small amounts, research shows that nutrients in eggs may be more bioavailable and easier for our body to absorb than from other food sources that contain higher amounts of these nutrients.

Did you know that eggs have an emulsifying property? When whisked into a frenzy with fat, eggs keep fat and liquids bound to the other. It allows for a fine dispersion of droplets of one liquid to another that cannot be separated. This property makes eggs an important ingredient into two sauces; mayonnaise and hollandaise.

**Mayonnaise** is simple in theory but requires careful attention during preparation for the consistency to be correct. Mayonnaise is made of egg yolks at room temperature, oil, vinegar or lemon juice, and seasonings. Mayonnaise can be a great blank slate to add a number of ingredients or seasonings to create unique sauces and spreads.

**Hollandaise** sauce is pale yellow in color, offering a bright, tasty topper to vegetables, fish, and eggs Benedict. Creating Hollandaise sauce requires vigorous whisking of butter into heated egg yolks and lemon. Hollandaise can also be used as a foundation for bearnaise sauce, that includes a vinegar-wine reduction and additional herbs.

### Light, At Home Mayonnaise

**Ingredients:**

2 eggs yolks  
 ½ tsp. Dijon mustard  
 ½ tsp red wine vinegar  
 1 ¼ cups vegetable oil or mild olive oil  
 ½ cup water

**Directions:**

Place yolks, mustard, salt and vinegar in the bowl of a food processor or blender and process until yolks are blended and light yellow. Add ¼ cup oil one drop at a time until mixture is emulsified and thick. Add remaining oil in a thin stream until mayo is thick and blended. Add water in a thin stream until incorporated.

### Exciting Opportunity!

I am conducting an annual survey to ask community members what our needs are regarding family, food, resource management, and health. It also asks for ideas of partnering opportunities for future programming and communications from HHS and Purdue Extension. If you would like to participate in the survey, please email me at [jcanned@purdue.edu](mailto:jcanned@purdue.edu) to receive the link and complete the online survey. All questions are optional and contact information is not required but can be helpful to further discuss program opportunities.

### Winter Blues Got You Down?

Check out our Area 8 Facebook Page for ideas on how to combat the winter blues for any age group! Use these ideas to help you push through the final few weeks of winter. Videos were posted once a week in February.