

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

COLORFUL RED FOODS

Cutting Corners

Healthy Bites for February

Baking is an inexpensive family activity that provides opportunities for families to share baking traditions, recipes and family heritage that can be handed down through generations.

February is Bake for Family Fun Month, and the Home Baking Association

(www.homebaking.org/familyfun/) encourages families to spend time together in the kitchen.

Family Connections

Fill half of your plate with colorful fruits and vegetables at every meal and snack. Research shows that fruits and vegetables promote good health. They contain essential nutrients (vitamins, minerals, dietary fiber) and other healthful substances. Here are some examples of fruits and vegetables from the red color group to add to your family meals and snacks.

Fruits: Red Apples, Blood Oranges, Cherries, Cranberries, Red Grapes, Pink/Red Grapefruit, Red Pears, Pomegranates, Raspberries, Strawberries, Watermelon.
Vegetables: Beets, Red Cabbage, Red Peppers, Radishes, Red Onions, Red Potatoes, Rhubarb, Tomatoes.



Answer: Vitamin A is found in tomatoes and many yellow and orange vegetables, such as carrots. Vitamin A helps keep your eyes and skin healthy.

Keep It Safe

Remember to wash hands and countertops before starting and cleaning up after you are done baking. Provide separate towels for hands and dishes and frequently wash pot holders. Aprons or large t-shirts are great for keeping clothes clean during the baking process.

Food on the Move

Ways to Include More Red Foods

Cherries: Dried cherries are a great addition to trail mixes and cereals—hot or cold.

Cranberries: Pour yourself a glass of cranberry juice, blend canned cranberries in smoothies or add to poultry stuffing.

Raspberries: Sprinkle some in yogurt or add them to a smoothie.

Pink/Red Grapefruit: Put grapefruit sections in salads.

Red Pepper: Dice it and add to salads, soups, and casseroles.

Beets: Add some beets to add color to plates as a side dish or in salads, soup, or stew.



RECIPE FOR: **Apple Cranberry Crisp**

Filling:

- 5 cups thinly sliced peeled apples
- 1 cup dried cranberries
- 1 teaspoon sugar
- ½ teaspoon cinnamon



Topping:

- ½ cup quick-cooking rolled oats
- 2 tablespoons packed brown sugar
- 2 tablespoons whole-wheat flour
- ½ teaspoon cinnamon
- 1 tablespoon butter, melted

Preheat oven to 375° F.

For filling: In a 2-quart baking dish, combine apples and cranberries. In a small bowl, stir together sugar and cinnamon. Sprinkle over fruit mixture in baking dish; toss to coat.

For topping: In a small bowl, combine oats, brown sugar, flour, and cinnamon. Using a fork, stir in butter until crumbly. Sprinkle oat mixture evenly over apple mixture.

Bake for 30 to 35 minutes or until apples are tender. Serve warm. Yield 6 servings.

Source: Food Sense, Utah State University, Nutrition, Dietetics, & Food Sciences, Fruits

RECIPE FOR: **Strawberry Muffin Tops**

- 1 ¾ cup plus 2 tablespoons all-purpose flour
- ½ teaspoon baking soda
- 1/3 cup sugar
- 4 tablespoons unsalted butter, cold & cut into small pieces
- 1 ½ cup sliced strawberries
- 4 teaspoons strawberry jam or preserves

- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- 1 egg, lightly beaten
- 1 cup buttermilk



Preheat oven to 425° F. Measure flour and other dry ingredients; add to large mixing bowl. Using a pastry blender or two knives, cut in the butter until the mixture resembles coarse crumbs. Make a well in the center and add the egg, buttermilk and the berries. Using a wooden spoon, turn and cut the dough until it forms a slightly sticky ball. Prepare baking pans: either spray with non-stick cooking spray or line with parchment paper. Scoop the dough onto the baking pans leaving at least 1 ½ inches between each muffin top. Gently press a thumb size indentation into the center. Drop a generous rounded teaspoon of the strawberry preserves into the indentation. Bake for about 18 minutes or until golden brown. Makes 12. Source: www.homebaking.org/familyfun/

ASK AN AGENT

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

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What Can I Do Today?

Shape pizza dough into a heart or use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce and add toppings.

Top oatmeal with cranberries or dried cherries and place them in a heart shape.

Add tiny red hot cinnamon heart candies to a popcorn snack.