



SIMPLY GOOD FOOD

Honey

Background: Honey is a sweet golden fluid made from the nectar of flowers. The flavor and aroma vary according to the kind of flower the bees visit. You can take advantage of this by selecting either a favorite flavor or a variety of flavors of honey for the table. The flavor and aroma of honey depend largely on the blossom from which the nectar is obtained.


Honey's role in the diet is like that of sugar—it is a source of energy in readily available form, and a food flavor which has many uses by itself and which adds to the palatability of other foods.

Nutrition: Honey is a syrup with a distinctive flavor and aroma, made up of 4 parts sugar to 1 part water. There are several kinds of sugars in honey, including *cane sugar* (sucrose), *glucose* and *fruit sugar* (fructose); the last two together are called *invert sugar*. Some *nitrogenous substances* (protein) are included in quantities too small to affect honey's food value for humans. Other substances present in small quantities are volatile oils and other bodies of pronounced odor or flavor from the nectar which influences the flavor and aroma of the honey.


Honey contains a small amount of mineral matter, including magnesium, iron and phosphorous. In this respect it resembles maple sugar, from which the mineral substances originally present in the plant juices have been removed during the refining process. These mineral substances constitute less than 1 part per 100 of the weight of the honey. The vitamin content in honey is not enough to be significant in an ordinary mixed diet.

Honey cannot be considered a "complete" food by human nutritional standards. It is useful for raising the blood sugar level and provides "quick" energy for rapid recuperation from fatigue caused by exertion. Glucose and fructose are simple sugars, and do not have to be broken down by the body during digestion. They are absorbed directly into the bloodstream. Sucrose, the common table sugar, must be digested before it can be assimilated.

Keeping Honey: Liquid or extracted honey and comb honey keep best in covered containers at room temperatures (70 to 80) degrees F). Uncovered honey stored in a damp place absorbs moisture and odors, thus losing aroma and flavor. The moisture can dilute the honey enough for it to ferment or mold. To remove excess water, place container (not plastic) in pan of warm (not hot) water. For the microwave use glass only, 1 to 1 ½ minutes, uncovered. let stand 5 minutes. To protect its delicate color and flavor, do not overheat. You can store honey in your freezer and it will remain liquid and unharmed.



Honey Butter "Delicious Spread"



Whip together 1 part mild-flavored honey and 2 parts of soft butter. Store in refrigerator.

Honey Energy Freeze

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| 1 6-ounce can frozen orange juice concentrate | $\frac{1}{2}$ cup mild-flavored honey |
| $1\frac{3}{4}$ cups milk | 1 teaspoon vanilla |
| | 8 ice cubes |



Please all ingredients except ice in blender container. Blend. Increase speed and add ice cubes through feeder cap. Process until ice is liquified and mixture is smooth and thick. Makes about 4 cups.

Skillet Squash

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| 2 small yellow squash | 1 teaspoon butter |
| 2 medium zucchini | 1 teaspoon dry French salad dressing mix |
| $\frac{1}{4}$ cup mild-flavored honey | 1 large tomato |
| 2 tablespoons water | |

Wash squash and zucchini; cut off ends. Cut into quarters lengthwise. In skillet, combine honey, water, butter and salad dressing mix. Arrange squash and zucchini, cut side down, in honey mixture. Bring to boil, reduce heat and simmer about 20 minutes or until tender. Cut tomato into eighths. Add tomato wedges to mixture and cook several minutes longer, turning once. Serves 4

Turkey with Rice

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| $\frac{3}{4}$ cup honey | 6 tablespoons hot water |
| 6 tablespoons prepared mustard | 6 cups cooked, diced turkey |
| $\frac{1}{2}$ teaspoon salt | 3 cups cooked rice |
| $1\frac{1}{2}$ teaspoons curry powder | |
| 1 chicken bouillon cube | |



Mix honey, mustard, salt and curry powder with bouillon cube that has been dissolved in hot water. Combine lightly with diced turkey and heat, stirring lightly. Serve over hot, cooked rice. Serves 8.

Honey and Nut Bran Muffins

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| $\frac{1}{2}$ cup honey | 1 tablespoon melted butter |
| 1 cup flour | $1\frac{1}{2}$ cups milk |
| $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda | $\frac{3}{4}$ cup finely chopped English Walnuts |
| 2 cups bran | |

Sift together the flour, soda and salt. Mix them with the bran. Add the other ingredients and bake for 25 or 30 minutes in a hot oven. Yield is 16 large muffins.



Sources: "Honey" L-2052 fact sheet

Supporting State Extension Goal: Health, Safety and Well Being

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