

## Cooking Tips for Busy People

*Cooking can often take motivation. We want you to feel empowered to take on your meal preparation and not just survive dinner but thrive with dinner tonight!*

Keep a stock of long-life ingredients (such as frozen, canned or dried products) that can be combined in any number of ways to create interesting dishes.

If you live alone and don't like to cook for just one, try inviting people over for dinner more often.

Cook in bulk, and freeze meal-size portions for later in the week or month

Source: Better Health Channel



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## Easy Meals for Busy Families

Are you looking for easy meals for your busy family? Looking for a dish with only a few simple ingredients? No worries! Dinner Tonight has got you covered with a list of recipes with five ingredients or less!

<https://dinnertonight.tamu.edu/5-ingredients-or-less/>

### Bacon wrapped Asparagus

Side Dish

Servings: 8 bundles

*1.5 pounds asparagus stalks trimmed  
 4 strips low sodium bacon*

Wash hands and clean preparation area, preheat the oven to 400 Degrees F. Rinse asparagus under cool running water and trim tough woody ends off of the asparagus stalks. Divide the asparagus stems into 8 equal bunches, set aside. Cut the 4 strips in bacon in half, to create 8 shorter strips. Wrap the bacon around the center of each asparagus bundle. Bake in the oven for 15 minutes, switch the oven to high broil, and broil for 3-5 or until bacon is crispy.

### Baked Pork Chops

Main Dish

Servings: 4

*4 3-ounce pork chops  
 8 ounces fat-free sour cream  
 3 cups crushed corn flakes*

Coat both sides of pork chops with sour cream. Place pork chops in plastic bag with crushed corn flakes and shake to coat completely. Arrange pork chops in pan and bake for about 30 minutes depending on thickness of pork chops. Serve garnished with sprigs of parsley.

### Cherry Vanilla Ice Cream

Dessert

Servings: 5

*2 cups frozen dark cherries  
 1 teaspoon vanilla extract  
 2 cups nonfat vanilla greek yogurt  
 1 cup fat free half & half*

Blend frozen cherries, vanilla extract, greek yogurt, and half & half in a large blender. Pour in a baking loaf pan. Cover and press against surface with wax paper and freeze until solid (1-2 hours).

# How to spring clean your fridge: 6 easy hacks and tips

BY: Madelyn Fernstrom,  
www.today.com

## 1. Keep it clean

Make your own solution using a baking soda and water mix (1 tablespoon of baking powder per cup of water) or a mild soap and water mix to wash the shelves and bins. For dried out spills, make a paste of baking powder and water, then rub over the spill (you can avoid this in the future by wiping up all spills when they happen). To absorb odors, keep a box of open baking soda in the fridge — don't forget to replace it every one to three months.

## 2. Toss old condiments

Go ahead and throw out the nearly empty jars, almost-finished bottles and items that are long past the expiration date — more than a month is a general guideline. Also, get rid of duplicates. For the condiments you are saving, open them up and wipe the inside and outside lid with a damp paper towel.

## 3. Limit foods stored in the door

The door is the warmest place in the fridge because the temperature goes up when the door is opened. Condiments, jelly and juices can be safely stored in the door. Place dairy products like milk, yogurt and cheeses on the top or middle rack of the fridge. Skip the ready-made egg container for the door. Instead, store your eggs in the original container, in the main part of the fridge.



## Balsamic Glazed Carrots

Side Dish

Servings: 4 (1/2 cup each)

16 oz baby carrots  
1 tablespoon olive oil extra virgin  
2 Tablespoons balsamic vinegar  
1 Tablespoon brown sugar  
1/2 teaspoon thyme dried

Place oil in a sauté pan over medium-high heat. Add carrots. Let them cook in for 10-12 minutes (slightly soft). Add balsamic vinegar, brown sugar and thyme. Cook for an additional 5 minutes and serve warm.

## Pretzel-Crusted Chicken

Main Dish

Servings: 4

4 boneless, skinless chicken breasts  
2 tbsp honey mustard  
2 tbsp olive oil  
4.5 ounces crushed, unsalted pretzels about 3-1.5-ounce snack pack bags

Slice chicken breasts into strips. Spread honey mustard on the surface of each chicken strip. Dip each chicken strip into the crushed pretzels. Place on a greased 9" x 13" baking dish. Bake, uncovered, at 350 degrees for 40-45 minutes.

## Ginger Melon Salad

Appetizer, Side Dish, Snack  
Servings: 4

4 cups melons cubed or balled (cantaloupe, honeydew, watermelon)  
1/4 cup pineapple juice  
1 1/2 tbsp honey  
1/4 tsp ground ginger

Combine the 4 cups melons. Combine 1/4 cup pineapple juice, 1 1/2 tablespoons honey and 1/4 teaspoon ground ginger. Pour over melon cubes and toss.

## Mint Sugar Snap Peas

Side Dishes  
Servings: 4

2 teaspoons olive oil  
1-pound fresh sugar snap peas strings removed  
1 tablespoon chopped fresh mint leaves  
1 tablespoon fresh lemon juice

Wash your hands and clean your cooking area. Wash sugar snap peas and remove strings. Heat skillet to medium-high heat; add olive oil. Remove from heat and stir in mint. Add the snap peas to the skillet and sauté until just tender (about 8-10 minutes). Drizzle lemon juice on top. Toss lightly.

## Beef and Rice

Main Dish  
Servings: 6

1-pound lean ground beef  
1 15-ounce can black beans  
1 cup cooked rice  
1 cup chunky salsa  
1/2 cup fat-free cheddar cheese shredded

In a large skillet, brown ground beef; drain off fat. Add beans, rice, and salsa; heat through. Add cheese and stir until just melted.

## Nutty Apple Rings

Breakfast, Dessert, Kid Friendly, Snacks  
Servings: 2

1 medium apple  
2 Tablespoons peanut butter  
1 Tablespoon walnuts  
1 Tablespoon raisins

Wash and core apple. Slide apple into rings. Spread peanut butter evenly on the apple slices and top with raisins and walnuts.

## Fruity Oat Muffins

Servings: 12 muffins

4 ripe bananas  
1 teaspoon vanilla or coconut extract  
3 cups old fashioned oats

Preheat oven to 350 degrees F. Spray cooking spray in regular muffin pans, set aside. Mash 4 medium ripe bananas in a large bowl. Stir extract into mashed bananas. Add oats to bowl, mix well with a spoon. Scoop mixture into muffin molds, fill to the top. Add favorite fruit toppings for extra flavors. Bake in oven for 20-25 minutes. Enjoy warm or store in refrigerator for up to 5 days. Ideas for toppings: diced apples, berries, diced pears, diced peaches, unsweetened coconut flakes



# SPRING CLEANING

## BASICS — A GREAT PLACE TO START (AND FINISH)

- |   |   |
|---|---|
| <input type="checkbox"/> dust all surfaces    | <input type="checkbox"/> wash bathroom counters         |
| <input type="checkbox"/> dust corners + edges | <input type="checkbox"/> scrub toilets, tubs and shower |
| <input type="checkbox"/> vacuum edges         | <input type="checkbox"/> spot clean walls               |
| <input type="checkbox"/> vacuum all floors    | <input type="checkbox"/> wash vents                     |
| <input type="checkbox"/> wash all baseboards  | <input type="checkbox"/> wash pillows                   |
| <input type="checkbox"/> wash all floors      | <input type="checkbox"/> wash throw rugs                |
| <input type="checkbox"/> wipe switches        | <input type="checkbox"/> clean washer + dryer           |
| <input type="checkbox"/> wipe door knobs      | <input type="checkbox"/> launder + change bedding       |
| <input type="checkbox"/> clean appliances     | <input type="checkbox"/> vacuum/rotate/flip mattress    |

## DEEP CLEANING EXTRAS + BONUS POINTS

- |  |   |
|--|---|
| <input type="checkbox"/> vacuum lampshades   | <input type="checkbox"/> clean carpets              |
| <input type="checkbox"/> clean fans + lights | <input type="checkbox"/> clean fireplace and hearth |
| <input type="checkbox"/> dust door tops      | <input type="checkbox"/> clean under appliances     |
| <input type="checkbox"/> wash doors          | <input type="checkbox"/> clean kitchen appliances   |

## TRADITIONAL SPRING CLEANING TASKS TO ADD IF YOU'D LIKE

- |   |  |
|---|--|
| <input type="checkbox"/> vacuum/wash porches    | <input type="checkbox"/> wash windows – inside + out |
| <input type="checkbox"/> change furnace filters | <input type="checkbox"/> organize pantry             |
| <input type="checkbox"/> defrost freezer        | <input type="checkbox"/> wash window tracks          |
| <input type="checkbox"/> switch out clothing    | <input type="checkbox"/> oil furniture               |
| <input type="checkbox"/> wash curtains          | <input type="checkbox"/> deep clean oven             |

## Fridge Spring Cleaning, cont.

### 4. Thaw your packaged foods safely

Place frozen beef or chicken on a plate to thaw safely in the fridge. This way the raw juices won't have a chance to contaminate other shelves or foods. Limit fridge cleanups by placing a plate underneath berry boxes or other porous containers that could possibly leak.

### 5. Wrap up leftovers properly

To keep your leftovers fresh, wrap them in plastic wrap or place them in a zip-top plastic bag for up to three days. If you use foil to wrap your leftovers, make sure to label the package. Toss the uneaten food within five days. For optimal temperature stability, store leftovers on the middle shelves. Also, keep leftovers in the front so you don't forget to eat them before they start to turn. To extend the life of open hard cheeses, wrap them in wax paper and place them in a plastic bag.

### 6. Keep your greens fresh

Simply wrap the greens in a few paper towels to keep them fresh and to help prevent wilting. For herbs, tie the stems together into a bouquet and place in a glass or sturdy plastic cup filled with one to two inches of water. Your fresh herbs will last up to a week longer.





## 8 STRATEGIES FOR A HEALTHY SPRING

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.



### Move More, Sit Less

Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 3 days a week.



### Eat Healthy Foods

Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Make half your plate fruits and vegetables and half your grains whole grains.



### Choose Your Drinks Wisely

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



### Get Enough Sleep

Adults need at least 7 hours of sleep per night. Children aged 6 to 12 need 9-12 hours of sleep per night. Teens 13-18 need 8-10 hours of sleep per night.



### Be Sun Safe

Wear long-sleeved shirts and long pants, a wide brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.



### Brush Your Teeth

Brush twice a day with fluoride toothpaste.



### Don't Use Tobacco

Call 1-800-QUIT-NOW for free support to quit smoking.



### Learn Your Health History

Talk to your family and your doctor about your family health history.

Source: [www.cdc.gov](http://www.cdc.gov)

## Cory Edwards

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Lubbock County

Cory's Corner Issue 04 Apr/May 2022

# Food Handlers CLASS

TEXAS A&M  
AGRI LIFE  
EXTENSION



2-year Certification  
COURSE

WHEN: WEDNESDAY, APRIL 13, 2022, 2-4 PM  
WHERE: LUBBOCK COUNTY EXTENSION  
OFFICE, 916 MAIN, SUITE 401

All food employees, except for the certified food protection manager, shall successfully complete an accredited food handler training course, within 30 days of employment.

COST: \$20, PAY AT THE DOOR  
CALL 806-775-1740  
BY APRIL 8TH TO PRE-REGISTER



## Upcoming Events



TEXAS A&M  
AGRI LIFE  
EXTENSION

South Plains  
CANNING  
SERIES

SAVE THE DATES!  
WATER BATH / PRESSURE CANNING

May 2nd - Lubbock Co. - Salsa / Carrots  
July 14th - Hale Co. - Pickles / Carrots  
Aug 23rd - Scurry Co. - Pickled Okra / Carrots

Contact your local County Extension Agent  
for more information!

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. \*References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.