



Ohio SNAP-Ed Adult Participant Sign-In Sheet - FY 2023

Program Title YMCA Adults Facilitator's Name Jennifer Eggleston
Date 8/25/23 Start Time 12:00 pm
County Fay Delivery Site Fayette YMCA

Please sign your name below and provide an email address (optional). This information will be kept confidential.

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| 13. | |
| 14. | |
| 15. | |
| 16. | |

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Pasta Primavera

Servings 4 | Prep time 5 mins. | Total time 20 mins.

Equipment:

Cutting board
Large pot
Non-stick frying pan
Strainer

Utensils:

Knife
Measuring cups and spoons
Mixing spoon

Ingredients

1 cup uncooked whole grain pasta
1 tablespoon olive oil OR vegetable oil
2 cups vegetables (zucchini, onion, eggplant, carrots, bell pepper, etc.), chopped
1 large tomato, chopped
1 clove garlic, minced OR 1 teaspoon garlic powder
1/8 teaspoon black pepper
1 teaspoon Italian seasoning OR Celebrate Your Plate Italian Seasoning
3 tablespoons grated Parmesan cheese

Nutritional Information:

Calories 120
Total Fat 5g
Sodium 95mg
Total Carbs 14g
Protein 4g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Cook noodles according to package directions.
3. While noodles are cooking, heat oil in frying pan.
4. Add vegetables, garlic powder, black pepper, and Italian seasoning. Cook until tender, stirring constantly.
5. Add tomato and sauté 2 more minutes.
6. When noodles are done cooking, drain then, rinse with cool water, and add to frying pan with vegetables.
7. Toss vegetables with noodles and sprinkle with Parmesan cheese.



Give Them More
of the
Good Stuff!

Whole Grain Basics

Shop and Save

- Bulk bins allow you to buy just the amount you need or can use within a month or two. Cost may be less than packaged grains.
- Whole grains should smell faintly sweet and pleasant or have no odor at all. Avoid grains that smell unpleasant or musty.
- Pre-packaged whole grains may have "USE-by" dates.

Visit FoodHero.org for easy, delicious recipes using whole grains

Eating whole grains promotes healthy blood pressure, cholesterol, digestion, blood sugar and weight control.



More Whole Grains!

- Look for the whole grain stamp on packaged foods.
- Use cooked whole grains for salads, breakfast bowls, or a dinner side dish.
- Try whole grain pasta. It is firm and has a nutty taste.
- Wheat, rye and barley contain gluten but corn, oats, quinoa, rice and buckwheat are naturally gluten free. To be sure that they are processed separately from grains containing gluten, look for "gluten-free" on the package.



Store Well Waste Less

- Heat, air and light can make whole grains taste and smell rancid. Store whole grains in:
 - airtight containers or reclosable bags. Airtight packaging will also keep out any insects.
 - a cool, dry and dark location or choose a container that keeps light out. Freeze for longest storage.
- Stored properly, whole intact grains will keep for up to 6 months on a cool, dry shelf or up to a year in the



- Ground whole grains will keep for 1 to 3 months on a cool, dry shelf or 2 to 6 months in the freezer.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Cooking Whole Grains

Choose a Whole Grain

Use suggested cooking times and amounts of liquid as a guide. Grains are done when you decide they are as tender as you like. Liquid can be water, broth, milk or a mixture.

Barley - Hulled or hull-less:
Pearled barley is not whole grain.
1 cup barley + 3 cups liquid = 3 1/2 cups cooked. Cook for 45 to 60 minutes.

Corn - Grits/polenta:
Enriched grains are not usually whole grain. 1 cup grits/polenta + 4 cups liquid = 2 1/2 cups cooked. Cook for 25 to 30 minutes.

Oats - Rolled oats:
1 cup oats + 2 cups liquid = 2 cups cooked. Cook for 5 to 20 minutes.

Steel cut oats: 1 cup oats + 4 cups liquid = 4 cups cooked. Cook for 20 minutes.

Quinoa - If not pre-washed, rinse with cold water before cooking. 1 cup quinoa + 2 cups liquid = 3 cups cooked. Cook for 12 to 15 minutes.

Rice - Brown, red or black:
White rice is not whole grain. 1 cup rice + 2 1/2 cups liquid = 3 to 4 cups cooked. Cook for 25 to 45 minutes.

Wheat - Bulgur: 1 cup bulgur + 2 cups liquid = 3 cups cooked. Cook for 10 to 12 minutes.

Wheat berries: 1 cup wheat berries + 4 cups liquid = 3 cups cooked. Cook for 45 to 60 minutes.

Make Whole Grains Easy

Cook grains in large batches to use later:

- Divide cooked, cooled grains into single-use amounts in freezer bags or containers. Label and date. Refrigerate or freeze.
- Use refrigerated cooked grains within 3-4 days. Use frozen cooked grains within 2-3 months.
- Add frozen cooked grains to soups or skillet meals straight from the refrigerator or freezer. As the dish cooks, the grains will reheat.
- To quickly reheat refrigerated or frozen grains, add a small amount of water and heat in the microwave or in a saucepan on low until warmed. Stir as needed to prevent sticking.

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- measure grains and liquids.
- package cooked grains for the freezer.

Choose a Cooking Method

Steamed: Bring liquid to a boil in a large saucepan. Stir in grain. Cover. Reduce heat to low and simmer until tender. Drain extra liquid if needed.

Pilaf-style: Sauté in a little oil until lightly golden. Vegetables and seasonings can be added. Stir in liquid. Bring to a boil, reduce heat to low, cover and simmer until grain is tender and has absorbed all liquid.

Rice cooker: Follow rice cooker directions for other grains. Or try the white rice settings for grains that take 25 minutes or less and the brown rice settings for grains that require longer cooking. Use the same amount of liquid as if steaming.



Give Them More
— of the —
Good Stuff!

Eggplant Basics



Shop and Save

- Choose eggplants that feel firm and heavy for their size, with skin that is shiny and smooth. Look for stems that are green and firm.
- Avoid eggplants with bruises, dull and wrinkled skin, or stems with mold or softness.
- Choose small- to medium-size eggplants. Large and mature eggplants are more likely to have thicker skin, larger seeds and a bitter flavor.
- Eggplant may be available in stores year round but will have the best flavor when in season. In Oregon, this is usually July through October.

Eggplant is a good source of fiber, which helps with digestion and may lower your risk for heart disease.



Types of Eggplant

- The oblong purple eggplant found in most stores is often called a globe eggplant.
- Other varieties to grow or find at farmers markets can be oblong, long, thin or round. Colors vary from white and green to pink, purple or black. Some have stripes of color.
- Enjoy all types grilled, roasted, sautéed or stir-fried. Eggplant goes well with many flavors.

Store Well Waste Less

- For best quality, plan to use eggplant within a few days of buying or harvesting.
- Eggplant stores best in a cool place (50 degrees F) away from sunlight and in a container with airflow. It can be stored for 4 to 7 days in the front of the refrigerator to protect from overchilling.

- Overripe eggplant can taste bitter. To reduce the bitterness, peel the skin, cut as desired and remove large seeds. Salting before cooking, as is often recommended, is not necessary.
- Rinse under cool running water and cut just before using. Leave the peel on for more fiber and nutrients or remove with a vegetable peeler.

- Freeze eggplant in airtight containers for longer storage. Place cooked pieces on a baking sheet, freeze until firm before freezing. You can also mash cooked eggplant and then package. For best quality, use within 8 months.



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Enjoy Eggplant

Eggplant Pizza Slice

Ingredients:

- 1 globe **eggplant** (peel if desired)
- 1 cup **tomato pasta sauce** (try Food Hero's Quick Tomato Pasta Sauce)
- $\frac{3}{4}$ cup shredded **mozzarella cheese**
- 2 Tablespoons **bread crumbs**

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease a baking sheet.
3. Slice eggplant into rounds about $\frac{1}{2}$ -inch thick. Place slices on baking sheet.
4. Top each eggplant slice with a rounded Tablespoon of sauce. Sprinkle a Tablespoon of cheese on top of sauce and $\frac{1}{2}$ teaspoon bread crumbs on top of cheese.
5. Bake for 15 to 20 minutes until the cheese is melted and bread crumbs are golden brown.
6. Refrigerate leftovers within 2 hours.

Note:

- Serve as a side dish or snack, or in a sandwich.

Makes 8 slices

Prep time: 10 minutes

Cooking time: 20 minutes

Go to FoodHero.org for tasty eggplant recipes.

Eggplant Dip

Ingredients:

- 1 globe **eggplant** or 2 to 3 smaller eggplants
- $\frac{1}{4}$ cup **tahini**
- 3 to 4 Tablespoons **lemon juice**
- 2 to 3 cloves **garlic**, minced or $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon **salt**
- 2 Tablespoons chopped **parsley** or cilantro (optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease a baking sheet or line sheet with aluminum foil.
3. Poke whole eggplant with a knife or fork in 8 to 10 places. Place on baking sheet and roast until the eggplant collapses and softens, about 45 minutes. Turn over after about 20 minutes. Smaller eggplants will take less time.
4. Cool eggplant for 10 to 15 minutes. Remove the stem and skin. Place cooked eggplant in a medium bowl or blender. Add the rest of the ingredients and stir or blend until smooth.
5. Scoop mixture into a serving bowl and sprinkle with parsley, if desired.
6. Refrigerate leftovers within 2 hours.

Note:

- No tahini? Use 2 Tablespoons smooth peanut butter and 2 Tablespoons vegetable oil.

Makes $1\frac{1}{2}$ cups

Prep time: 10 minutes

Cooking time: 45 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- rinse eggplant under running water.
- place eggplant slices on a baking sheet.
- top eggplant slices with sauce, cheese and bread crumbs.



Give Them More
of the
Good Stuff!

Summer Squash Basics

Shop and Save

- Summer squash are usually available year round, but are freshest and less expensive from July through August.
- Look for squash that are firm with a thin, bright and glossy skin. Avoid squash with soft spots, wrinkles or mold.
- For best flavor and texture, choose smaller squash. Long types will be 6 to 8 inches long and round types, 3 to 4 inches across.
- Larger summer squash have bigger seeds and less flavor but they are good when stuffed or when grated for baked goods.

Summer squash are high in
vitamin C, vitamin A and fiber.



Zucchini



Scallop or
Patty Pan



Round Ball



Yellow Crookneck
and Straitneck



Squash
Blossoms



Enjoy Squash Blossoms

- Squash blossoms can be enjoyed raw or cooked.
- Sprinkle pieces over a salad or taco, cook into a soup or stuff with cheese and herbs to bake.
- Wash carefully just before using. Trim the end near the stem and remove the flower parts from inside.
- Blossoms are best used the same day, but can be wrapped in a paper towel and refrigerated for up to 2 days.

Store Well Waste Less

- Wash summer squash just before using. Rub the skin gently under cool running water.
- Store in the refrigerator in an open plastic or paper bag to keep dry. For best quality use

within 3 to 4 days.

- Summer squash can be frozen in 1/2-inch pieces. Blanch first for best color and texture. Place in labeled freezer containers and use within 3 months.
- Summer squash that has been grated can be frozen without blanching. Squeeze to remove extra moisture, then measure recipe-sized amounts into

labeled freezer containers. Drain water after thawing to use in baked goods.



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Enjoy Summer Squash

Zucchini Salad

Ingredients:

- 1 teaspoon **vegetable oil**
- 2 Tablespoons **lemon juice**
- ¼ teaspoon dried **oregano** or **basil**
- ¼ teaspoon **salt**
- ⅛ teaspoon **pepper**
- 4 small **zucchini**, sliced crosswise. Wash first.
- ½ cup sliced thinly or chopped small, red or sweet **onion**
- ¼ cup grated **parmesan cheese**

Directions:

1. Wash hands with soap and water. Gather ingredients together on a clean surface.
2. Mix oil, lemon juice, oregano, salt and pepper together in medium bowl.
3. Add zucchini, onion and cheese. Mix gently. Cover and chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 10 minutes

Go to
FoodHero.org
for easy, tasty
squash recipes

Sautéed Zucchini

Ingredients:

- 2 medium **zucchini**
- 2 teaspoons **vegetable oil**
- 1 clove **garlic**, minced or ¼ teaspoon **garlic powder**
- ⅛ teaspoon **salt**
- ⅛ teaspoon **pepper**
- ¼ teaspoon **oregano**, dried or fresh (optional)

Directions:

1. Wash zucchini and cut into ¼-inch thick rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees F in an electric skillet).
3. Add garlic and zucchini then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cook time: 10 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash produce under cool running water.
- measure ingredients and stir them together.
- grate summer squash with a box grater.

1 pound of summer squash =
about 2 medium squash =
about 3 cups of raw slices =
3 cups of raw, grated squash =
1½ cups cooked squash





Give Them More
of the
Good Stuff!

Tomato Basics

Shop and Save

- Tomatoes are in season between July and September, so they taste great and cost less.
- Look for tomatoes that are bright in color, and have no darkened areas or bruises under the skin. They should feel firm (not soft), but give slightly when you press on them.
- Canned tomatoes are usually low-cost and come in many forms: whole, crushed, diced, stewed, or as juice, sauce or paste. Consider low-sodium options.

Tomatoes have antioxidants for a healthy immune system.

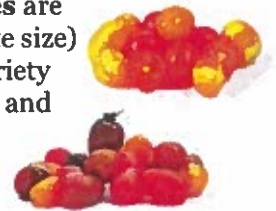


Types of Tomatoes

Red round tomatoes are the most common; size can vary from 2 inches across to much larger.



Cherry, grape and pear tomatoes are small (bite size) with a variety of shapes and colors.



Roma (Italian or plum) tomatoes are oval in shape, usually red, and commonly used for canning and making tomato sauce and paste.



Heirloom tomatoes include many varieties from the past and have different colors, shapes, flavors and sizes; they are most likely available at farm stands or farmers markets.



Store Well Waste Less

- Keep ripe whole tomatoes at room temperature in a single layer in an open container; avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.
 - ⇒ Refrigerate cut, cooked or opened canned tomatoes in a covered container. Use within 2 days.
- Ripen tomatoes in a closed paper bag or plastic bag with holes. Hold at room temperature. Check daily.
- Store unopened canned tomatoes in a cool, dry place and use within 8 to 12 months for best quality.
- Freeze extra tomatoes:
 1. Wash tomatoes and remove the stem. Leave whole or chop.
 2. Freeze in a tightly closed container or plastic bag. Label with the date.
 3. Best when used in cooked dishes within 8 months.



For a great on-the-go snack, try cherry, pear or grape tomatoes!



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Cooking with Tomatoes

Tomato Melt

Ingredients:

- ¼ cup shredded **cheese** (try cheddar, mozzarella or a blend)
- 1 Tablespoon **low-fat mayonnaise**
- ½ teaspoon **prepared mustard**
- 2 **English muffins**, halved or 2 **bread slices** (try whole wheat)
- 1 medium **tomato**, cut into 4 slices or diced

Directions:

1. In a small bowl, combine cheese, mayonnaise and mustard.
2. Spread cheese mixture evenly over English muffin halves or bread slices.

Oven or toaster oven method:

3. Broil or toast until cheese melts, 2-3 minutes.
4. Place tomatoes on each sandwich.
5. Serve 'as-is' or broil to heat the tomato, 2-3 minutes.

Skillet method:

3. Heat a skillet over medium heat. Add sandwiches bread side down.
4. Cover and heat until cheese melts, 7-8 minutes.
5. Top with tomatoes before or after heating.
6. Refrigerate leftovers within 2 hours.

Makes 4 muffin halves or 2 open-faced sandwiches

Prep time: 5 minutes

Cook time: 6-8 minutes

Quick Tomato Pasta Sauce

Ingredients:

- 2 teaspoons **vegetable oil**
- 2 cloves **garlic**, minced or ½ teaspoon **garlic powder**
- 1 can (14.5 ounces) diced or crushed **tomatoes** (about 1¾ cups)
- 1 Tablespoon **lemon juice** (optional)
- ¼ teaspoon **salt**
- ¼ teaspoon **pepper**
- ¼ teaspoon **red pepper flakes** (optional)

Directions:

1. In a medium saucepan, heat vegetable oil over medium heat. Add garlic and cook for 1 minute. (If using garlic powder, omit oil and skip this step).
2. Add tomatoes, lemon juice, salt, pepper and red pepper flakes, if desired. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Cook time: 15 minutes

Go to
FoodHero.org
for more easy,
tasty tomato
recipes.

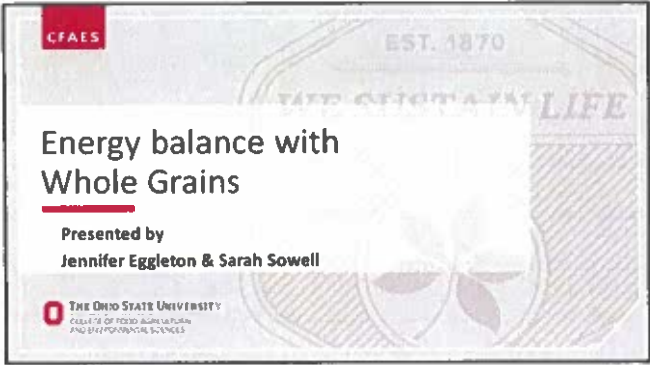


**Kids
Can!**

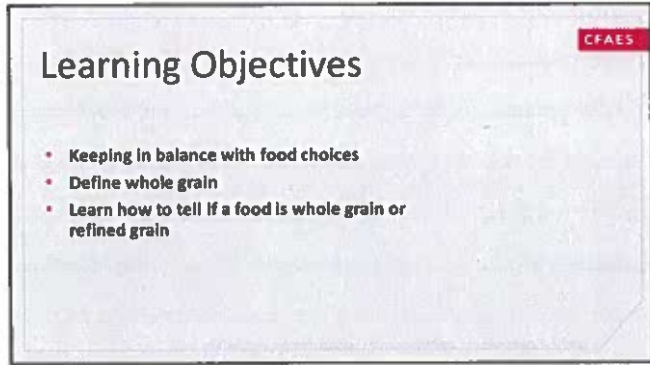
When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash tomatoes by rubbing gently under cool running water.
- spread cheese mixture on bread.
- open cans safely to avoid sharp lid edges.

1 pound of fresh tomatoes = about 2½ cups chopped or 3 cups sliced



1



2



3

Energy in:

Calories (indicated by a large upward-pointing arrow)

Protein (represented by a meat icon)

Fat (represented by a butter icon)

Carbohydrate (represented by a bowl of food icon)

CFAES

4

Food Pair #1

Regular mashed potatoes vs. restaurant loaded potatoes

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| | |
|---|--|
| Regular mashed potatoes, made at home with whole milk & butter, 1/2 cup serving | Restaurant "loaded" mashed potatoes, topped with cheese & bacon, 1/2 cup serving |
| 120 calories | 460 calories |
| Additional calories: 340 | |
| Amount of activity* (to burn the additional 340 calories): | |
| 96 minutes of walking | |
| 39 minutes of jogging | |
| 53 minutes of cycling | |
| <small>*Based on a 35 year old female who is 5'7" and weighs 144 lbs.</small> | |

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Food Pair #2



Regular pancakes vs. restaurant pancakes

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Includes 1/2 cup milk, 1/2 cup butter, 1/2 cup oil, 1/2 cup sugar, 1/2 cup flour, 1/2 cup baking powder, 1/2 cup salt, 1/2 cup vanilla extract, 1/2 cup lemon juice, 1/2 cup lemon zest, 1/2 cup lemon juice, 1/2 cup lemon zest, 1/2 cup lemon juice, 1/2 cup lemon zest.

7

| Regular buttermilk pancakes, 4-inch diameter, made at home, no syrup | Restaurant buttermilk pancakes, 10-inch diameter, no syrup |
|--|--|
| 85 calories each | 175 calories each |
| 170 calories (for 2 pancakes) | 525 calories (for 3 pancakes) |
| Additional calories: 355 | |
| Amount of activity* (to burn the additional 355 calories): | |
| 98 minutes of walking | |
| 41 minutes of jogging | |
| 54 minutes of cycling | |

*Based on a 35 year old female who is 5'7" and weighs 144 lbs.


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8

Food Pair #3

Value size cheeseburger vs. restaurant size cheeseburger



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Includes 1/2 cup milk, 1/2 cup butter, 1/2 cup oil, 1/2 cup sugar, 1/2 cup flour, 1/2 cup baking powder, 1/2 cup salt, 1/2 cup vanilla extract, 1/2 cup lemon juice, 1/2 cup lemon zest, 1/2 cup lemon juice, 1/2 cup lemon zest.

9

| | |
|---|--|
| Value size cheeseburger, 1.6 ounces of beef | Restaurant size cheeseburger, 1/3 lb. of beef |
| 300 calories | 670 calories |
| Additional calories: 370 | |
| Amount of activity* (to burn the additional 370 calories): | |
| 102 minutes of walking | |
| 42 minutes of jogging | |
| 56 minutes of cycling | |

*Based on a 35 year old female who is 5'7" and weighs 144 lbs.

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Regular orange juice (6oz.) vs. restaurant orange juice (16oz)

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11

Food Pair #4

| | |
|---|--|
| Regular orange juice, 6 ounce glass | Restaurant orange juice, 16 ounce glass |
| 85 calories | 225 calories |
| Additional calories: 140 | |
| Amount of activity* (to burn the additional 140 calories): | |
| 38 minutes of walking | |
| 16 minutes of jogging | |
| 21 minutes of cycling | |


*Based on a 35 year old female who is 5'7" and weighs 144 lbs.

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Food Pair #5

Regular cola-flavored soda(12oz.) vs. Regular cola-flavored soda (32oz)



13

| Regular cola-flavored soda, 12 ounce can | Regular cola-flavored soda, 32-oz. "Large" restaurant size cup |
|--|--|
| 150 calories | 400 calories |
| Additional calories: 250 | |
| Amount of activity* (to burn 250 calories): | |
| 70 minutes of walking | |
| 29 minutes of jogging | |
| 38 minutes of cycling | |
| *Based on a 35 year old female who is 5'7" and weighs 144 lbs. | |

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For a person requiring 2000 calories per day, about 6 servings of grain are needed.

Half of those servings should be whole grains.



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CFAES OHIO STATE UNIVERSITY EXTENSION

What is a whole grain?

Bran
Protective outer shell.
High in fiber and B vitamins

Endosperm
Contains starch, protein,
and other vitamins and
minerals

Germ
The seed for a new plant
Contains B vitamins,
some protein, minerals
and healthy oils

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CFAES OHIO STATE UNIVERSITY EXTENSION

REFINED GRAINS – the bran and germ are removed during processing for longer shelf life and to change the texture, leaving only the starchy endosperm

➔ nutrients lost

ENRICHED GRAINS – refined grains with some of the removed nutrients added back in

➔ remain lower in nutrients than whole grains

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CFAES OHIO STATE UNIVERSITY EXTENSION

Grains - Whole and Refined

| Whole Grains | | | | Refined Grains | | | |
|-------------------|-------------------|-------------------|-------------------|----------------|-------------|-------------|-------------|
| Whole Wheat Flour | Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | White Flour | White Flour | White Flour | White Flour |
| Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | White Flour | White Flour | White Flour | White Flour |
| Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | White Flour | White Flour | White Flour | White Flour |
| Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | White Flour | White Flour | White Flour | White Flour |
| Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | Whole Grain Flour | White Flour | White Flour | White Flour | White Flour |

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How to find a whole grain



- There may be a whole grain stamp on the package, although it is not required.
- Ingredient list must have a whole grain listed as the first ingredient

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Which is a whole grain?

Ingredients:
Enriched Unbleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin, Folic Acid), **Whole Grain Wheat Flour** (Add a Third Amount of Cholesterol), Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Wheat Gluten. Contains 2 Percent or Less of: Lower Sodium Natural Sea Salt, Salt, Calcium Phosphate and Sorbic Acid to Retard Staling, Butter (Add a Third Amount of Cholesterol), Honey, Sugar, Mono and Diglycerides, Malted Barley Flour, Soy Lecithin.

Ingredients:
Made From **Whole Grain Flour**, Water, Whole Wheat, Wheat Gluten, Sugar, Yeast, Malted Soybean Oil, Contains 2% Or Less Of: Sucrose Fiber, Salt, Calcium Phosphate And Sorbic Acid To Extend Freshness, Monoglycerides, Dates, Soy Lecithin, Whey (Milk). *Add A Third Amount Of Cholesterol Contains Wheat, Soy, Salt.

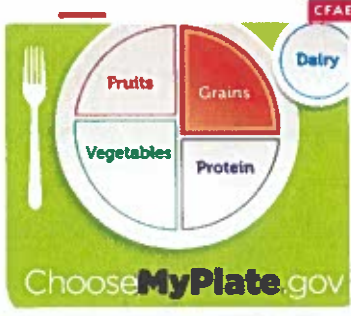
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What whole grain will you choose to add to your plate?

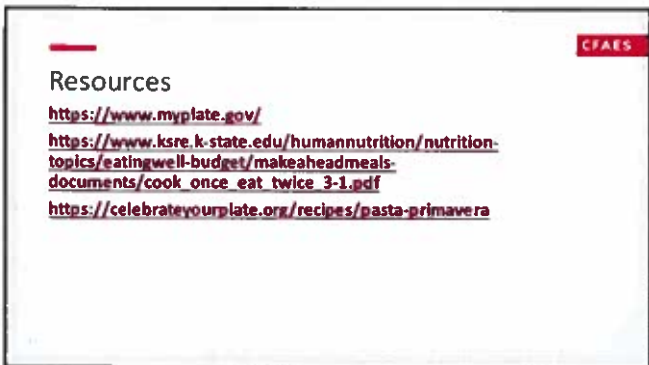


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Selecting, Storing, and Serving Ohio Tomatoes

HYG-5532

Family and Consumer Sciences

Date: 07/13/2021

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Is a tomato a fruit or a vegetable? Tomatoes are cultivated and used as a vegetable. Botanically, they are a fruit, being fleshy and containing many seeds. Regardless of how you classify them, they remain an Ohio favorite because of their versatility and flavor.



Figure 1. Cherry tomatoes in a bowl. Photo: by Couleur, Pixabay

For information on tomato varieties in Ohio, contact your county educator in agriculture and natural resources at Ohio State University Extension, or a master gardener volunteer.

Selection

- Tomatoes can be red, orange, orange-pink, burgundy, green, purple, or yellow when ripe, depending on variety.
- Sizes range from the very small cherry/grape to oval or pear shaped (used for tomato sauce or pasta) to large, round, slicing tomatoes.

- Select tomatoes that are firm, glossy, smooth, and plump. Avoid those that are extremely soft, bruised, cracked, or otherwise damaged by insects, disease, or handling.
- Purchase tomatoes at various stages of ripeness, and then use the ripest tomatoes first.
- Always remember, tomatoes can ripen after picking. A fully ripe tomato is fragrant and gives slightly under pressure.

Field

Due to many variables such as moisture content, size, and variety, it is difficult to give specific recommendations. The recommendations below are approximations.

- 1 pound of tomatoes = approximately 3 medium tomatoes or 8 plum tomatoes
- 1 bushel of tomatoes = 53–56 pounds
- 1 bushel of tomatoes = 16–18 quarts canned

Nutrition

The *Dietary Guidelines for Americans* recommends 2½ cups of a variety of vegetables each day as part of a healthy diet. Tomatoes are associated with a lower risk of heart disease and certain cancers because they contain phytonutrients like lycopene, which are found naturally in plants.

- One medium tomato contains about 35 calories.
- Tomatoes are rich in vitamin C and A.
- They contain small amounts of the B vitamins, iron, manganese, fiber, and potassium.

Storage

- Ripen tomatoes at room temperature (70 F) with the smooth end down and stem end up.
- Sunlight is not necessary to ripen. Placing tomatoes in the window is not recommended because it can result in overheating, which prevents good color and flavor development, and increases the chance of decay.
- Once tomatoes are fully ripe, store them in a cool area.
- An excess of fully ripe tomatoes may be stored in the refrigerator for 2–3 weeks. Tomatoes will not ripen any further in refrigeration, but they may become mealy, soft, and lose flavor. Refrigeration slows spoilage.

- Wash tomatoes just before serving. Do not use soap, detergent, or bleach because these liquids absorb into the vegetable.

Serving

- If your recipe calls for peeled tomatoes, dip tomato in boiling water for 30 seconds, plunge into cold water, drain, and peel skin.



Figure 2. Fresh-picked tomatoes still on the vine. Photo: by Couleur, Pixabay

- Seed tomatoes easily by cutting the tomato in half crosswise, hold the cut tomato over a bowl, and scoop out seeds with a spoon.
- For best flavor, serve tomatoes at room temperature.
- Serve tomatoes raw or cooked. Try them in salads, sandwiches, salsas, soups, stews, and sauces, whether they're baked, broiled, grilled, or roasted.
- Top tomatoes with fresh or dried herbs, such as basil, oregano, tarragon, thyme, or curry powder.
- Stuff large tomatoes with tuna, chicken, egg salad, or cottage cheese.
- Stuff cherry tomatoes for bite-size appetizers. To prepare, slice off tops and remove a very thin slice off the bottom so they will stand. Remove seeds and juice with a melon scoop. Stuff with your favorite fillings.
- For a Caprese salad or appetizer, layer sliced tomatoes, fresh basil leaves, and fresh mozzarella cheese. Dress lightly with olive oil.

Bruschetta Salad

Time: 30 minutes

Yield: 5 cups

Ingredients

- 3 cups chopped Roma tomatoes
- ½ cup chopped red onion
- ¼ cup fresh chopped basil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon oil
- 2 cups croutons

Preparation Instructions

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar, and oil in a bowl.
2. Stir croutons in the salad and serve.

For information on preserving tomatoes, contact your local OSU Extension office for the following fact sheets:

- Canning Basics, HYG-5338
- Basics for Canning Vegetables, HYG-5344
- Freezing Vegetables, HYG-5333
- Drying Fruits and Vegetables, HYG-5347

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Selecting, Storing, and Serving Ohio Eggplant

HYG-5517

Family and Consumer Sciences

Date: 07/26/2021

Revised 2021: Christine Kendle, Educator, Family and Consumer Sciences, Ohio State University Extension

Original reviewer: Lydia Medeiros, PhD, RD, Specialist, Ohio State University Extension

Original author: Barbara A. Brahm, Educator, Family and Consumer Sciences, Ohio State University Extension

Eggplant is native to South and Eastern Asia and is one of the most exotic of all vegetables in appearance, taste, and history. Until 100 years ago, it was grown in America primarily as an ornamental plant. Now eggplant is available nearly all year, peaking in Ohio from June to October.

For information on eggplant varieties in Ohio, contact your county educator in agriculture and natural resources at Ohio State University Extension, or a master gardener volunteer.



Figure 1. Ohio eggplant peaks from June to October. Photo: Simone R, Pixabay

Selection

- Look for heavy, firm, smooth-skinned eggplant. The most common varieties are deep purple. There are also white and white/purple streaked varieties.

- Deep purple eggplants are typically tear-drop shaped. For the best quality, choose one that is of medium size (3 to 4 inches in diameter).
- Other varieties of eggplant may range from egg-shaped to long and slender.
- Avoid those with brown or blue streaks, a light color, or yellowish cast, which indicates poor quality.
- Shriveled and flabby eggplant is often bitter and poor in flavor.
- Decay may appear in any dark sunken area on the surface. Cracked skin across brown spots may indicate a storage-related disease that causes eggplant to spoil rapidly.

Yield

Due to many variables such as moisture content, size, and variety, it is difficult to give specific recommendations. The recommendations below are approximations.

- 1 medium eggplant = about 1½ pounds
- 1 pound fresh = 1¾ cups, cooked and cubed
- 1 pound fresh = 1 pint frozen
- 1 bushel = 33 pounds

Nutrition

The *Dietary Guidelines for Americans* recommends 2½ cups of a variety of vegetables each day as part of a healthy diet. Eggplant is a good choice to help meet this nutritional requirement

- An eggplant's deep purple skin contains the antioxidant anthocyanin.
- All eggplant varieties are a good source of fiber and are low in carbohydrates and sodium.
- One cup of raw eggplant has 20 calories.

Storage

- Store eggplant as soon as possible in the vegetable crisper of your refrigerator at 45–50 degrees Fahrenheit. Your refrigerator should be kept at 40 F or below for optimal food safety.
- Eggplant stored in the refrigerator may be susceptible “chilling injuries” that will appear as soft, spongy, “water-soaked” spots..
- High humidity is preferred for eggplant storage.

- If eggplant is not stored in the vegetable crisper, store it in the refrigerator wrapped loosely in plastic wrap. Use within one week of purchase.



Figure 2. Eggplant can be roasted, broiled, boiled, sautéed, stuffed, and more. Photo: Balu G, Pixabay

Serving

- Wash eggplant in cold water thoroughly prior to serving to remove dirt. Do not use soap, detergent, or bleach because these liquids absorb into the vegetable.
- Eggplant is a versatile vegetable and can be roasted, broiled, boiled, fried, sautéed, stuffed, or used in a variety of casseroles in combination with other vegetables.
- Although often used as a meat substitute in recipes, eggplant is not high in protein value.
- When preparing eggplant slices for cooking, remove as much excess moisture as possible to prevent a soggy or bitter product. Arrange cut eggplant on a rack, paper towels, or clean kitchen towels. Sprinkle salt liberally on cut surfaces. Allow salt to draw moisture from the eggplant for about one hour. Remove excess salt by patting eggplant dry before cooking. For crispier cooked eggplant, lightly press eggplant slices before cooking to squeeze out water and remove air trapped inside the vegetable.
- For pan fried eggplant, cut the vegetable into ½ to 1-inch slices. Peel if necessary. Dip in flour or fine, dry breadcrumbs, then in an egg beaten with 2 tablespoons of milk. Dip in flour or crumbs again, then season with salt and pepper. Fry slowly in a small amount of hot oil until browned and fairly transparent on one side and then turn and brown the other side. Serve hot.
- To season, use marjoram, oregano, allspice, chili powder, curry powder, garlic, or rosemary.
- Eggplant slices can be grilled and used as a substitute for pizza crust.
- Cubed eggplant can be roasted along with root vegetables for a hearty dish.

- Baba Ganoush is an eggplant dip that is similar to hummus (see recipe below).

Baba Ganoush (Eggplant Dip)

Yield: 4 servings

Time: Approximately 1 hour

Ingredients

- 1 medium eggplant
- 2 tablespoons lemon juice
- 3 garlic cloves, chopped
- ¼ teaspoon salt
- ½ teaspoon cumin
- 1 teaspoon parsley flakes
- 1 teaspoon onion powder
- 2 teaspoons olive oil

Cooking Instructions

1. Preheat oven to 400 F
2. Wash eggplant and pat dry. Cut eggplant in half lengthwise.
3. Score the inside of the eggplant flesh.
4. Spray the eggplant flesh and baking sheet with non-stick cooking spray.
5. Place the eggplant flesh-side down on a baking sheet and bake for 40 to 45 minutes until golden brown.
6. Once cooled, take a large spoon and scoop the flesh into a food processor or blender. Discard the skins.
7. Add the remaining ingredients to the food processor, cover, and then puree until smooth—about 1–2 minutes.
8. Put into a bowl and chill until ready to serve. Serve with whole wheat pita bread or cut up vegetables.

For information on preserving eggplant, go to ohioline.osu.edu or contact your local Ohio State University Extension office for the following fact sheets:

- Freezing Vegetables, HYG-5333
- Drying Fruits and Vegetables, HYG-5347

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Selecting, Storing, and Serving Ohio Squash and Pumpkin

HYG-5530

Family and Consumer Sciences

Date: 07/13/2021

Revised 2021: Lisa Barlage, Educator, Family and Consumer Sciences, Ohio State University Extension

Originally reviewer: Lydia C. Medeiros, PhD, RD, Specialist, Ohio State University Extension

Original author: Barbara A. Brahm, Educator, Family and Consumer Sciences, Ohio State University Extension

Squashes are members of the gourd family, which also includes watermelons, cucumbers, muskmelon, pumpkins, and gourds. Squash was a common food of Native Americans. Squash is referenced through many of the writings of the earliest explorers and colonists.



Figure 1. Yellow squash and green zucchini. Photo: Andy M, Pixabay

Pumpkin is originally from South America. The terms “pumpkin” and “squash,” are often used incorrectly in the United States to identify of certain varieties of these vegetables. Squash is available from July through September. October is the big month for harvesting pumpkin, although they are available in September and November.

For information on squash and pumpkin varieties in Ohio, contact your county educator in agriculture and natural resources at Ohio State University Extension, or a master gardener volunteer.

Selection

SOFT SHELLED (SUMMER SQUASH)

Selection tips:

- Skin should appear fresh, glossy, tender, and free from blemishes. The skin and seeds are eaten.
- Over-developed summer squash has a hard rind, dull appearance, enlarged seeds, and tends to be stringy.

Varieties to look for:

- Crookneck and Straight Neck have delicate yellow, pebbly skin. They are over-ripe when colored gold.
- Zucchini is dark green, long, straight, and 8–10-inches in length.
- White Bush Scallop and Patty Pan have green flesh with a white tinge, smooth skin, and scalloped edges.
- Cocozelle is similar to zucchini, except smaller with green and yellow stripes.
- Spaghetti Squash has a yellow to golden-yellow skin, light yellow flesh, and is 8–10 inches long and 4–6 inches in diameter. After it's cooked in water for about 30 minutes its flesh separates into spaghetti-like strands.

HARD SHELLED (WINTER) SQUASH

Selection tips:

- Should be heavy for its size, indicating more edible flesh.
- Shell should have no cracks, bruises, or decay, and should be firm.
- Avoid squash with black or shriveled stems. Seeds and rind are not typically eaten.

Varieties to look for:

- Pumpkin should be fully ripe with firm rinds, bright orange color, and fairly heavy weight. Pumpkins varieties are available for decorating as well as making pumpkin pie.
- Buttercup is turban shaped, has a fairly smooth shell, and offers a nutty-type flavor with smooth-textured flesh.

- Butternut is gourd shaped with smooth, light beige skin, and has sweet, fine-textured orange flesh.
- Acorn is small, dark green with ridges. Orange colored skin is lower quality.
- Hubbard skin may be golden yellow, greenish-blue, or dark green. Sizes ranges from 10 to 20 pounds.

Yield

Due to many variables such as moisture content, size, and variety, it is difficult to give specific recommendations. The recommendations below are approximations.

- 1 pound summer squash = 2–3 servings
- 1 pound winter squash (flesh) = 1 cup cooked
- 1 bushel squash = 40 pounds
- 1 bushel winter squash = 16–20 quarts canned

Nutrition

The *Dietary Guidelines for Americans* recommends 2½ cups of a variety of vegetables each day as part of a healthy diet. Squash and pumpkin contain antioxidants, vitamins A and C, some B vitamins, iron, calcium, and fiber. Many winter squash varieties are especially good sources of vitamin A.

Calories:

- Summer squash - 15 calories per cup
- Winter squash - 65 calories per cup
- Pumpkin - 40 calories per cup

Storage

- Do not wash squash before storing. When ready to cook or cut, scrub squash with a vegetable brush under cool running water. Do not use soap, detergent, or bleach because these liquids absorb into the vegetable.
- Summer squash - Best when eaten soon after purchase. To store, refrigerate and use in 3–5 days.
- Winter squash - Store whole in a cool (50 F) dry area. Spaghetti squash keeps for approximately 2 months, others typically last 3 months, and Hubbard squash keeps up to 6 months.

Serving

- Cutting winter squash can be difficult. Make sure you have a large, sharp, chef's knife and a secure cutting board. If possible, cut or poke a few holes in the skin and microwave the whole squash for 5 minutes to soften the rind. Remove from the microwave and trim the blossom and stem ends to create flat surfaces on the ends of the squash. Then sit the squash on one of the flat ends to cut it in half.



Figure 2. Zucchini pumpkin bread.

Photo: Andy M, Pixabay

- Prepare only the amount of fresh squash that is planned for use. Freeze extra squash.
- Young tender zucchini is the best option for shredding and freezing for later use. To prepare, wash, grate, and steam blanch in small quantities for 1–2 minutes until translucent. Pack in measured amounts for your favorite recipe into containers, leaving 1/2-inch of headspace. Cool by placing the containers in cold water, then seal and freeze. If watery when thawed, pour out the liquid before using the zucchini.
- To roast pumpkin seeds, separate the seeds from the pulp, rinse thoroughly, lightly toss with vegetable oil and seasonings, and roast until crunchy.
- Slice summer squash into planks, brush with oil, and grill.
- Make thin noodles for spaghetti or sheet noodles for lasagna from summer squash to use in place of pasta.
- Cut summer squash into thick julienne strips, coat with breadcrumbs and seasoning, and then bake into crispy summer squash “fries.”
- Add sliced summer squash to stir fries, soups, casseroles, vegetable trays, salads, and more.
- Winter squash can be cooked or roasted in your oven, slow cooker, microwave, or on the stovetop.

- Winter squash can be made into soup; roasted with sweet or savory seasonings; used for stuffing, pasta fillings or sauces; or pureed into pie filling.
- Add pumpkin to black bean tacos or enchiladas.
- Pumpkin is also perfect for hummus, baked goods, smoothies, and pet treats.
- Smaller winter squash can be stuffed and roasted.

ZUCCHINI PUMPKIN BREAD

Time: Approximately 1½ hours

Ingredients

- Non-stick spray
- 2 eggs
- ½ cup brown sugar
- ½ of a 15 oz. can pumpkin or 1 cup fresh pumpkin puree (scant 1 cup)
- ¼ cup apple sauce
- ½ tablespoon vanilla extract (regular or imitation)
- 1½ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 cup shredded zucchini (~1 large zucchini)

Cooking Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Preheat oven to 350 F.
3. Spray a loaf pan with non-stick spray.
4. Combine eggs, sugar, pumpkin, applesauce, and vanilla extract in a large bowl and use a whisk or fork to combine.
5. Mix flour, baking soda, baking powder, and cinnamon in a medium bowl.
6. Add dry ingredients to the pumpkin mixture and stir to combine.
7. Gently stir in zucchini to pumpkin mixture, being careful not to over-mix.
8. Bake for 55-60 minutes or until a toothpick inserted into the middle of the loaf comes out clean.

ote: To bake muffins instead of a loaf, spray a 12-cup muffin tin with non-stick spray, fill wells with batter, and bake for 35-40 minutes at 375 F. Do not use muffin-tin liners as the muffins will stick.

For information on preserving squash, contact your local OSU Extension office for the following fact sheets:

- Canning Basics, HYG-5338
- Basics for Canning Vegetables, HYG-5344
- Freezing Vegetables, HYG-5333
- Drying Fruits and Vegetables, HYG-5347

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