

YOU'RE
THE CHIEF

RACHEL BARLAGE
KOUNTRY MAGIC 4-H CLUB

DELI MEAL

While completing the deli meal activities I began to realize that there are many options of easy preparation foods available in the deli. Even though there are many options there is not as many low fat, low carb, low sugar, and etc. foods available.



Deli Food Storage (at 32 – 40 degrees):

- Egg, chicken, tuna, ham, & macaroni salads – 3 to 5 days.
- Pre-stuffed pork chops, chicken breasts – day.
- Cooked convenience meals – 1 to 2 days.



Walking a mile burns about 100 calories. A mile is about 2,000 steps. We should each walk 3 to 5 miles per day.

STIR-FRY MEAL



Steak and Vegetable Stir-Fry



It was interesting to compare the same vegetable in canned, fresh, and frozen form. I was surprised how much less sodium was in frozen! Costs were similar, the only negative to frozen – you need a freezer. Canned has the longest storage life.

Rice Cooking Times for 1 cup:

- Long grain and medium grain white – 15 minutes.
- Parboiled – 20 to 25 minutes.
- Precooked or quick – 5 minutes.
- Brown rice – 40 to 50 minutes.

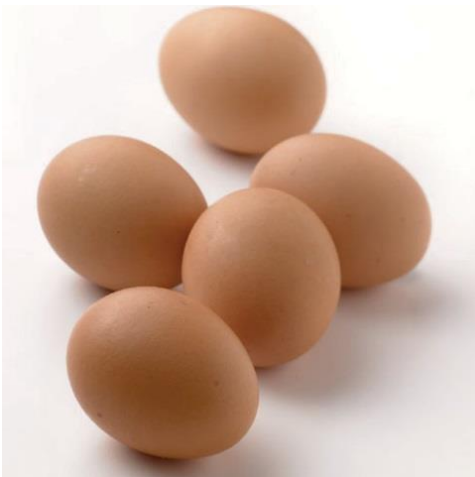


RANGE TOP MEAL



Spinach and Cheese Frittata

Frittatas are neat because you can cook them in the oven or on top of the range. Any type of vegetable can be combined with the eggs or egg substitute, cheese, and milk for a vegetarian, low cost meal.



Egg Safety:

- Store eggs in the coolest part of your refrigerator, in the carton.
- Use eggs with clean and unbroken shells.
- Eggs should be fully cooked without a runny white or yoke.
- Never use raw eggs in ice cream, the mixture must be cooked.
- Egg casseroles must reach 160 degrees to be fully cooked.

OVEN MEAL



Potato Topped Oven Beef Stew

Stews are a great one dish meal. Just add a fruit and bread. Almost any meat and vegetable can be combined. I think they are a wonderful comfort food in the winter or on a rainy Ohio day.

Storing Home-Made Breads:

- Cool thoroughly before storing.
- Place bread or muffins in a plastic bag, plastic container, glass container with a lid, or foil. Remove air from container.
- Store 1 to 2 days at room temperature or several days refrigerated.
- Freeze for longer storage.



MICROWAVE OVEN MEAL



Raspberry Peach Tortillas - 4-H Club Demonstration February 2015

- Never put metal plates, metal utensils, metal bag ties, melamine style plastic dishes, foam carryout containers, or foil in a microwave while cooking.
- Steam will build up in microwave containers that have lids, to be safe open the lid away from your face.
- Avoid potatoes or egg yolks bursting while cooking – pierce with a fork before cooking.



Microwaves ovens save you time by cooking food in about 25% of the time as a traditional oven. What could you do with an extra 30 to 60 minutes?

- Exercise
- Homework
- Volunteer work

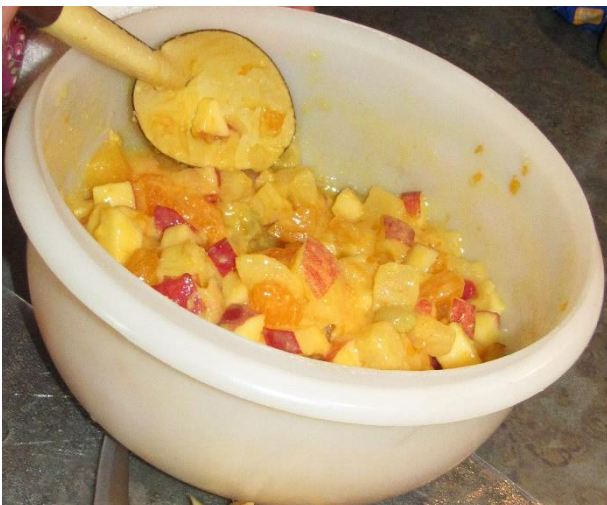
SLOW COOKER MEAL



4-H Members loved the Raspberry Peach Tortillas – they were surprised how easy they were!

Slow Cooker Tips:

- Always use slow cooker tested recipes.
- Slow cooker foods must reach 140 degrees within 3 hours.
- Do not overfill slow cookers, it will be difficult for them to fully heat foods.
- One hour on high is typically equal to 2 hours on low.
- Do not mix foods the night before (and refrigerate), it will likely leave them in the danger zone too long.
- If you plan to transport foods in a slow cooker – look for a locking lid or carrier.



Quick Fruit Dessert

VEGETARIAN MEAL



Vegetarian Chili

Vegetarians need to eat a variety of foods – especially good sources of calcium, protein, iron, and some vitamins.

Add foods like dark green leafy vegetables, tofu, beans, and fortified breads or cereals to meet these needs. It is easier to have a balanced diet if you are a lacto-ovo vegetarian and not vegan.

Types of Vegetarians:

- Vegetarian – eat mostly plant foods.
- Semi-veg. – exclude red meats.
- Pesco-veg. – Include fish, eggs, & dairy.
- Lacto-ovo veg. – include dairy & eggs.
- Ovo veg. – include eggs.
- Vegan – no foods from animals.



MENU

Breakfast

Spinach and Onion Frittata with Cheese

Whole Grain Toast with Butter

Blueberries

Low Fat Milk

Lunch

Beef Stew with Vegetables

Biscuit Honey Whipped Butter

Apple Slices

Low Fat Milk

Snack

Carrot and Zucchini Veggie Sticks

Ranch Dip

Cheese Stick

Water

Dinner

Sweet and Sour Chicken

Fried Rice

Green Salad

Bleu Cheese

Almonds

Strawberries

Water

Dessert

Quick Fruit Dessert