

Healthy Choices

August 2024

Commodities

Canned Peas
Long Grain Rice
Cream Style Corn
Potatoes
Canned Pork
Garbanzo Beans
Fish Sticks Frozen
Frz Pork Loin
Macaroni & Cheese
Applesauce
Chicken Pouch
Apple Juice
Diced Carrots
Green Beans
Beef Chili w/beans
Fish Fillets Frz
Hazelnuts

Wildcat Extension District

620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette,
Montgomery, Wilson Counties

**Some may not receive
all commodities due
to availability**

Busy-Day Baked Fish

6-8 Servings

Ingredients:

- 1 cup low-fat sour cream
- 2 tablespoons onion soup mix
- 1 1/2 cups seasoned bread crumbs
- 2 1/2 pounds fish fillets, such as Pollock
- 1/4 cup butter, melted
- 1/3 cup shredded Parmesan cheese

Directions:

1. Wash hands with soap and water.
2. In shallow bowl, combine sour cream and soup mix. Place bread crumbs in another shallow bowl. Cut fish into serving size pieces, coat with sour cream mixture, then roll in bread crumbs.
3. Place in greased 13x9 inch baking dish. Drizzle with butter. Bake uncovered, at 425°F for 12 minutes. Sprinkle with cheese, bake 2-6 minutes longer or until fish flakes easily with a fork.



Source: Adapted from,
TasteofHome.com/recipes

Nutrition Information: 1 serving, Calories 406, Total Fat 21g, Cholesterol 125mg, Sodium 680mg, Carbohydrates 71g, Fiber 1g, Protein 33g

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. Fit more vegetables in your meals, it's easier than you think.

Green Bean Sauté

6 Servings

Ingredients:

- 1 cup onion, chopped
- 1 cup mushroom, sliced
- 1 teaspoon garlic, minced
- 1 can green beans, low-sodium, drained

Directions:

1. Wash hands with soap and water.
2. Spray a skillet with non-stick cooking spray.
3. Sauté onions, mushrooms, and garlic.
4. Add green beans and heat thoroughly.



Source: MyPlate,
Quick and Healthy

Nutrition Information: Serving size 1/2 cup, Total Calories 29, Total Fat 0g, Cholesterol 0mg, Sodium 3mg, Carbohydrates 6g, Fiber 2g, Sugars 2g, Protein 2g

Apple Crisp

8 Servings

Ingredients:

- 4 medium apples
- 1/4 cup oatmeal, quick cooking
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/4 cup margarine

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 350°F
3. Grease the bottom and sides of a square 8x8 pan.
4. Remove the cores from the apples. Slice the apples. Spread the sliced apples on the bottom of the pan.
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar and cinnamon.
7. Using two knives cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples. Bake in the oven for about 20 minutes.

Nutrition Information: Serving size 1/8 of recipe, Total Calories 147, Total Fat 6g, Cholesterol 0mg, Sodium 51mg, Carbohydrates 24g, Fiber 3 g, Sugars 16g, Protein 1g