

Healthy Choices

July 2024

Wildcat Extension District

620-331-2690

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

Serving: Crawford, Labette,
Montgomery, Wilson Counties

July is National Ice Cream
Month®

In 1984 President Ronald
Regan designated July as
National Ice Cream
Month, with July 23rd
being National Vanilla Ice
Cream Day!



Fish Tacos

4 Servings

Ingredients:

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup packaged coleslaw mix
- 4 tilapia fillets (or any white fish)
- 8 small corn tortillas
- 1 teaspoon chili powder



Source: Pennsylvania Nutrition Education
Network, MyPlate

Directions:

1. Wash hands with soap and water.
2. Clean and chop onion, cilantro, and cabbage. Mix in a bowl and set aside.
3. Coat a baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking sheet.
4. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it “flakes” or pulls apart easily when separated with a fork.
5. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
6. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

Nutrition Information: Serving 1 taco, Calories 169, Total Fat 3g, Cholesterol 47mg, Sodium 88mg, Carbohydrates 14g, Fiber 3g, Sugar 2g, Protein 46mg

Peach Cooler

2 Servings

Ingredients:

- 2 cups milk, 1% low-fat
- 1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)
- 1/2 teaspoon lemon juice
- nutmeg (dash, optional)

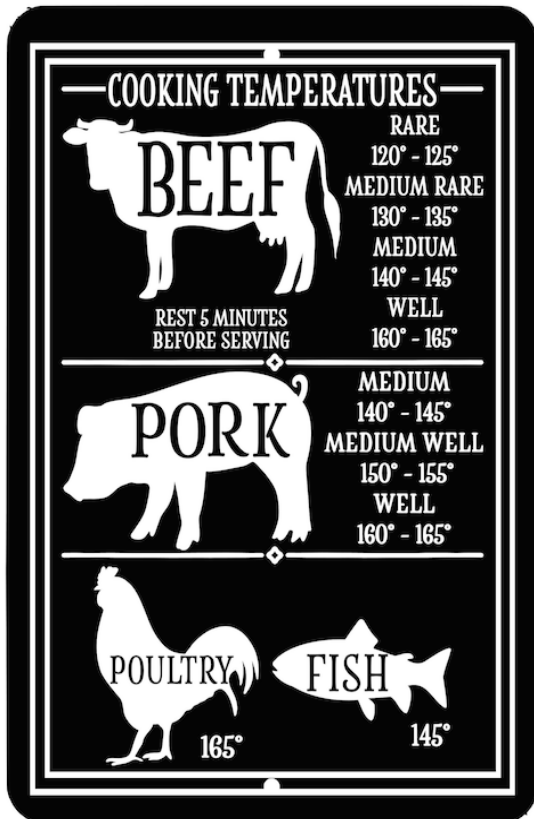


Source: Pennsylvania Nutrition Education Network, MyPlate

Directions:

1. Wash hands with soap and water.
2. Put the ingredients in a blender. Blend well.
3. Sprinkle with nutmeg if you like.
4. Serve cold.

Nutrition Information: Serving size 1 cup, Total Calories 158, Total Fat 2g, Cholesterol 12mg, Sodium 113mg, Carbohydrates 27g, Fiber 2g, Total Sugar 26g, Protein 9g



Food Safety tips for Summer

Always wash hands with soap and water before handling any food. This is one of the four basic food safety principles to reduce food-borne illnesses. When grilling out this summer remember to use a thermometer to assure foods are cooked to the correct temperatures. Throw out marinades that have touched raw meats. Use clean utensils and a clean plate to remove cooked meat from the grill. And once cooked, keep foods at 140°F or above.

Foods are no longer safe to eat when they have been in the danger zone between 40-140°F for more than 2 hours.