

Healthy Choices

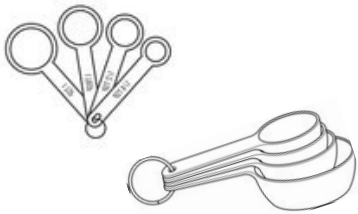
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Wildcat Extension District

620-331-2690

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

Serving: Crawford, Labette,
Montgomery, Wilson Counties



Measuring Equivalents:

Here is a simple way to remember measuring equivalents for teaspoons to gallons.

3 teaspoons = 1 tablespoons

4 tablespoons = 1/4 cup

8 tablespoons = 1/2 cup

16 tablespoons = 1 cup

1 cup = 1/2 pint

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon



Easy No-Cook Salsa

5 Servings

Ingredients:

- 2 cans dices tomatoes (14.5 ounce, drained)
- 1 can diced green chiles
- 1/4 cup green onion (sliced)
- 1/4 cup fresh cilantro (chopped)
- 2 tablespoons lemon or lime juice
- 1/8 teaspoon black pepper
- 1 garlic (minced)

Directions:

1. Wash hands with soap and water.
2. In a large bowl, stir together all the ingredients until well mixed. Cover and chill at least 4 hours.
3. Serve with tortilla chips or raw vegetables.

Nutrition Information: Serving size 1/2 cup, Total Calories 37, Total Fat 0g, Cholesterol 0mg, Sodium 107ng, Carbohydrates 9g, Fiber 2g, Sugars 5g, Protein 2g



Source: MyPlate, Nebraska
SNAP-Ed

Baked Tortilla Chips

6 Servings

Ingredients:

- 3 whole wheat flour tortillas, 10" across
- 3 sprays of cooking oil spray
- Salt (dash, optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven or toaster oven to 400° F.
3. Lightly grease a baking sheet with the cooking spray.
4. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
5. Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
6. Bake for 10 minutes, until crips and light brown, watching closely so the chips don't burn.

Nutrition Information: Serving size 4 chips, Total Calories 93, Total Fat 1g, Cholesterol 0mg, Sodium 171 mg, Carbohydrates 20g, Fiber 2g, Sugars 0g, Protein 3g.



Source: MyPlate, Colorado
State University

Measuring Makes the Cake

Do you ever wonder why your cake fell or your cookies are dry? When making a baked food it is important to measure ingredients using the standard methods. Scooping up flour instead of sifting or spooning flour into the measuring cup could add too much flour and make the cookies dry. The following information will help you have a fool proof recipe so you can bake your cake and eat it too.

Measuring liquid ingredients (water, milk, vegetable oil, syrup)

Use a 1-cup liquid measuring cup that is see-through and marked for smaller measurements.

Pour the liquid into the cup and check at eye level to make sure the correct amount is measured.

Use 2-cup and 4-cup liquid measuring cups for larger amounts.

Measuring small amounts of ingredients (salt, baking soda, spices, flavorings)

Amounts less than $\frac{1}{4}$ cup are usually measured using spoons.

A standard spoon set of $\frac{1}{4}$, $\frac{1}{2}$, 1 teaspoon and 1 Tablespoon is used for both dry and liquid ingredients.

Pour the liquid just to the top of the spoon without letting it spill over.

Measuring dry ingredients (flour, sugar, corn meal, solid shortening, peanut butter)

Use a set of four graduated measuring cups: $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, and 1 cup measures.

Spoon the dry ingredient into a measuring cup that holds the amount that you need when filled to the rim. Level off the dry ingredient with the flat side of a knife or spatula.

Stir or fluff flour or powdered sugar before measuring.

Never pack down or shake or tap the side of the measuring cup.

Brown sugar: Pack the sugar into the cup with the back of the spoon, then level off. It should hold its shape when inverted from the cup.

Measuring Butter or Margarine Each $\frac{1}{4}$ -pound stick of butter or margarine measures $\frac{1}{2}$ cup.

The wrapping is usually marked off in Tablespoons for measuring smaller amounts.

With a sharp knife, cut off the number of Tablespoons needed, following the guidelines on the wrapper.

For butter or margarine not wrapped this way, measure and level off as solid shortening.

These simple steps will make your baking and cooking more accurate and successful so you can bake your cake and eat it too.

If you have questions about measuring ingredients or need more information about Nutrition, Food Safety or Health contact Holly Miner at 620-331-2690 office, or stop by any Wildcat Office.

Information in this press release came from: *Cooking Basics: Measuring Tools and How to Use Them*, credit Lisa Martin, KSRE FCS EFNEP Agent, Shawnee County.

K-STATE
Research and Extension

Wildcat District

Holly Miner
Nutrition, Health & Food Safety Agent
Wildcat Extension District
620-331-2690



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.