

Healthy Choices

December 2024

Commodities

Spaghetti Sauce
Canned Beef
Pinto Beans
Mixed fruit
Green Beans
Beef Stew
Mix Veg
Boneless Pork Chop
Pecan Pieces
Macaroni & Cheese
Shrimp
Roasted Pistachio
Salad Shrimp
Flour
Cranberries
Roasted Peanuts

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

Wildcat Extension District

620-331-2690

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

Serving: Crawford, Labette,
Montgomery, Wilson Counties



Gumbo

Serves 8



Ingredients:

- 1 cup canola oil
- 1 cup flour
- 1 onion, diced
- 1 green bell pepper, diced
- 3 stalks celery, diced
- 1 pound andouille sausage, chopped
- 2 tablespoons Cajun seasoning
- 2 cloves garlic, chopped
- 1 teaspoon ground black pepper
- 6 cups low-sodium chicken broth
- 1 pound peeled and deveined small shrimp



Source: Adapted from
MyPlate

Directions:

1. Wash hands with soap and water.
2. Cook and stir oil and flour in a large pot over medium heat until mixture is thick and the color of peanut butter, about 20 minutes, stir constantly.
3. Stir onion, green bell pepper, and celery into flour mixture; cook and stir until softened, about 5 minutes.
4. Add sausage; cook and stir until browned, about 5 minutes.
5. Add Cajun seasoning, garlic, and black pepper, cook and stir until fragrant, about 2 minutes.
6. Pour chicken stock over vegetable-sausage mixture, reduce heat to low and simmer for 30 minutes. Temperature should be 165 degrees F.
7. Add shrimp and cook until shrimp are pink and cooked through reaching 145 degrees.

Note: Different variations of this Gumbo can be made, with or without sausage, and use chicken. Serve over rice.

Nutrition Information: Serving 1 cup, Calories 568, Total Fat 45g, Sodium 1070mg, Carbohydrate 19g, fiber 2g, Protein 21g



Pineapple Upside Down Cake



Serves 8

Ingredients:

- 1 can (20 ounce) pineapple slices
- 1/4 cup packed brown sugar
- 2 tablespoons margarine, melted
- 8 maraschino cherries
- 1 (9 ounce) package yellow cake mix
- 1/2 cup cold water
- 1 large egg



Source: Adapted from Allrecipes

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 350 degrees F. Grease an 8-inch pan with cooking spray.
3. Drain pineapple slices, set aside.
4. Stir together brown sugar and melted margarine in the prepared pan, spread evenly in the bottom of the pan. Place pineapple slices into brown sugar mixture. Place a cherry into the center of each pineapple slices and the center of the pan.
5. Beat together cake mix, cold water, and egg in a large bowl with an electric mixer on low speed for 30 seconds. Beat on medium speed for 3 to 4 more minutes. Pour batter evenly over pineapple and cherries in the pan.
6. Bake 25 to 30 minutes until toothpick inserted into the center comes out clean. Cool in the pan for 5 minutes. Loosen edges and turn out onto a serving platter.

Nutrition Information: 1/8 Serving, 229 Calories, Total Fat 6g, Saturated Fat 1g, Cholesterol 1 mg, Sodium 246mg, Carbohydrate 42g, Fiber 1g, Protein 1g

Hot Cocoa

1 serving



Ingredients:

- 2 Tablespoons light brown sugar
- 1 Tablespoon natural cocoa powder
- Pinch of salt
- 3/4 cup milk
- 1/4 cup heavy cream (may substitute with more milk)
- 1/4 teaspoon vanilla

Directions:

1. In a small saucepan, combine brown sugar, cocoa powder, and salt and whisk together.
2. Add 2-3 tablespoons of milk and whisk until smooth.
3. Place saucepan over low heat and whisk until sugar begins to melt and mixture darkens in color.
4. Add remaining milk and the heavy cream and whisk until mixture is steaming.
5. Remove from heat and add vanilla. Stir well then pour into a mug. Top with marshmallows or whipped cream and enjoy.

Nutrition Information: Serving Size 1 cup, Calories 418, Fat 17g, Carbohydrates 37g, Cholesterol 89mg, Sodium 93mg, Protein 9g

