

Nutrition Update

July 2023

Cooking Tips

Below are a few helpful cooking tips to build confidence, skills, and delicious meals in the kitchen.

Write a weekly menu: Planning a weekly menu saves you time and money. Writing down your meals and snacks for the week helps make a shopping list of missing ingredients.

Read the entire recipe before starting: Make sure you have all the ingredients before you start.

Safety first: Wipe all spills on the floor immediately to avoid slipping. Use sharp knives and cut away from your body. Turn pot and pan handles away so that they don't extend out where they can catch on a shirt. Don't leave the kitchen with cooking food unattended.

Avoid overcrowding: Stuffing too much food onto one pan or baking sheet keeps food from cooking evenly and edges from browning.

Play with seasonings: Replacing salt with seasonings is a creative way to cut sodium and really bump up flavors and nutrients.

Clean as you go: Placing a "garbage bowl" on the countertop to collect food trimmings will make for less mess and less trips to the garbage can while cooking. Quickly wiping up a wet spill takes less cleanup time than when it has dried. Have five minutes while something's in the oven? Do five minutes of dish washing to save on after-meal cleaning.

For more tips visit www.myplate.gov

The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

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Michigan Produce Seasonal Spotlight

Peaches

Michigan produces more than 21.2 million pounds of peaches. Peach season in Michigan falls in July and August. Peach orchards can be found on the west side of the state along Lake Michigan. A medium-sized peach has only 60 calories, very low sodium, and no saturated fat. Peaches are a good source of many nutrients, such as fiber, vitamins C, E, and K, manganese, and potassium. Whether fresh or canned, this sweet fruit makes for a great treat.

www.michigangrown.org/peaches

Peaches can be fresh, canned, frozen or dried. They are great on their own, added to salads, sandwiches, and of course delicious in pies and other desserts. If you are looking for a day trip, check out the farms where you can pick your own peaches.

www.michigan.org/farms-and-cider-mills

Recipe of the Month: Grilled Cheese with Peaches

Makes 4 servings

www.myplate.gov

Ingredients

8 slices whole grain bread
1 can of CSFP peaches, drained
8 slices of CSFP cheese
1 can of CSFP spinach, drained and patted dry
4 teaspoons vegetable oil

Directions

1. Heat the 4 tsp of vegetable oil in a large non-stick pan over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. Layer (in this order) one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread on top of each original slice of bread.
4. After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes.

The contents of the CSFP boxes are intended for consumption only by the program recipient and no other person(s). CSFP foods are specifically chosen to supplement the nutritional needs of the population served by this program.

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