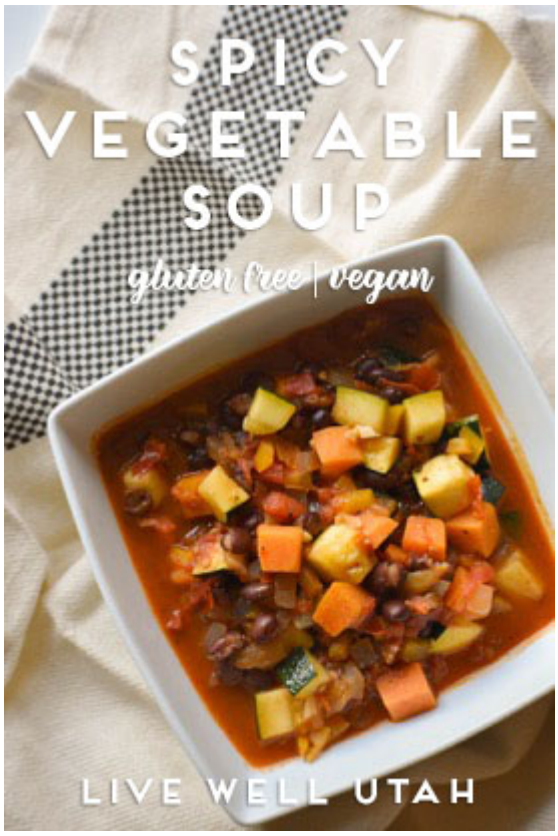
Spicy Vegetable Soup



Looking for a hearty fall soup? Look no further, this spicy vegetable soup will hit the spot. Bonus: it's vegan and gluten free!

No need to pull up Pinterest and search for the perfect "fall" soup recipe any longer—I have the perfect one for you here! With the weather being drizzly and cloudy, I decided I might as well embrace the fall-ness. So, I put on my new cardigan, lit my candle, put on some autumn tunes, and started creating this recipe.

Meet – Spicy Vegan Vegetable Soup. One taste and you guys are going to be best friends!

There’s nothing better than a warming bowl of your favorite soup on a cold night. Not the kind of soup from a can, but the easy homemade kind that’s comforting and good for the soul, with leftovers to spare.

This recipe is actually *incredibly healthy*! One serving provides a significant amount of vegetables, which means many different vitamins and minerals. It’s spicy, it’s easy, it’s warm, and it is oh-so flavorful. You just can’t beat it!

Wanna know what’s even better? This tasty soup can be made in one pot! Less effort + less dishes + a whole lot of veggie action = one ridiculously good meal!

The spiciness level is bearable and won’t leave your mouth burning, but it’s enough heat to warm you up! Of course you can adjust it accordingly and omit the jalapeno or cayenne pepper if spicy isn’t your thing.

When all the flavors combine, you are left with a super healthy meal chock full of plant protein from fresh veggies, black beans, plus a nice blend of spices to please your taste buds.

Spicy Vegan Vegetable Soup

Yields: 4 large bowls of soup, or six modest servings

Ingredients

- 2.5 tablespoons olive oil
- 1 onion, diced
- 1/4 of a jalapeño, finely diced (optional)
- 3 cloves of garlic, minced
- 1 bell pepper, any color, diced
- 1 zucchini, diced
- 1 sweet potato, diced
- 1 15 oz. cans of black beans, drained and rinsed
- 1 28 oz. can of diced tomatoes or 4 medium tomatoes
- 1 cup vegetable broth or water (or more as needed, depending on your consistency preference)
- avocado, for topping
- cilantro, for topping

Spice Blend

- 1/2 tablespoons chili powder
- 1 1/2 teaspoons cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- 1/8 teaspoon cinnamon
- 1/2 teaspoon white sugar
- 1/2 teaspoon salt
- pepper, to taste
- 1/2 teaspoon unsweetened cocoa powder
- 1/8 teaspoon cayenne pepper*

Instructions

1. In a large pot, heat oil on medium heat and sauté onion, jalapeño, bell pepper, and sweet potato for about 7-9

minutes. Add garlic for about 2-3 minutes until fragrant. Add tomatoes, vegetable broth/water, and the spice blend. Bring to a boil and then reduce heat to simmer for 15 minutes or until the sweet potatoes are soft.

2. Add zucchini and black beans and cook for about 5 more minutes.

3. Top with avocado and cilantro.

*Optional, the cayenne pepper adds spice

This article was written by Marisa Christensen, Dietetic Intern, and Jaqueline Neid-Avila, MDA, RDN, CD

Easy Apple Roses

Impressyourfriendsandfamilywithbeauti

ful, delicious, and easy apple roses.

Ingredients

- 1 red apple (Honeycrisp, Pink Lady or any red baking apple)
- ¼ cup granulated sugar
- 1 teaspoon cinnamon
- 1 sheet frozen puff pastry (follow directions on box for thawing)
- ¼ cup butter, melted
- 1 egg
- 2 teaspoons water
- Additional butter and sugar for ramekins

Directions

Generously butter the ramekins/muffin pan so the roses don't stick. Preheat oven to 400 degrees. Butter two ramekins (6-8 ounce) and sprinkle with sugar. Core the apple, cut in half and slice thinly.

Place apple slices in a single layer on a plate and microwave on high for about 45 seconds to soften. Cover the plate with plastic wrap and a kitchen towel while rolling pastry. If you prefer, saute' the apples in a single layer in a skillet using a small amount of butter for about 30 seconds per side to soften. Remove to a plate. Leave uncovered. Mix sugar and cinnamon in a small bowl. Roll puff pastry sheet to less than 1/8 inch thick. Cut two 3-inch by 12-14-inch strips, using a pizza cutter. Brush melted butter over dough, and sprinkle with cinnamon sugar mix. Place the apple slices lengthwise on the long edge of the dough, about ¼ inch above the edge of the dough and overlapped slightly.

Fold the bottom half of the dough over the apple slices with the rounded edges of the slices exposed. Beat the egg and

water in a bowl. Brush the surface of the dough with the egg wash. Sprinkle with cinnamon sugar mix. Starting from the end, roll the dough to form a rose-shaped pastry. Seal roll with end of the dough strip. Transfer roses to ramekins. Sprinkle with a little more cinnamon sugar. Place ramekins on middle rack of oven. Bake about 25-30 minutes or until well browned. Remove from oven and place on a baking sheet and cool 5-10 minutes. Remove from ramekins and cool on a wire rack. Serve warm or cool. Sprinkle with confectioners' sugar, or drizzle with warm caramel topping or a scoop of vanilla ice cream.

This article was written by Patricia Mathis, USU Extension 4-H and Family and Consumer Sciences Educator in Wasatch County

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What Can I do With a Pumpkin?

LIVE WELL UTAH
ASK AN EXPERT:
WHAT CAN I DO WITH A PUMPKIN?

Pumpkins can be more than a porch decoration. Read on to learn about their nutritional value, and for a delicious pumpkin soup recipe.

It is that time of year again. Autumn is here with cooler nights, falling leaves and pumpkins around the town. In addition to being a welcome sign of fall, pumpkins are a welcome addition at the table. The bright orange color is a dead giveaway that pumpkins are loaded with beta-carotene, which is an antioxidant and pro-vitamin to Vitamin A.

Vitamin A is needed for healthy skin, strong bones, eye health and may reduce the risk of some cancers. Let's use these great vegetables for more than just pies. They make tasty soups, breads, side dishes and additional desserts. Pumpkin puree can become a great breakfast smoothie by adding yogurt, milk and some spice.

This year, try roasting the pumpkin seeds instead of throwing them out. They are a great snack and are rich in fiber and vitamins B and E. Kids especially love them. Try washing the seeds and patting them dry. Soak them in soy sauce, butter or Worcestershire sauce for about an hour. Then spread on a cookie sheet and sprinkle with garlic powder, seasoning salts, Italian spices or even a Cajun seasoning. Roast at 250 degrees for about 1 hour. Turn seeds throughout the roasting time and enjoy the crunchy bite when they are done.

While the seeds are roasting, take a little time with the family and enjoy a book about pumpkins. Enjoy reading, Pumpkin Circle: The story of a Garden by George Levelson.

This season, visit a pumpkin patch with your family and bring home a pumpkin. This may become an activity to remember or even a new fall tradition!

You might like using pumpkins to dot your outdoor pathway on Halloween. It is recommended that you use battery-powered or plug in jack-o-lanterns instead of a live candle. If you do use a live flame, be sure it will be away from trick or treaters and in a secure place. Make sure the pathway to your door is safe with no objects in the way of a child. Keep your home well-lit and inviting, and put all pets away for the evening.

The bright colors of pumpkins can be added to a beautiful decoration, used as a centerpiece or can stand alone. Pumpkins are inexpensive, nutritious, colorful and a sure sign that autumn has arrived. Be creative and find new ways to use a pumpkin in your home. Try this soup recipe or visit USU Extension for additional pumpkin recipes.

Easy Pumpkin Soup

(source: verybestbaking.com-Libby's Pumpkin)

- 1 pumpkin
- 2 cups milk or half and half
- 3 cups chicken broth
- 1 cup grated cheese
- 3 cups seasoned croutons

Cut the lid from the pumpkin, remove seeds and fibers. Alternate layers of croutons and cheese in pumpkin. Add chicken broth and milk. Bake for about 2 hours at 350

degrees. To serve, stir the contents and create a thick soup. Enjoy.

This article was written by Carolyn Washburn, retired Utah State University Extension associate professor

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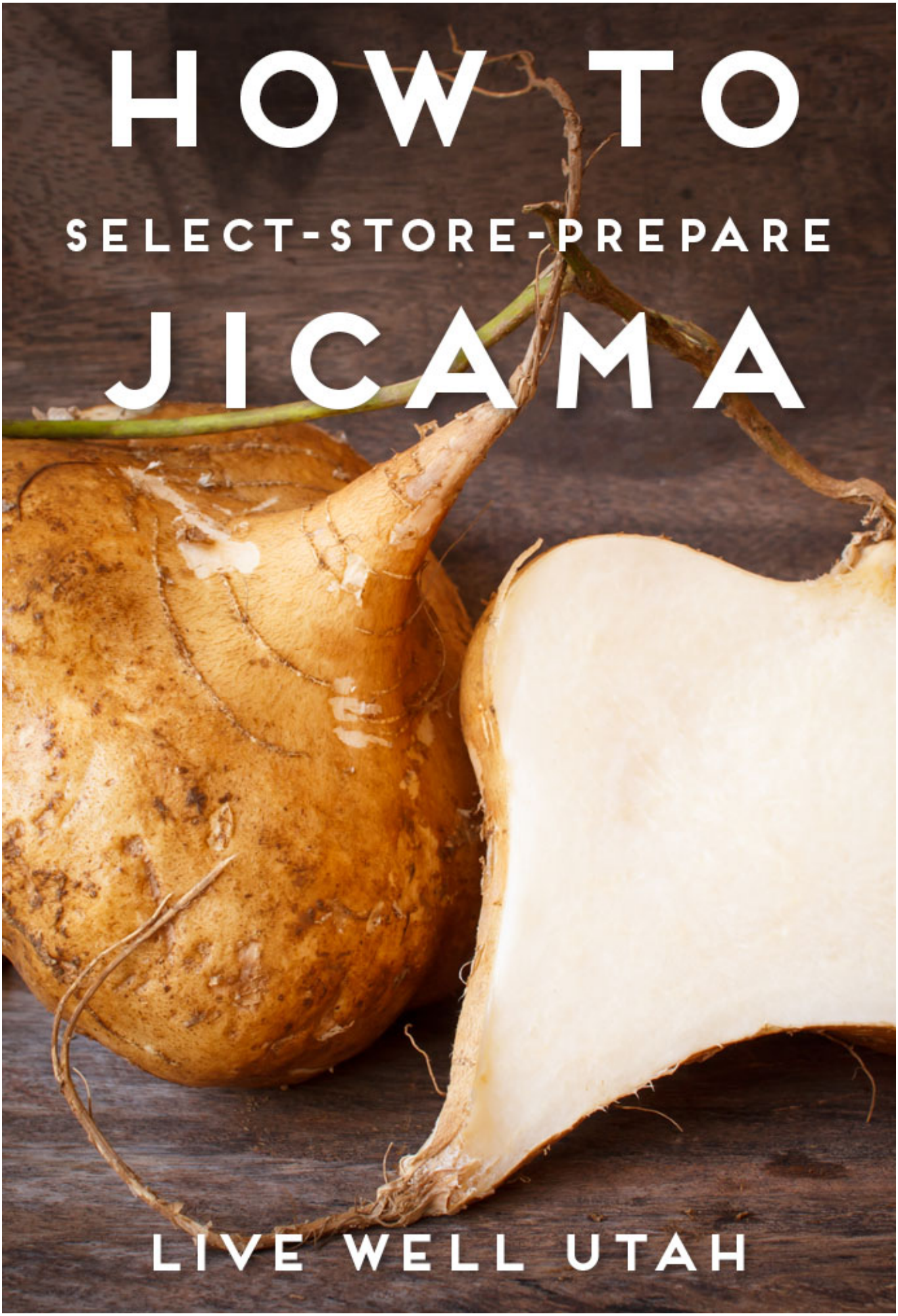
Give Jicama a Try!

HOW TO

SELECT-STORE-PREPARE

JICAMA



LIVE WELL UTAH

Are you ready for a change in your vegetable menu? Give jicama a try (pronounced hic-uh-mah)! It's a delicious treat full of vitamin C and fiber and will add a crunch to your palate. We introduced jicama to the students in our after-school program. The youth loved it and shared it with their families.

A Food $ense (SNAP-Ed) Guide to Eating Fresh Fruits and Vegetables

Jicama is a crispy, sweet, mild, bulbous root vegetable that is light tan in color and shaped like a small pumpkin. Jicama's flavor is similar to an apple or pear, but its texture more closely resembles a radish or turnip. Some jicama is grown in Texas and Florida, but it is typically grown in semitropical or tropical climates, such as Mexico and Central and South America. Other names for jicama include yam bean, Mexican water chestnut, Mexican potato, and Mexican turnip (Bender, 2016; Park & Han, 2015; Park, Lee, & Han, 2016; Ramos-de-la-Pena, Renard, Wicker, & Contreras-Esquivel, 2013; Stevenson, Jane, & Inglett, 2007).

Nutrition Highlights:

120 grams of fresh, raw jicama provides 45 calories and approximately 40 percent RDA of vitamin C. Jicama is an excellent source of dietary fiber providing 24 percent RDA and less than 1 percent fat. Jicama also contains small amounts of vitamin B complex, vitamin E, and potassium. In addition, Jicama contains healthy amounts of magnesium, copper, iron, manganese, and antioxidants. Jicama is 86-90 percent water (United States Department of Agriculture, 2016).

Jicama's low glycemic load makes it an excellent snack for diabetics and dieters, or anyone watching their blood sugar and insulin (Park & Han, 2015; Park, Lee, & Han, 2016).

Availability:

Jicama is available year-round in most grocery stores. The market is flooded with jicama from Central America in the spring and summer.

Eating:

The most popular method of eating jicama is in raw form. It can be cut into small cubes, sticks, or slices, and can be shredded and added to snacks, salads, and salsas for added crispness. Jicama tends to absorb sauces without losing its crunch, making it an excellent addition to stir-fry and salsa. Jicama can also be cooked and is often combined with lime, lemon, cilantro, ginger, and chili powder. The skin of jicama is inedible (Neff, 2007).

Selecting:

When shopping for jicama, chose medium-sized, firm tubers with dry roots. Larger jicama can be eaten but tends to be dry, starchy, and less flavorful. Avoid blemishes, wrinkles, or soft spots (D'Sa, 2004).

Cleaning and Preparing:

Wash jicama and remove the outer peel and the slightly papery layer just under the skin with a sharp paring knife or vegetable peeler. Cutting the jicama in half, then in half again, makes it is easier to handle (Bender, 2016; D'Sa, 2004).

Storing:

Store uncut jicama in a cool, dry place uncovered for up to 3 weeks (similar to potatoes). The ideal temperature is 55-59 degrees. Storing at lower temperatures or in a moist area may cause discoloration and decay. Once jicama is cut or sliced, refrigerate covered for up to three weeks (D'Sa, 2004).

Some ideas for enjoying jicama include:

- Serve on vegetable trays along with carrots, celery, and other raw vegetables.
- Combine with fresh berries and other fruits to make a fruit salad with a crunch.
- Use in stir-fry, salads, or slaws.
- French fry – baked or deep fried.
- Peel, chop, and boil jicama for about 15 minutes until softened. Drain, mash, and season with butter, salt, and pepper.
- Bake at 375° for 45 minutes and top with sour cream and butter and sprinkle with fresh herbs, chili powder, or chopped chives.
- Mix shredded or finely diced jicama with pineapple and avocado to make a yummy salsa.
- Add to soups and stews.

Jicama Fruit Salad

From https://whatscooking.fns.usda.gov

Makes 7 servings

Ingredients:

- 3 cups jicama, sliced (small)
- 2 cups watermelon (cut into pieces)
- 1 mango
- 1 papaya (small)
- 1 lime
- 2 kiwi
- 1 tsp. lime or orange juice
- 1/4 tsp. salt
- 1/4 tsp. chili powder

Directions:

Wash, peel, and cut jicama into thin slices. Wash, peel, and cut the rest of the fruit into slices or medium-sized pieces. On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve. Refrigerate leftovers within 2 hours.

Jicama Fries

From http://thehealthyadvocate.com/2012/08/30/jicama-fries/

Makes 4-6 servings

Ingredients:

- 1 lb. jicama, peeled
- 1 tbsp. coconut oil
- ¼ tsp. Himalayan salt
- ¼ tsp. paprika
- ground black pepper

Directions:

1. Slice peeled jicama into thin, matchstick-shaped fries.
2. Combine sliced jicama with coconut oil and spices.
3. Toss well to combine.
4. Evenly spread the fries on a cookie sheet and bake at 350 degrees for 25-30 minutes.

Jicama Chips

From http://www.doctoroz.com/videos/jicama-chips

Makes 4 servings

Ingredients:

- 3 whole jicamas

- chili powder (to taste)
- garlic powder (to taste)
- onion powder (to taste)
- salt (to taste)

Directions: Preheat oven to 400 degrees. Peel and slice jicama into thin slices. Spread out on top of parchment paper on a cookie sheet. Season to taste. Coat chips with cooking spray. Place in oven at 400 F for approximately 25-30 minutes or until crisp. Enjoy with your favorite low-calorie dip!

Lime, Cilantro, and Chili Infused Jicama Fries

From www.annaliisakapp.com

Makes 3-4 servings

Ingredients:

- 1 smaller jicama
- 1 Tbsp. lime juice
- 1 Tbsp. coconut oil
- ½ tsp. chili powder
- ½ tsp. dried cilantro
- ¼ tsp. fine sea salt

Directions:

Preheat oven to 375 F. Add coconut oil to a medium mixing bowl and put it in the oven to melt. It only takes about a minute, so don't forget the bowl in there!

Add lime juice, chili powder, dried cilantro, and sea salt to coconut oil and mix together.

Peel jicama and cut into sticks about the size of a small french fry. Mix jicama in the coconut oil and spread onto a

baking sheet lined with unbleached parchment paper. If you have a cookie rack, lay the jicama on it. If not, you will have to flip them halfway through the baking time.

Bake for 30 minutes. Flip once at 15 minutes if not using a cookie rack.

Tangy Jicama Slaw

From http://www.fruitsandveggiesmorematters.org/recipe/?iRID=829

Makes 8 servings

Ingredients:

- 1 medium red onion, finely chopped (1/4 cup)
- 1 ¼ tsp. salt
- 3 Tbsp. fresh lime juice
- 2 Tbsp. canola oil
- 2 tsp. sugar
- ¼ tsp. black pepper
- 2 ½ lbs. jicama, peeled and cut into julienne strips (10 cups)
- ⅓ cup finely chopped fresh cilantro

Directions:

Soak onion in 1 cup cold water with ½ tsp. salt for 15 minutes to make onion flavor milder. Drain in a sieve, then rinse under cold water and pat dry. Whisk together lime juice, oil, sugar, pepper, and remaining ¾ tsp. salt in a large bowl until combined well. Add onion, jicama, cilantro, and salt to taste. Toss well.

This article was written by GaeLynn Peterson, USU Extension

Assistant Professor, and Shannon Cromwell, USU Extension Assistant Professor

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Eating in Season // Pomegranates

EAT IN SEASON:
POMEGRANATES
LIVE WELL UTAH

If you like the sweet and tangy flavor of pomegranates, now is the time to incorporate them into you menu plan, because they are in season through November. Read on to learn some of the nutritional benefits of pomegranates, and for a few recipes to try while they are in season.

As fall arrives we can enjoy the sweet, tart, juicy taste of pomegranates. These native
Mediterranean and Middle Eastern fruits used on anything from salads to desserts are an excellent source of the phytochemcials, making them one of the best antioxidants. The
edible seeds of these yellow-orange to a deep red colored fruits have a citrus flavor and
make a delicious juice.
The last few years, the health value of the pomegranate has been under study. Research
is now showing us that the pomegranates may be one of the best antioxidant fruits that
can fight cancer, slow down the aging process, increase heart health and help with
Alzheimer’s disease. True, not all the research is in, but several studies from UCLA and
USDA indicate that pomegranates are a major stabilizer of cancer. The naturally
occurring antioxidants in this fruit fight the free radicals that do promote disease.
One average pomegranate contains about 100 calories and 25 grams of sugar. They are
also a good source of potassium.
Opening a pomegranate can be messy; however, if you cut the blossom end off and score
through the skin marking the fruit in quarters, you can submerge the pomegranate in ice
cold water and rub the seeds off the skins. The skin will float to the top, the seeds to the

bottom and then drain off the fruit.
To store pomegranates, keep at room temperature for a week, refrigerate in an air tight
bag for up to 3 months, or freeze the seeds for 6 months to a year.
Most pomegranates are imported into Utah markets and grocery stores from California
and Arizona; however two varieties are produced in Washington County, Utah. The light
pink seeded Dixie Sweet is native to the Southern Utah warm climate with soft and sweet
seeds. Other southern Utah-grown pomegranates and those imported may have darker
and harder seeds. If you have an opportunity to travel to southern Utah, take the time to
consume these locally grown fruits. No matter where you consume them, a pomegranate
could be one of the best foods you can give your health. The harvesting time for
pomegranates is October through November; you will find them in most Utah grocery
stores during October into December. Pomegranates are a treat, enjoyable as a salsa, in
salads, with main dishes, as jelly and syrups, or just by the hand full, so eat up and enjoy.

Pomegranate Salsa

- 1 pomegranate, seeded
- 2 oranges, peeled and cut into small pieces
- 1 bunch cilantro
- 1 Chile jalapeño, chopped
- 1 tomato, diced
- ½ tsp ground cumin
- 1-2 Tbsp lime juice

Score, and break pomegranate apart in ice water. Drain the

pomegranate seeds. Add all
ingredients and chill for 2 hours before serving.

Pomegranate Jelly

- 3 1/2 cups pomegranate juice, fresh, frozen and thawed, or bottled
- 1/4 cup lemon juice
- 1 package (2 ounces) powdered pectin
- 4 1/2 cups sugar

Combine pomegranate juice, lemon juice, and pectin in a 4 or 5-quart pot. Bring to a boil
over medium-high heat, stirring constantly. Stir in sugar until well blended; return to a
boil and continue boiling, uncovered, and stirring occasionally, for 2 minutes. Remove
jelly from heat immediately.

Process in hot water bath 15 minutes. Cool for 24 hours and then remove the ring before
storing on the shelf.

This article was written by Carolyn Washburn, retired Utah State University Extension associate professor,

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Single-serving Oatmeal Pancakes

LIVE WELL UTAH
OATMEAL
PANCAKES
-FOR ONE-

No more leftover pancakes forgotten in the fridge! Try this single-serving oatmeal pancake recipe, and increase the recipe if you need to feed more people.

Here is a great single serving pancake recipe, packed with **protein** and **fiber** to keep you full all morning; ***and*** only **215 calories** for the entire batch!

This recipe uses only six ingredients, and you likely already have them in your pantry.

It is super simple to make, simply place all the ingredients in a bowl, and mix just until combined.

Then pre-heat your pan on medium-high heat with a little cooking spray to keep it from sticking.

Flip once the pancakes starts to set. Be careful not to overcook them; you don’t want the pancakes to get too dark and dry out.

All three pancakes are one serving, only 215 calories, 12.5 grams of protein and 3 grams of fiber!

Try avoiding sugary syrups and top your pancakes with yogurt and fresh fruit.

Oatmeal Pancakes

1 serving, 215 calories

Ingredients:

- 1 package instant oatmeal
- 1/4 cup flour (wheat flour preferred)
- 1 egg
- 1/4 cup milk (low-fat preferred)
- 1 tsp baking powder
- 1 tsp sugar
- dash cinnamon (optional)

Directions:

1. Place all six ingredients into a small mixing bowl.
2. Mix until just combined.
3. Pre-heat a skillet on medium-high with a little cooking spray to keep it from sticking.
4. Scoop batter into three medium-sized pancakes.
5. Flip when the bottom of the pancake is set and lifts easily. Repeat on other side.
6. Serve with yogurt and fresh fruit for a flavorful, fresh taste!

For more delicious recipes like this one visit http://kanecountyfoodsense.blogspot.com/

This article was written by Brittney Johnson, Certified Nutrition Education Assistant, USU Extension, Kane County

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Savory Pumpkin Recipes for Fall

SAVORY PUMPKIN RECIPES FOR FALL

LIVE WELL UTAH

October is in full swing, and that means pumpkin is everywhere! Don't reserve pumpkin just for your baked goods and sweet treats, try these savory pumpkin recipes to get a taste of fall.

Pumpkin is low in calories. One-half cup of mashed pumpkin (without salt) has 24 calories, 0 grams (g) fat, 1 g protein, 6 g carbohydrate, 1 g fiber and 1 milligram sodium. Pumpkins are packed with nutrients, such as fiber and beta carotene. Our bodies use beta carotene to produce vitamin A. Pumpkins are also rich in potassium.

You can steam it, bake it, boil it, microwave it (if you put slits in it), and pressure cook it. Once cooked it can be mashed, pureed, cubed and stored in either the fridge or freezer in air tight containers. Mashed or pureed pumpkin (either fresh or canned) has many options for its use. Here are just a few: Muffins, biscuits, and quick breads with part whole wheat flour; soups, added to the sauce in mac and cheese; added to chili; make a smoothie; cheese balls; and add to hummus. Cubed and cooked pumpkin can be used with pasta, risotto, soups, salads, and casseroles.

Pumpkin Chili

(From Taste of Home)

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 medium sweet yellow pepper, chopped
- 3 garlic cloves, minced
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (15 ounces) solid-pack pumpkin
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 3 cups chicken broth

- 2-1/2 cups cubed cooked turkey
- 2 teaspoons dried parsley flakes
- 2 teaspoons chili powder
- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons dried oregano
- 1/2 teaspoon salt

In a large skillet, heat oil over medium-high heat. Add onion and pepper; cook and stir until tender. Add garlic; cook 1 minute longer. Transfer to a 5-qt. slow cooker; stir in the next 10 ingredients. Cook, covered, on low 4-5 hours. If desired, cube avocado and thinly
slice green onions, and top when serving.

Yield: 10 servings

Quick and Easy Creamy Pumpkin Soup

(From NDSU Extension Service)

- 2 cups finely chopped onions
- 2 green onions, sliced thinly, tops included
- 1/2 cup finely chopped celery
- 1 green chili pepper, chopped
- 1/2 cup canola oil
- 3 (14.5-ounce) cans chicken broth, reduced sodium or
- 6 cups homemade chicken stock
- 1 (16-ounce) can solid pack pumpkin
- 1 bay leaf
- 1-1/2 teaspoons ground cumin
- 1 cup undiluted, evaporated skim milk
- Salt* and pepper to taste
- Parmesan cheese and fresh chopped parsley

In a 6-quart saucepan, sauté onions, green onions, celery and chili pepper in oil. Cook until onions begin to look translucent. Add broth, pumpkin, bay leaf,
and cumin. Bring to a boil. Reduce heat and simmer, uncovered

for 20 minutes, stirring occasionally. Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil. Taste and adjust seasoning, if necessary. Add 1/2 teaspoon salt and 1/2
teaspoon black pepper, if desired. Transfer hot soup to pumpkin tureen. Garnish with grated Parmesan cheese and chopped parsley. Serve hot.

*Canned chicken broth and canned pumpkin may contain added salt. Taste the finished soup before adding salt, as additional salt may not be needed.

This article was written by Teresa C. Hunsaker, USU Extension, Weber County, Family and Consumer Sciences Education

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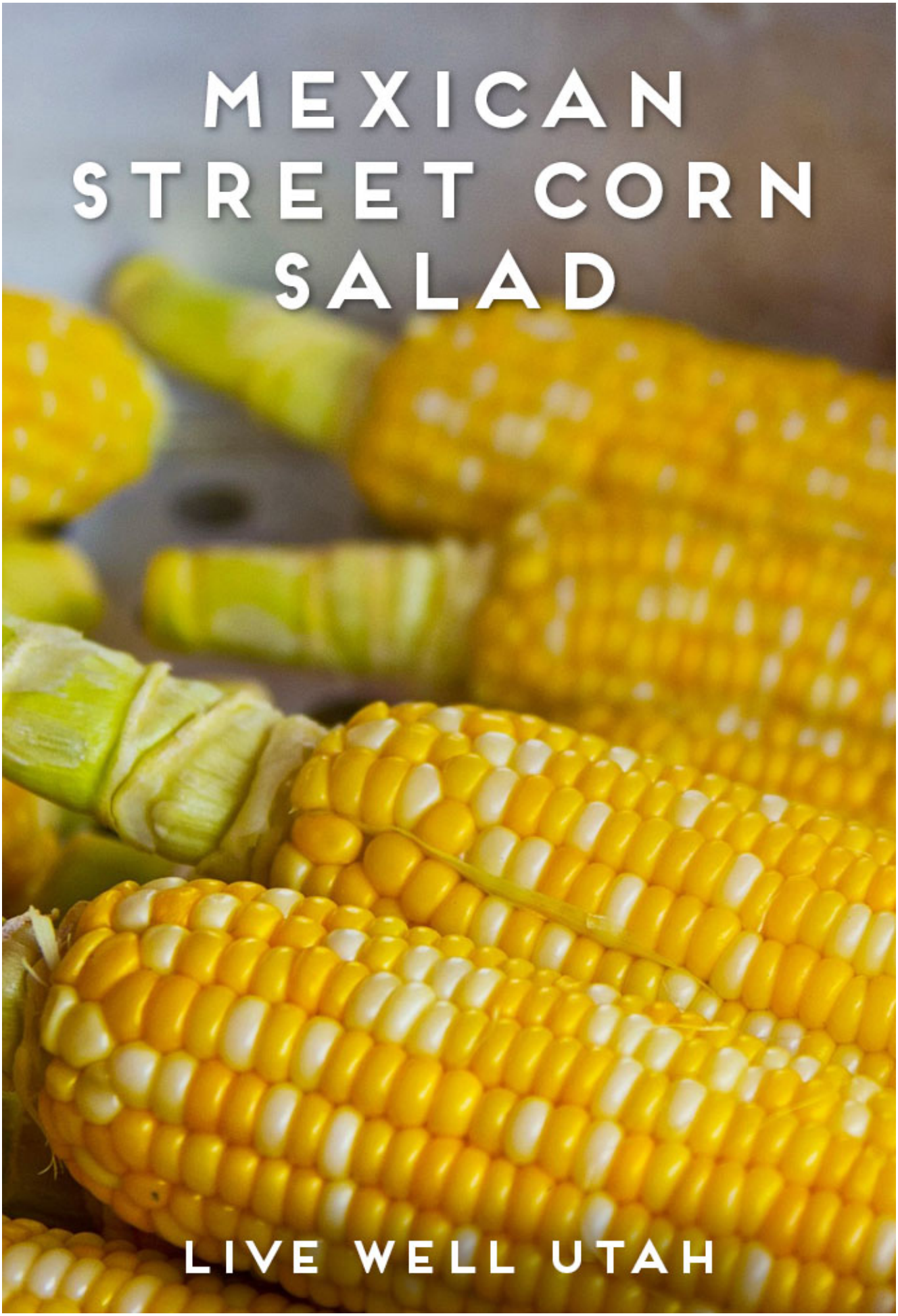
Mexican Street Corn Salad


MEXICAN
STREET CORN
SALAD
LIVE WELL UTAH

Try this salad as an alternative to eating corn-on-the-cob, using fresh or frozen corn.

Mexican Street Corn Salad

Ingredients:

- 4-5 cobs fresh corn or (1) 16 oz. bag frozen corn
- 2 tablespoons olive oil
- 3 tablespoons olive oil mayonnaise
- 4 oz. Cotija or parmesan cheese
- 2 tablespoons lime juice
- 1/2 jalapeno pepper, finely chopped
- 1/4 cup fresh cilantro, finely chopped
- 2 tablespoons red onion, finely chopped
- 2 cloves garlic, minced
- 1/2 teaspoon chili powder
- Salt and pepper to taste

Directions:

1. Heat oil in skillet over medium heat. Add corn (if

using fresh corn on the cob, boil for several minutes and then cut kernels off the cob first) and cook until the corn starts to brown. Stir occasionally.
2. While the corn is cooking, mix together the remaining ingredients in a medium bowl. When corn is lightly browned, gently fold it in with other ingredients.
3. Serve warm. Enjoy!

This article was written by Patricia Mathis, USU Extension 4-H and Family and Consumer Sciences Educator in Wasatch County

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Chicken Chili Verde Three Ways

Did you know you can mix up your mealtimes while using your same favorite recipes? With small adjustments, one recipe can provide a variety of meals. Here’s an example of a delicious recipe and how it can be altered to provide you with several dinner ideas!

Chicken Chili Verde

- 1 lb. chicken
- 2 tablespoons oil (vegetable or olive)
- 3 tablespoons flour
- 2 garlic cloves, minced or 1 teaspoon garlic powder
- ½ teaspoon cumin
- ¼ teaspoon salt
- 1 can (7 oz.) green chilies or ½ cup roasted chili peppers
- 2 cups water or chicken broth

Make it a Burrito

Cut chicken into bite-sized pieces. In a medium saucepan, brown chicken in 1 tablespoon oil. Add remaining oil and flour. Stir constantly until flour browns. Stir in garlic, cumin, and salt. Mix in chilies and 2 cups water. Bring to a boil. Cover and simmer until chicken is tender and sauce thickens, 30-45 minutes, adding more water to thin if necessary.

Serve in tortilla shells; top with cheese or other desired toppings.

You can also serve it over rice.

Make it a Soup

Cut chicken into bite-sized pieces. In a saucepan, brown chicken in 1 tablespoon oil.

In a separate medium saucepan, combine 1 tablespoon oil with the flour. Stir constantly until flour browns. Slowly add chicken broth or water, whisking until smooth. Stir in chicken, garlic, cumin, salt, and chilies. Add more liquid, as needed, to reach the desired consistency of soup broth. Bring to a boil. Cover and simmer until chicken is tender. If soup is too thin, simmer sauce until thickened. If soup is too

thick, add more water.

Soup can be topped with cheese and sour cream if desired.

Make it a Salsa/Dip

Cut chicken into bite-sized pieces. In a medium saucepan, brown chicken in 1 tablespoon oil. Add remaining oil and flour. Stir constantly until flour browns. Stir in garlic, cumin, and salt. Mix in chilies and 2 cups water. Bring to a boil. Cover and simmer until chicken is tender. This is where personal preference comes in: if you like salsa/dip to be chunkier, simmer for a longer amount of time, until it has reached the desired thickness. If you like salsa/dip to be runnier, add more liquid as needed, simmering for less time until it has reached the desired thickness.

Serve with chips as a side dish.

This article was written by Kelsey Chappell, Family and Consumer Sciences Intern, and Melanie Jewkes, Utah State University Extension associate professor, Salt Lake County

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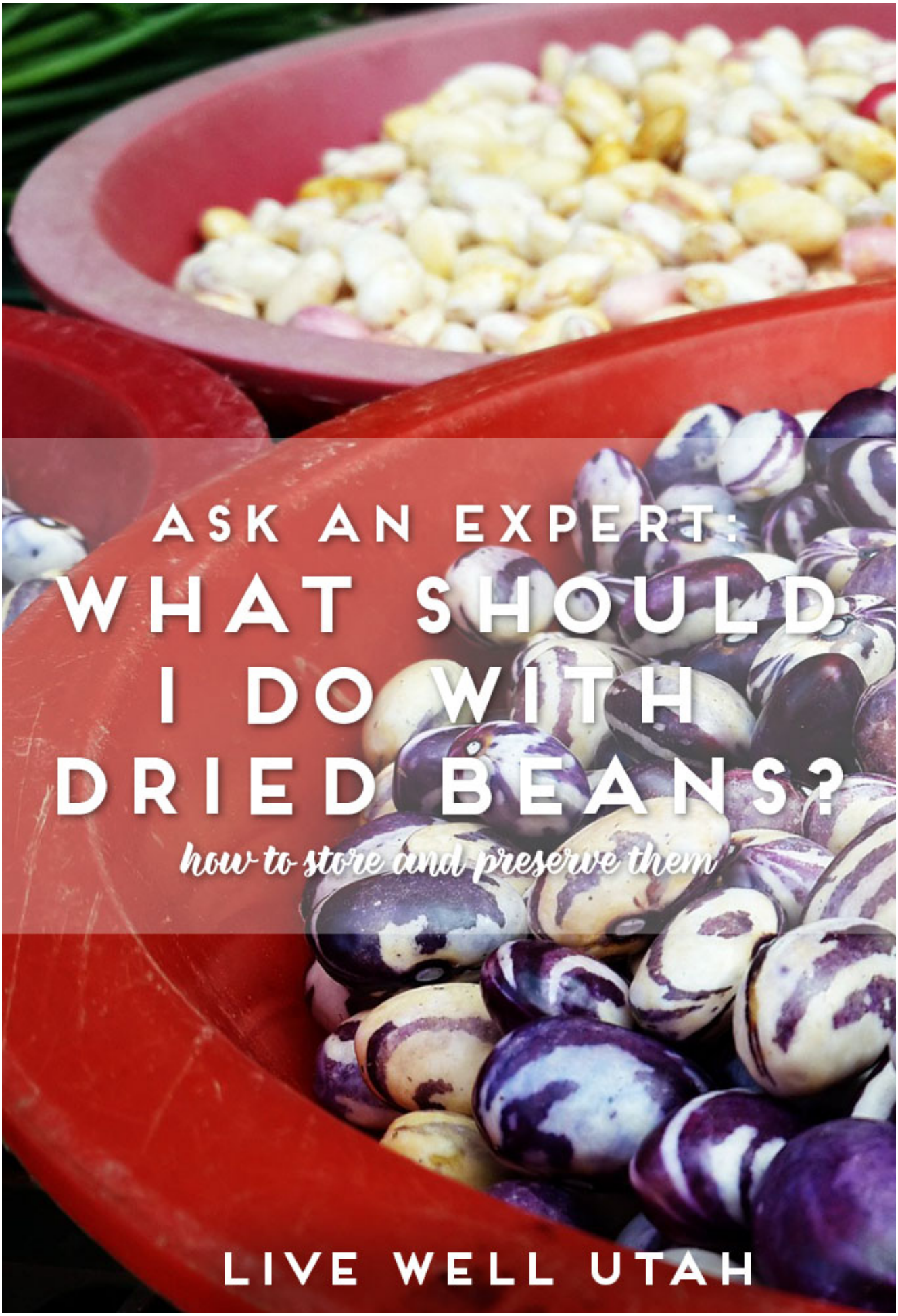
Ask an Expert // What should I do with all these dried beans?



ASK AN EXPERT:

WHAT SHOULD I DO WITH DRIED BEANS?

how to store and preserve them

LIVE WELL UTAH

Dried beans can be a great addition to your pantry and food storage. Read on to find out how to properly store and preserve dried beans.

This time of year, case lot sales are common. Among bulk items being offered are several foods known to store well for several years, when handled properly. Among those food items are several types of dried beans, sold in paper or plastic packaging.

Unless your family cooks with beans on a regular basis, a 25-pound bag of dried beans may seem a bit intimidating, or even impossible, to use up within the foreseeable future. If this sounds like you, here are some storage options to consider so you will have quality beans available when you need them for months or years ahead.

Utah State University Extension provides the following information to consumers wishing to add dried beans to their long-term food storage.

Storing dried beans

Quality & Purchase. For the most part, dry beans are graded U.S. No.1 (best) through U.S. No. 3, based on defects. Lesser quality beans are generally graded “substandard” or “sample.”

Packaging. Like most stored foods, beans are best stored in the absence of oxygen and light. Oxygen can lead to rancidity of bean oils and light will quickly fade bean color. The best packaging choices are #10 cans or Mylar-type bags. Canning jars are suitable for smaller quantities providing the jars are stored in a dark place. Oxygen absorbers should be used to remove oxygen from the packages to extend shelf life and minimize off-flavors.

Storage Conditions. Beans in normal polyethylene (food-grade) bags have a shelf life of 1 year or more. Like most stored foods, colder storage temperatures will increase shelf life. When packaged in #10 cans or Mylar-type bags, with the oxygen removed, they have a shelf life of 10 years or more. A BYU study indicated that samples that had been stored up to 30 years had greater than 80 percent acceptance by a consumer taste panel for emergency food use.

Use from storage. All dried beans, except lentils and split peas, require soaking in water for rehydration. Typically, 3 cups of water are needed for every 1 cup of dried beans. Allow beans to soak overnight and then rinse them in clean water. To cook beans, cover rehydrated beans with water in a stock pot. Simmer for 2-4 hours until beans are tender. Once tender they can be spiced and used in cooking recipes. As dried beans age, the seeds become harder. This results in longer rehydration and cooking times. At some point, the seeds will no longer rehydrate, and in that case, must be ground as bean flour.

Preserving Dried Beans

It is common for home food preservers to “bottle” or “can” dried beans so they are hydrated and ready to use in recipes. For safety reasons, it is important to follow current guidelines for preserving dried beans as described by the National Center for Home Food Preservation. If you are new to pressure canning, visit this website and read how to safely use a pressure canner or contact your local county Extension office.

Procedure: Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain.

Cover beans soaked by either method with fresh water and boil

30 minutes. Add ½ teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch headspace. Adjust lids and process as a hot pack; pints for 75 minutes; quarts 90 minutes at 15 pounds pressure (altitudes 3,000-6,000 ft.) or 13 pounds with a dial-type gauge tested for accuracy by the local Extension office. WARNING: Do not place dried beans in a jar and add water as a method to prepare beans for processing. To guarantee safety, beans must be hydrated first!

Whenever you get in the mood for fresh-cooked chili, humus, beans and ham hocks or refried beans, having quality beans on hand that have been prepared and stored properly will be a great asset to your menus.

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