



SESSION 4 RECIPE SAVVY!



Lesson highlights

How to read a recipe



Before you start cooking, read the whole recipe two times. This helps you catch anything you might have missed when reading through it the first time and gives you a better idea of how to make the recipe before you get started. Make a list of the ingredients and tools (such as pots, pans and bowls) that you will need. Hopefully you have selected a recipe that includes lots of fruits and/or vegetables. Does the recipe say how long it will take, or if there is a step to marinate or chill it in advance in the refrigerator? Look for this before starting your recipe. What steps can you take to have these items ready before cooking or putting the dish together? Look at how each ingredient is worded. For example, “1 cup chopped parsley” means chop before you measure. If it says “1 cup parsley, chopped” you would measure 1 cup of parsley first, then chop it.

How to change a recipe



Many times, you can change a recipe to better fit what you might have at home already. Or change it to include and ingredient you like, or take out an ingredient you don't like. If you want to make more than what the recipe calls for, such as doubling it, make sure every ingredient is doubled. Try experimenting by adding your favorite spices. If the recipe says to use fresh herbs, you can use dried herbs instead. Make sure to use less than what the recipe calls for, since dried herbs have a stronger flavor than fresh ones.

Cooking Tip



Try cooking your vegetables in the microwave when you don't have a lot of time. This way of cooking also keeps a lot of the food's nutrients (like vitamins and minerals) because of the short time it takes to cook. Cut up your favorite vegetable, such as fresh carrots, green beans, bell peppers, broccoli and cauliflower, and add your favorite no-salt seasonings, if you like. Put them in a microwave-safe bowl and cover with a plate to trap the steam. Microwave for 3-4 minutes until tender. Allow the bowl to cool for a few minutes before taking it out of the microwave, as it will be very hot.

Join us at our next in-person class to receive recipe cards and a fun gift!

Sept. 12, 2-3 p.m. — University of Kansas Medical Center, Room 1001 Miller, 2100 Olathe Boulevard, Kansas City, Kansas

Sept. 13, English: 1:30-2:30 p.m., Spanish 3-5 p.m. — Samuel U. Rogers Health Center, Wayne Miner Community Rooms, 1st floor, 825 Euclid Avenue, Kansas City, Missouri

Sept. 14, 1:30-2:30 p.m. — AdventHealth Shawnee Mission, 2nd floor Conference Room, 7450 Kessler Street (Gateway Building), Shawnee, Kansas

What's in season now?



EGGPLANT



GRAPES



GREEN BEANS



MELONS



TOMATOES



ZUCCHINI





Movement ideas



Being active can help your body control blood pressure and blood sugar. Here are some fun ideas to keep you moving!

- The free **KC Chalk and Walk Festival** is an annual event that is happening on Sept. 2 and 3 at City Market in Kansas City, Missouri. Check out the chalk creations as well as street performers and live entertainment.
- Travel north to **Pumpkins Etc.** in Platte City, Missouri, where you can walk around the farm and climb the haybales for no admission charge. You only pay for any pumpkins you pick or other goodies that you find. Open weekends during September and October.
- The **Shawnee Town Arts and Crafts Fair** is held in Shawnee, Kansas, on Sept. 16, 9 a.m.-4 p.m.. There will be more than 130 vendors to visit, activities for the kids and live music for only \$1 per person.
- Admire the sculptures in the park outside of the **Nelson Atkins Museum** before going indoors to look at the many different types of art. Located at 4525 Oak Street in Kansas City, Missouri, the museum is open every day except Tuesday and Wednesday. Visit nelson-atkins.org to reserve your free ticket.
- **Library in the Park** is hosted by the Kansas City, Kansas, Library on Sept. 30 from 11 a.m.-3 p.m. Take your friends and family to this free festival full of fun activities. Located in Huron Park behind the Main Library at 625 Minnesota Avenue in Kansas City, Kansas.

Fun idea



Place washed and dried grapes on a sheet tray in the freezer for at least two hours, then transfer them to a bag or container to store in the freezer afterwards. Enjoy these frozen sweet treats on a hot summer day.

Food safety tip



Cut your fruits and vegetables on a different cutting board from your raw meat and seafood. This will help keep bacteria that may be in the raw meat from contaminating your foods that don't need to be cooked, like fresh fruits and vegetables.

Did you know?



You can find eggplants in different shades of purple, as well as striped and green! Eggplants provide potassium for healthy blood pressure and fiber for regular bowel movements, and cholesterol and blood sugar control. For larger eggplants or eggplants with thicker skin, you can peel the skin before cooking to remove any bitter flavor. It can be diced and sauteed in a pan with any of your other favorite vegetables and seasonings for a tasty stir-fry or in soups and stews. You can also bake eggplant and tomato slices, drizzled with olive or vegetable oil and fresh herbs, in the oven at 400 degrees for around 30 minutes. You can find eggplant in grocery stores all year long.



Recipes for the month



Visit www.marc.org/kcfresh to access recipes online.

- Melon Salsa
- Curry with Vegetables
- Cowboy Caviar
- Eggplant and pepper dip
- Spinach, Strawberry and Pecan Salad — *as seen in our meeting!*