



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 the ingredients 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 an 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.

Did you know?



Peaches have fuzzy skin that helps keep bugs away. They are called a “stone fruit” because of the pit that is inside. If the pit comes out easily once the peach is cut in half, then it is a “freestone” peach. If it does not come out easily, it is a “clingstone” peach. You can usually find fresh peaches in the grocery store and farmers markets only during the summer. You might even find Missouri-grown peaches!



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

Tuesday, August 4, 1–2 p.m. — University of Kansas Clinical Research Center, Room 1106, 4350 Shawnee Mission Parkway, Fairway, Kansas

Wednesday, August 5, 5:30–6:30 p.m. — Merriam Community Center, Campbell Room, 6040 Slater Street, Merriam, Kansas

Thursday, August 6, 10–11 a.m. — Samuel U. Rogers Health Center, Propeller Building, Main Room. 2100 E. 9th Street, Kansas City, Missouri

What's in season now?



EGGPLANT



GRAPES



PEACHES



BELL PEPPERS



BLACKBERRIES
& BLUEBERRIES





Movement ideas



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

Cool down at one of these low-cost local pools this summer:

Kansas City, Kansas — daily admission \$1

- Parkwood: 950 Quindaro Boulevard

Kansas City, Missouri — Season pass \$25 / daily admission: \$5

- Gorman: near Northgate Park and Anita B. Gorman Park off Highway 71
- Budd Park: 5600 Budd Park Esplanade Street; 2.5 miles from Samuel U. Rodgers Health Center.
- Grove Park: 1500 Benton Boulevard
- Line Creek Community Center: 5940 N.W. Waukomis Drive
- Mary Williams-Neal Community Center Pool: 3801 Emanuel Cleaver II Boulevard

Overland Park — Daily admission \$8; two free splash parks

- Stonegate: 9701 Antioch Road
- Young's: 8421 W. 77th Street
- Tomahawk Ridge Aquatic Center: 11950 Lowell Avenue

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.

Highlight on eggplant



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.

- Curry with Vegetables
- Make Ahead Breakfast Burritos with Bell Peppers
- Fruit Salad
- Eggplant Pepper Dip
- Confetti Plum Pasta Salad — *as seen in our meeting!*