

SEASONED

NEWSLETTER



Welcome to Seasoned Newsletter #8. (If you missed the most recent one, it's [here](#).) This time, we've got a couple of salads—because salads are easy to make, very tasty, and of course healthy. One is a “salad as meal,” with two kinds of beans and canned tuna. The other is a side salad that goes with anything and, though it has only a handful of ingredients, delivers tons of flavor. You'll also find two kitchen tricks, plus our favorite version of a kitchen tool you use all the time but probably don't think about much. Then, as a bonus, you'll get two “building block” recipes that you can use in all kinds of ways once you make them.

Let's get started!


CHOP CHOP
FAMILY

Green and White Bean Salad with Tuna

When you want an easy, healthful, no-cook lunch, this hearty salad is a great option. You can make it without the tuna, if you prefer. Or, for those of you who like slightly more “fishy” seafood, use canned salmon or sardines in place of the tuna.

HANDS-ON TIME: 30 MINUTES • TOTAL TIME: 30 MINUTES • MAKES: 4 SERVINGS

INGREDIENTS

- 1 15-ounce can white beans, drained and rinsed
- 2 cups fresh green beans, trimmed and, cut into 1-inch pieces
- 1 large tomato, diced
- $\frac{1}{3}$ cup Creamy Vinaigrette (recipe on page 5)
- 1 (5-ounce) can tuna, drained (optional)

INSTRUCTIONS

Put all the ingredients in a bowl and mix gently. Serve right away, or cover and refrigerate up to 1 day.

Or You Could

Try adding any or all of the following:

- $\frac{1}{4}$ cup chopped black olives
- 1 teaspoon grated lemon zest
- $\frac{1}{4}$ cup fresh parsley, cilantro, or basil leaves
- 4 scallions, both greens and whites, chopped



Easy Cucumber Salad

Here's a super-simple, fresh-tasting salad that's great any time of year. If you want to save time, slice the cucumber while the onion and vinegar are sitting. This salad can be served as soon as the cukes and onions have had 10 minutes in the refrigerator for their flavors to meld. It is best at that point, but it will also keep, covered and refrigerated, up to 1 day.

HANDS-ON TIME: 10 MINUTES • TOTAL TIME: 25 MINUTES • MAKES: 4-6 SERVINGS



INGREDIENTS

- ½ white or red onion, peeled and sliced as thin as possible (about 1 cup)
- 1 tablespoon red wine vinegar (or substitute vinegar of your choice)
- 1 English-style cucumber, sliced as thin as possible (about 3 cups)
- 1 teaspoon sugar
- 1 teaspoon kosher salt

INSTRUCTIONS

1. Put the onion and vinegar in a small bowl, toss, and let stand for at least 5 or up to 15 minutes.
2. Add the cucumber, sugar, and salt, toss well again, and refrigerate for at least 10 minutes or up to 24 hours. Serve when ready.

Or You Could

Make this salad a bit more complex in flavor by adding any or all of these seasonings:

- ¼ teaspoon crushed red pepper (if you like spicy)
- ½ teaspoon chopped fresh dill
- ¼ teaspoon curry powder

Two Tricks and a Tool

How to Pit an Avocado

1. Put the avocado on its side on a cutting board and use a large, sharp knife to carefully cut around the avocado, end to end, slicing all the way to the pit.
2. Twist the halves to separate them.
3. Cut the half with the pit in half again, then remove the pit.
4. Use a spoon to remove the avocado from the peel.



Zest for Life

About to slice a lime or lemon in half to juice it? Wait—zest it first. Even if you don't have an immediate use for the zest, it will keep up to 3 months in the freezer. And, since the pieces are so tiny, there's no need to thaw before using it in salad dressings, marinades, herb butters, spice mixes, or anything else that needs a hit of bright citrus flavor.



Silicone Spatula

Everybody needs a good spatula. We are fans of the GIR Ultimate Spatula. The head is strong enough for mixing, but the edges are flexible so it's easy to scrape mixtures out of pans. Plus it has an easy-to-clean, antimicrobial unibody design and lifetime guarantee. There's even a lefty version.

Hard-Cooked Eggs

This is how we hard-cook eggs—gently—and it’s a method we love because it results in tender eggs with creamy yolks. It’s easy to cook the eggs ahead of time, store them in the refrigerator, and eat them whenever you’re ready for a snack.

HANDS-ON TIME: 10 MINUTES • TOTAL TIME: 20 MINUTES • MAKES: 6 SERVINGS

INGREDIENTS

6 large eggs

INSTRUCTIONS

1. Gently put the eggs in a medium-sized pot and add enough water to cover the eggs by about 1 inch.
2. Put the pan on the stove, turn the heat to medium-high, and bring the water to a boil. As soon as the water boils, turn off the heat, cover the pot, and let it sit for 10 minutes.
3. While the eggs are sitting, put a large bowl in the sink. Add a couple handfuls of ice and fill it with cold water.
4. After 10 minutes, use a large slotted spoon to move the hot eggs to the bowl of ice water. Let them cool for 5 minutes, then drain the eggs (or just use your slotted spoon to pull each one out of the water).
5. Peel and eat right away or store in the refrigerator up to 1 week.



Creamy Vinaigrette



The yogurt in this nearly-instant salad dressing adds a tart flavor and rich creaminess. That makes it not only an excellent dressing for salads of all types, but also a great dip for fresh vegetables like carrots, celery, and cucumber.

HANDS-ON TIME: 10 MINUTES • TOTAL TIME: 10 MINUTES • MAKES: 1 CUP

INGREDIENTS

- ½ cup olive oil
- ¼ cup vinegar (any kind is fine) or fresh lemon juice
- 2 tablespoons plain yogurt
- ¼ teaspoon kosher salt

INSTRUCTIONS

Put all the ingredients in a bowl and whisk until well combined. Use right away or cover and refrigerate up to 1 week.

Or You Could

For an even zestier flavor, add:

- 1 minced garlic clove
- 1 tablespoon mustard (any kind you like)

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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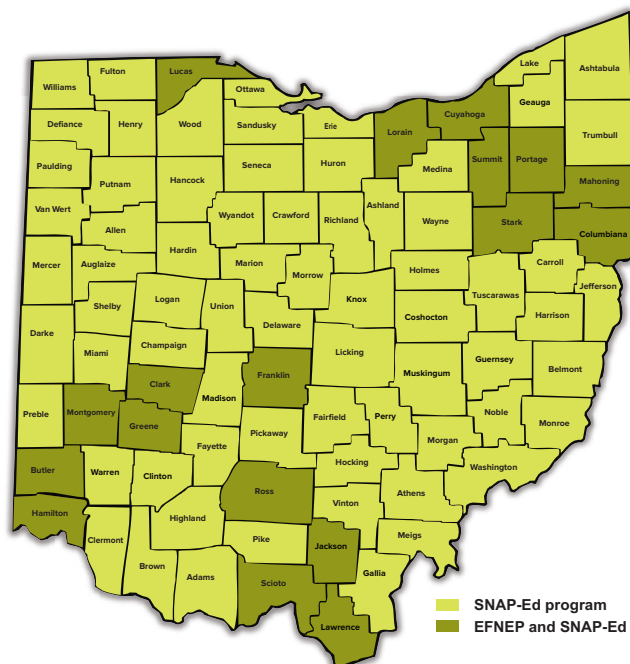
USDA Nondiscrimination Statement

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini
is packed with
B vitamins.

Visit CelebrateYourPlate.org for tasty,
healthy recipes your whole family will love.

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