

# SEASONED

## NEWSLETTER



Welcome to Seasoned Newsletter #7. (If you missed the most recent one, it's [here](#).) We figure that once you learn how to make a dish at home, you'll want to cook it often but without getting bored. So the main-dish recipes in this issue—Scrambled Eggs with a Dozen Variations and Tuna with Chickpeas—are all about options. As usual, we've also got an ergonomic tool, an effort-saving kitchen trick, and a balance exercise. Then we've got some ideas about how to shop smart at the supermarket. Because these days, when we're all trying to shop less often, it's important to make the most of every visit.

**Let's get started!**



**CHOP CHOP**  
FAMILY

# Scrambled Eggs with a Dozen Variations

Eggs have been called “nature’s perfect food.” Whether that’s true or not, we are certainly big fans. Eggs are delicious, nutritious, and amazingly versatile. Scrambled eggs, in particular, are good not just for breakfast, but for lunch or dinner, too. They are fast and super-easy to cook, plus they are uniquely comforting, which is an extra virtue in these trying times. Also, they are amenable to a wide range of add-ins, which means you can cook them frequently without getting bored.

ACTIVE TIME: 10 MINUTES • TOTAL TIME: 15 MINUTES • MAKES: 1 SERVING

## INGREDIENTS

- 2 eggs, any size you like
- Kosher salt
- 2 teaspoons milk or water
- 2 teaspoons olive oil

## INSTRUCTIONS

1. Crack the eggs into a small bowl or mug, add a pinch of salt and the water or milk—water if you like your eggs fluffy, milk if you want them creamier. Beat with a fork. Light beating will result in dense scrambled eggs; vigorous beating adds air and makes the eggs lighter.
2. Put the pan on the stove, turn the heat to medium, and add the oil. When the oil is hot, pour in the egg mixture.
3. The egg on the bottom, closest to the heat, will set first: drag a spatula across the bottom of the pan so that the egg that hasn’t set yet can run underneath. Keep pulling the cooked egg aside until all of the runny egg has had a chance to cook. Serve right away.



## Optional Add-ins

You can add whatever ingredients you like, but these are some of our favorites. (Add them when the eggs are half-cooked.)

- 1–2 tablespoons grated or crumbled cheese (such as cheddar, Monterey Jack, Swiss, or feta)
- 1 tablespoon salsa
- 1 tablespoon chopped fresh herbs (basil, parsley, tarragon, chives, or cilantro leaves)
- ¼ teaspoon ground spices (such as curry powder, chili powder, or black pepper)
- ½ teaspoon dried herbs (such as thyme, rosemary, or basil)
- A large handful baby spinach leaves
- 1–2 slivered scallions
- ¼ cup cooked, well-drained, finely chopped collard or mustard greens
- 2 tablespoons chopped tomatoes
- ¼ cup sautéed onions and/or mushrooms
- ¼ cup finely chopped cooked broccoli or cauliflower
- 2 tablespoons diced leftover ham, chicken, or turkey

# Tuna with Chickpeas

This flavorful (and healthy) dish takes only 10 minutes to put together, but plan ahead—it needs to sit for at least an hour to let the flavors meld. The good news is that you can also refrigerate it for up to 3 days, so it's a great make-ahead meal. Check out the suggested add-ins below.

HANDS-ON TIME: 10 MINUTES • TOTAL TIME: 1 HOUR 10 MINUTES • MAKES: 2-3 SERVINGS (2½ CUPS)



## INGREDIENTS

- 1 (5-ounce) can tuna in oil\*
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 celery stalk, thinly sliced
- 3-4 scallions, greens and whites, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon red or white wine vinegar or lemon or lime juice, or more to taste
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

## INSTRUCTIONS

1. Put all the ingredients in a medium-sized bowl and mix well. Taste and add more vinegar or citrus juice if needed.
  2. Cover and refrigerate at least 1 hour and up to 3 days.
- \* If you prefer to use tuna packed in water, drain it and then add an additional tablespoon olive oil.

## Or You Could

- Stir in 1 tablespoon harissa, pesto, or olive paste.
- Add ½ English cucumber, thinly sliced, and/or 1 avocado, peeled, pitted, and cubed.
- Serve on a bed of lettuce and chopped tomatoes.
- Roll up in a wrap for a satisfying sandwich.

# A Trick, a Tool, an Exercise



## Chop with a Pizza Cutter

The continuously turning wheel of a pizza cutter works in both directions, which makes it great for chopping small items like herbs and scallions. Also, many people with hand mobility issues find it easier to use than a knife. Simply run the pizza cutter back and forth until whatever you are chopping is as finely chopped as you want.



## Large-Print Measuring Cups and Spoons

Seeing the markings on measuring cups and spoons can be hard enough even if you have perfect eyesight. If you have even slightly impaired vision, it's a constant struggle. The solution is easy: measuring cups and spoons with large print. There are many options. We like the dry measuring cups and spoons from Chef Craft and the 2-cup liquid measuring cup from MaxiAids.



## Exercise: Toe and Heel Walking

This is a great exercise for strengthening the feet and lower legs. Simply walk on tiptoes for several steps before switching to walking on your heels for several steps. Then switch from toe walking to heel walking every step or so. Increase the difficulty by closing your eyes or turning your head from side to side as you walk.

# How to Make the Most of Supermarket Shopping

It's been said that at least half of good cooking is good shopping. If you're lucky, you have a farmers' market or produce stand near you. But even if you do, you're still going to do a lot of your shopping at the supermarket, and you definitely want to make the most of your trip there. Here are some tips that will help you not only spend less but also eat better.



**Understand the store layout.** Basic foods are arranged around the outside of the supermarket. That means produce (fresh fruits and vegetables), meat, and dairy. These are often the healthiest foods because they're the least processed. They don't have salt, sugar, fat, or colors added to them. "Shop the Perimeter" is a slogan that means that if you stick to the items along the edges of the store, you'll get the best health value for your food dollars.

**Shop when you're full.** There are a lot of tempting things to buy when you're in a food store. Shopping when you're not hungry will help you resist the temptation of convenience foods and snacks.

**Stick to your list.** Make a shopping list and stick to it. This prevents you from spending more money than you budgeted. Make exceptions for deeply discounted basics that you know you'll use, as well as fruits and vegetables that are on sale.

**Add frozen food to your cart at the end.** If you add it just before you check out, it will stay frozen longer.

## Check, Check, Check

Spend a little time now and you'll save time (and money) later.

**Your refrigerator and pantry.** Before you shop, make sure you check out what you still have at home, so you don't buy anything you don't need.

**Produce.** Look at bagged greens carefully and avoid any that contain brown or slimy leaves. Make sure that apples and pears aren't bruised. Check that potatoes and onions aren't sprouting.

## Sell-by dates.

Look for the package with the latest expiration or "sell by" date, especially on dairy items. That means it's fresher and you have more time to use it.



# 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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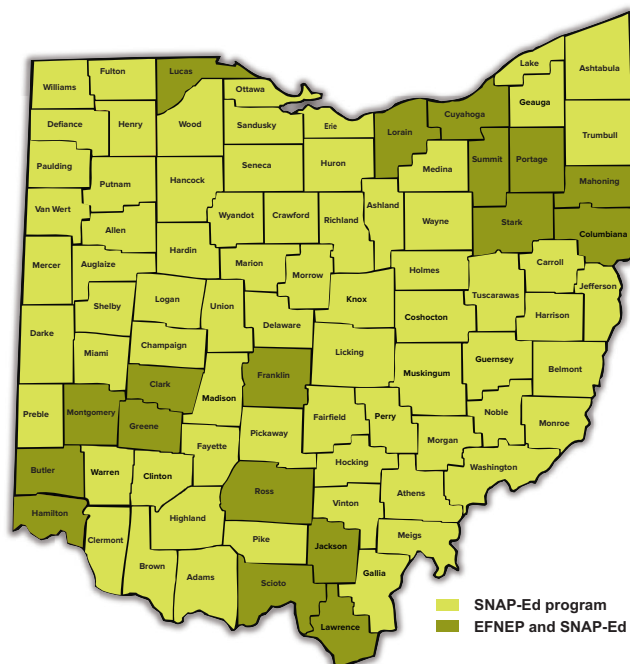
### USDA Nondiscrimination Statement

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



■ SNAP-Ed program  
■ EFNEP and SNAP-Ed

## 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](http://go.osu.edu/snap-ed). For details regarding Ohio EFNEP in your area, visit [efnep.osu.edu](http://efnep.osu.edu). Discover tips, wholesome recipes and more at [CelebrateYourPlate.org](http://CelebrateYourPlate.org)

# No Crust. All Taste.

## Veggie Pizza Bites



**Eggplant**  
is high in  
antioxidants.



Visit [CelebrateYourPlate.org](http://CelebrateYourPlate.org) for tasty,  
healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).