

SEASONED

NEWSLETTER



Welcome to *Seasoned* Newsletter #2. (If you missed the first one, it's [here](#).) This issue features recipes for eggs. We love eggs because they're not only healthy and delicious but they also keep well, which means you can stock up when you go to the store. And speaking of that, on the last page of this issue you'll find a chart telling you how long many different fresh ingredients will last in the refrigerator or freezer, to help you plan your shopping and cooking in the weeks ahead. And of course, we've got more kitchen tricks and a couple of balance exercises.

Let's get started!



Microwaved Soufflé in a Mug

Here you go—a substantial, healthy breakfast that's ready in 5 minutes and tastes great. Assuming you have more mugs, you can double or triple this recipe easily. Be aware that your cooking time will vary depending on your microwave's size and wattage; start with the shortest time and increase in 10-second intervals.

HANDS-ON TIME: 3 MINUTES TOTAL TIME: 5 MINUTES MAKES: 1 SERVING

INGREDIENTS

- Cooking spray, butter, or vegetable oil
- 2 large eggs
- 2 tablespoons milk
- 2 tablespoons grated cheese, such as cheddar, Swiss, or Parmesan
- ¼ teaspoon kosher salt
- Pinch black pepper

INSTRUCTIONS

1. Lightly coat the inside of an 8- to 12-ounce microwave-safe cup or mug with cooking spray, butter, or vegetable oil.
2. Crack the eggs into the mug, add the milk, grated cheese, and salt and pepper, and mix well with a fork.
3. Microwave on high for 30 seconds, and then stir. Return to the microwave and cook on high until the eggs are puffed and set, 70 to 80 seconds.

Or Try This

In step 2, when stirring the eggs, add any one of these:

- 2–3 chopped spinach leaves and 1 tablespoon chopped tomato
- 1 tablespoon chopped cooked ham or bacon
- 1 tablespoon chopped fresh herbs, such as basil, cilantro, and/or parsley leaves
- 1 scallion, greens and white, chopped
- ¼ teaspoon hot sauce and ½ teaspoon minced onion



Stovetop Eggs with Spinach

Got more eggs (and some frozen spinach)? Try this easy stovetop recipe. Not only is it good for you, but the richness of the eggs, the freshness of the spinach, the tang of the Parmesan, and the crunch of the bread crumbs combine to create a great start to your day.

HANDS-ON TIME: 15 MINUTES TOTAL TIME: 30 MINUTES MAKES: 2 SERVINGS



INGREDIENTS

- 1 (10-ounce) package of frozen spinach
- 2 teaspoons olive or vegetable oil
- ½ onion or 1 large shallot, peeled and finely chopped
- 4 large eggs
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons panko or other bread crumbs (optional)

INSTRUCTIONS

1. Thaw the spinach, then wring it out well in a dishtowel to remove most of the moisture.
2. Put a small skillet with a lid on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion or shallot and cook, stirring frequently, until soft, about 5 minutes.
3. Add the spinach to the skillet and cook, stirring, just to warm it through, about 2 minutes.
4. Spread out the spinach in the skillet, making four indentations for the eggs. Crack 1 egg into each indentation. Add the salt and pepper, then top with the Parmesan cheese and bread crumbs (if using).
5. Cover and cook until the eggs are just set, about 12 minutes. Serve right away.

Or You Could

Use a 6-ounce bag of baby spinach. Skip step 1 of the recipe, then in step 3, add the spinach to the skillet in batches, adding more as the spinach wilts and shrinks. Cook, stirring, until all the spinach has wilted, about 7 minutes.

What Is Panko?

Panko is a type of bread crumb that originated in Japan but is now widely available in the US. Made from crustless bread, it consists of large, airy crumbs that have great crunch without being heavy. These days most supermarkets carry it; it's worth looking for.

Kitchen Tips and Tricks

Sometimes it's not the big techniques, but the little tricks that count most in the kitchen. Here are a few we like that we learned either from experience or from other cooks.



Peel Hard-Cooked Eggs the Easy Way

If you want to peel a batch of hard-cooked eggs all at once, first let them cool down, then put them all in a plastic storage container with a lid. Shake the container hard for 10 seconds. The egg shells will basically shatter and can easily be slipped off.



Chill Out, Plastic Wrap

There are few things more irritating than when plastic wrap sticks to itself and gets tangled up as you are pulling it out of the box. There's an easy way to prevent this: Keeping plastic wrap in the refrigerator eliminates static electricity, so it will stretch evenly and smoothly without sticking to itself.



Honey is Forever

When honey crystallizes it is hard to use, and some people throw it out, thinking it has gone bad. But in fact, honey literally never goes bad. Three-thousand-year-old honey found in jars in the Egyptian pyramids is still edible today. So when your honey crystallizes, just put the container in a pan of simmering water for a few minutes. The crystals will re-melt and your honey will be good as new again. The flavor of the honey is not affected, so you can do this over and over again, until you've finished every last drop.

Get Moving with These Exercises



Toe Taps

With feet hip-width apart, reach out one leg and tap the floor in front of you. Return to center, then reach out to the side with the same leg and tap. Return to center once again, and then reach out backward with the same leg and tap. Repeat several times for each leg. You can step up the difficulty of this balance-enhancing exercise by making the taps one continuous half-circle instead of returning to center after each tap.



Standing from a Chair

Sit in a chair that does not have arms. Cross your arms across your shoulders, left hand on right shoulder, and right hand on left shoulder. Keeping your head up and not looking down, stand up and sit down. Do not lean forward as you stand up. Repeat 10 times.

HOW LONG WILL IT LAST?

Wondering if that item that's been hanging around your refrigerator or freezer is still safe to eat? Look no further than our handy guide.

Raw Whole Chicken Raw Chicken Parts Cooked Chicken Parts	Fridge: 1–2 days Fridge: 1–2 days Fridge: 3–4 days	Freezer: 1 year Freezer: 9 months Freezer: 6 months	
Raw Ground Meat Raw Chops Cooked Meat	Fridge: 1–2 days Fridge: 3–5 days Fridge: 3–4 days	Freezer: 3–4 months Freezer: 4–6 months Freezer: 2–3 months	
Raw Lean Fish <small>BASS, COD, ETC.</small>	Fridge: 1–2 days	Freezer: 6–8 months	
Raw Fatty Fish <small>MACKEREL, BLUEFISH, SALMON, ETC.</small>	Fridge: 1–2 days	Freezer: 2–3 months	
Raw Shrimp and Shellfish <small>CLAMS, CRAB, LOBSTER</small>	Fridge: 1–2 days	Freezer: 3–6 months	
Cooked Seafood	Fridge: 3–4 days	Freezer: 2–6 months	
Deli Meat (Vacuum-sealed) Deli Meat (Opened)	Fridge: 2 weeks Fridge: 3–5 days	Freezer: 1–2 months Freezer: 1–2 months	
Soups and Stews Lasagna or Casseroles	Fridge: 3–4 days Fridge: 3–4 days	Freezer: 2–3 months Freezer: 2–6 months	
Breads/Baked Goods <small>COUNTERTOP OR CABINET: 2–3 DAYS</small>	Fridge: 7–10 days	Freezer: 3–6 months	
Raw Whole Eggs Hard-Boiled Eggs	Fridge: 3–5 weeks Fridge: 1 week	Freezer: 1 year Freezer: Do not freeze	
Salads <small>EGG, CHICKEN, TUNA</small>	Fridge: 3–5 days	Freezer: Do not freeze	

Why Can't I Freeze It Forever?

Technically, if your freezer is at 0 degrees F or below and the electricity never goes off, foods will last in there forever. However, after a certain amount of time even the best-wrapped foods will get what's known as "freezer burn." This is the term for what happens when air seeps into the packaging, covers the food with frost, and sucks the moisture out of it. After that, while the food may still be safe to eat, it will not have good flavor or texture when cooked or defrosted. The best way to stave off freezer burn for as long as possible is to remove as much air as you can from the package in which you freeze the food. This is one reason we favor zipper-lock bags for freezing, since it's easier to get the air out of them.

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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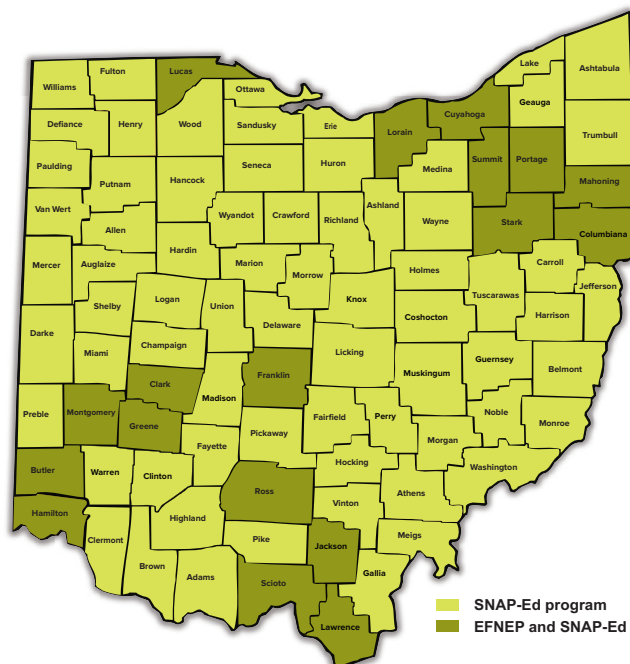
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THE OHIO STATE UNIVERSITY

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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