

In Good Health

Johnson County

May 2024
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Upcoming Events

Join us for a class, visit us at an event!

Dig Your Dinner: All About Onions
May 15, 2024 | Noon to 1:00 PM

Air Fryer Gadget Class
May 21 | 6:00-8:00 PM

Four Course Living Cooking Class
(for individuals with disabilities)
May 23 | 6:00-7:45 PM

Food, Fitness, Fun Camp
June 10 - 13 | 9 AM - 12 PM daily

Picnic and Camping Food
June 20 | 6:00 PM - 8:00 PM

Kids in the Kitchen Summer Camp
June 25-27 | 9 AM - 12 PM

Scan the QR code or visit
bit.ly/EMFVEvents
to Register!



K-STATE
Research and Extension
Master Food Volunteer
Johnson County

Need a speaker? Have questions about food or nutrition or our classes? Contact Us!
foodhelp@jocogov.org

Featured Article

As the weather starts warming up, you may be gearing up to try some more outdoor activities. A great way to get outside and enjoy the fresh air is by having a picnic. Keep these tips in mind to plan the perfect picnic this summer!

Choose foods that are transported easily. The last thing you want to see when you get your food out is something spilled or spoiled. Also, identify easy items that hold well and can be prepped beforehand. Things like sandwiches, cut up fruits and veggies, pasta salad, charcuterie fixings, and other finger foods are good options. Items that melt easily or can't tolerate the heat should be left at home. This may include chocolate, sodas, ice cream, seafood, and mayo-based salads.

While you're enjoying your meal, remember to keep food safety in mind. Foods should not be sitting out at room temperature for more than 2 hours. If it's 90°F or hotter outside, this time plummets to 1 hour. Utilize outdoor shade, ice, and a cooler to keep cold foods cold. For more information on food safety guidelines, visit foodsafety.gov.

Prepare your foods beforehand. To minimize the amount of kitchen supplies and prep work when you arrive to your location, do as much as you can to prepare your foods in advance. Cut your fruits and vegetables and place these in reusable containers. If you're bringing sandwiches, assemble them beforehand so they are ready-to-eat. This reduces mess, reduces food safety risks like handling foods with unclean hands and surfaces, and makes your time more enjoyable. Don't forget plates, napkins, knives, cups, and all other supplies that you will need to enjoy your picnic.



In Good Health,
Lydia Paulsen, Dietetic Intern
Northwest Missouri State University

Recipe of the Month

Spring Frittata

Serves 4

Ingredients

- 8 large eggs
- 2 tablespoons olive oil
- 2 tablespoons chopped scallions
- 1 cup chopped asparagus
- 1 cup fresh (or frozen and thawed) peas
- 1 cup baby spinach
- 1/4 teaspoon black pepper
- 1/2 cup low-fat milk
- 1 teaspoon salt
- 1/4 cup feta cheese

Preparation

1. Preheat oven to 350 degrees F.
2. In large skillet, heat oil until sizzling. Add scallions and asparagus. Sauté until softened, for about 5 minutes.
3. Stir in peas and spinach and season with salt and pepper. Stir well until evenly combined, allowing them to soften.
4. In a large mixing bowl, whisk together eggs and milk until smooth. Season with salt and pepper.
5. Pour egg mixture in skillet and gently shake to distribute. Top with crumbled feta.
6. Cook, stirring occasionally, just until edges pull away from sides of pan, about 5 minutes.
7. Transfer to oven and bake for 10-15 minutes, or until set and reaches internal temperature of 160 degrees F. Let rest for 5-10 minutes before serving.

Tips:

Store in airtight container in refrigerator for up to 3 days. You can eat leftover frittata cold straight out of fridge or hot heated up in microwave. Try substituting other veggies or cheese that you have on hand to put your own spin on this recipe!

Contact us for nutrition information

Fun Food Facts

May is National Egg Month!

Have you ever wondered why eggs are different colors? We usually see eggs that are either white or brown, but they can also be shades of pink, blue, green, -- even red! This all depends on the breed of the hen. Each breed releases different colored pigments on an eggshell as it forms. While shells can vary greatly in color, this does not impact the nutritional status of an egg. Each variety has the same amount of nutrients, protein, and cholesterol.

Kitchen Corner

Incorporating fresh herbs into meals is always a great way to add flavor to your food without adding any additional salt, sugar, or fat. Here are some helpful hints to remember when cooking herbs to get the most value out of them:

Herbs, like any other plant, can carry bacteria so always be sure to rinse fresh herbs before using. To chop small leafy herbs like parsley or cilantro, remove leaves from the stem and slice in a rocking motion. For bigger leafy herbs such as basil, it can be helpful to roll the leaves up and then chop. This can give you long, thin strips.



Knowing when to add herbs throughout the cooking process can be key to achieving the flavor you want. Cooking fresh herbs for an extended period of time destroys some of the flavor that they bring. For a stronger aroma and flavor, add your herbs towards the end of your cooking. For more subtle notes, add at the beginning.