

IN GOOD HEALTH

Johnson County

February 2024

Volume 2 Issue 2

Upcoming Events

Join us for one of our events!

Dig Your Dinner: Cabbage & Kale

Feb 21 | 12:00 PM - 1:00 PM
(virtual)

Adult Classes: Bread Baking 101

Mar 21 | 6:00 PM - 8:00 PM

Kids Classes: Bake Sale Success

Mar 9 | 10:00-12:00 PM

Kitchen Restore Donation Drop Off

Mar 2 | 10:00-12:00 PM

Mar 21 | 10:00-12:00 PM

Four Course Living Cooking Class

(for individuals with disabilities)

Mar 28 | 6:00-7:45 PM

Visit
bit.ly/EMFVEvents
to Register!



Canned foods can be a great source of nutrition but often gets a bad reputation. Let's explore and debunk some of the common myths about canned foods.

Myth 1: Canned fruits and vegetables are not as nutritious as fresh. Canned fruits and vegetables are picked at their freshest and processed very quickly thereafter, thus preserving nutrients. Once harvest, foods immediately start to break down so canning them actually stops this degradation process. Some vitamins, such as vitamins B and C, are reduced by high heat, which is required during the canning process. However, during the same process antioxidants lycopene and beta carotene actually become more available for the body to use!

Myth 2: Canned fruits and vegetables are loaded with added sugar and sodium. It is true that some canned foods are higher in sugar and sodium. In fact, the preservation method of canning does sometimes require sugar and salt. They help to keep the food safe during long storage periods, this is especially true for home canned foods. You can find fruits that are canned in 100% juice, water, or its own juice, and vegetables with no salt added or lower salt added. If these options are not available in the store, purchase whatever is available and give them a good rinse to help remove that extra salt and sugar.

Myth 3: The sell-by or use-by date on the can means after that date, the food is not safe to eat. Don't let the dates on foods confuse you. Canned food is safe past its date as long as the can is not bulging, rusted, or deeply dented, especially near the seals on the can. These signs point to the possible risk of harmful bacteria and foodborne illness. According to the USDA, high acid foods such

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

In Good Health,
Chelsea Reinberg, MPH, RD
Nutrition, Food Safety & Health Agent

Fun Food Facts

February is Bake for Fun Family Month

Here are 3 fun facts about baking that I bet you didn't know!

1. Chocolate chips were invented AFTER the chocolate chip cookie was made.
2. Baking involves A LOT of science, many complicated chemical reactions over during the mixing, kneading, resting, and baking.
3. Kansas wheat flour makes great pie crusts!

Recipe of the Month

Pesto Turkey Meatballs

Serves 13

Ingredients

3/4 cup panko bread crumbs
3/4 cup freshly grated Parmesan cheese
1/4 cup prepared basil pesto
1 large egg
2 tablespoons milk
2 tablespoons ricotta cheese
1/2 teaspoon Italian seasoning
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon granulated garlic
1 pound ground turkey



Preparation

- Preheat the oven or air fryer to 375 degrees F. Note: These may also be cooked in a skillet over medium heat.
- Combine panko, Parmesan cheese, pesto, egg, milk, ricotta cheese, Italian seasoning, salt, pepper, and garlic in a large bowl; mix together.
- Add ground turkey and lightly fold into the mixture. Note: Do not over mix, the more you mix the tougher it will be.
- Shape ground turkey mixture into 1-inch meatballs and place on a cookie sheet or into the air fryer basket. Note: Use a cookie scoop for uniform shape and size.
- Cook meatballs to 165 degrees F. If using the oven, cook for about 15 minutes, flipping halfway through. If using the air fryer or skillet cook about 8 to 10 minutes, flipping halfway through.

Contact us for nutrition information.

Kitchen Corner

Raise your hand if you have ever been cooking and realized your pan was too hot and your oil was starting to smoke. When this happens it now only creates a bad smell but could ruin the flavor of the food being cooked. Well, there is a science to using the correct oil based on your cooking temperature. Each oil has what we call a 'smoke point' and that is the temperature at which the fat begins to break down.

Low Smoke Point (Delicate light sauté)

- Butter
- Extra Virgin Olive Oil
- Unrefined sesame oil

Medium Smoke Point (High heat sauté or stir fry)

- Vegetable oil
- Unrefined coconut oil

High Smoke Point (Intense heat stir fry or frying)

- Grapeseed oil
- Clarified butter
- Light olive oil
- Avocado oil



K-STATE
Research and Extension

Master Food Volunteer
Johnson County

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the JoCo KSRE Office two weeks prior to the start of the event at (913) 715-7000. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.



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