



By Alice Henneman, MS, RD, UNL Extension Educator

To determine doneness in egg dishes such as quiche, casseroles, stratas, frittatas, etc. the center of the mixture should reach 160 degrees F when measured with a food thermometer. At this temperature, the very center of a custard pie may still be liquid; however, it will firm upon standing. Avoid overcooking eggs AND assure safety by using a food thermometer.

Sarah Phillips (baking911.com) notes a custard pie is done when the liquid area in the center of the pie is smaller than a quarter. The pie will continue to set after it is removed from the oven. (TIP: You may need to insert the thermometer at an angle so enough of it reaches into the food to measure the temperature.)

Pasta Frittata with Tomatoes

(Serves 4 to 6)

If you've never cooked with whole grain pasta, enjoy using some in this recipe for added fiber and nutrients. While the frittata is baking, there's time to make an accompanying tossed salad and set the table. Then, enjoy your meal!



- 4 ounces whole grain spaghetti, regular or thin
- 4 eggs, lightly beaten
- dash nutmeg (optional)
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt (or omit salt and pass at the table)
- 2/3 cup cheese, shredded (cheddar, Swiss, Mozzarella or whatever you'd like to try!)
- 1 cup chopped tomatoes

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings and cheese. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands. Sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

Freezing Foods for Future Use

Thursday, Sept. 11, 7–8:30 p.m.

Plaza Conference Center,
BryanLGH Medical Center East,
1600 S. 48th Street, Lincoln



How would you like to come home and have most of your meal already prepared? Or, perhaps, you'd like to avoid staying up late or getting up early to fix food for a special event? Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will teach you how to freeze foods for future use. You'll receive an extensive booklet giving specific freezing directions for common foods. Plus, you'll receive several recipe ideas for make-ahead foods. No cost to attend.

Register by calling BryanLGH at 481-8886.

Fruit and Veggie "Bites"

Alice Henneman
UNL Extension Educator

Use these preparation "bites" to enjoy the abundant summer produce at its peak of flavor, appearance and safety!

Bite 1. Prevent cut fruit from turning brown. Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation with fruits, such as Fruit-Fresh®, and follow the manufacturer's directions.

Another method to prevent browning is to mix them with acidic fruits like oranges, tangerines, grapefruit and other citrus fruit or pineapple. Prepare the acidic fruit(s) first. Then, cut the other fruits, mixing them with in the acidic fruit(s) as you prepare them.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than two hours, TOTAL time.

Bite 2. Make the most of your melon baller. Melon ballers, those little kitchen gadgets with a

scoop at each end of a handle about 6-inches long, can save valuable time in preparing fruits and veggies. Even if you never make melon balls, use a melon baller to:

- Core apples and pears.
- Cut away the inner membrane from peppers.
- Scoop out the inside of a cherry tomato and make tiny stuffed appetizers. Try stuffing the tomatoes with your favorite tuna salad sandwich mixture.
- Remove seeds and surrounding pulp from fruits and veggies like cucumbers, tomatoes, zucchini papaya and kiwi.
- Scoop out the insides of potatoes for twice-baked potatoes.

Bite 3. Take a salad spinner for a spin! Salad dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. A tablespoon of an oil and vinegar dressing may be all it takes for two cups of dried salad greens.

The easiest and quickest way to dry salad greens is in a salad spinner.

A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs. Your

wet greens are placed in a perforated basket that fits in a larger outer bowl. The bowl is covered with a lid that has a gear-operated handle, pull-cord or knob that you pump to turn the inner basket and spin the water off into the outer bowl.

Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels.

When purchasing a salad spinner, take it for a spin at the store! You want a model that is sturdy, has a well-fitting lid and spins easily. Choose a model large enough so you don't have to go through several "spin cycles" to dry all your greens.

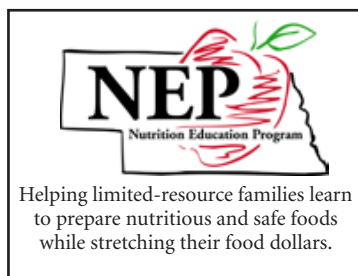
A salad spinner also may be used to dry washed clusters of grapes. Note: If you are preparing small clusters of grapes for garnishing, cut the clusters with scissors. This helps keep the grapes attached to the stem.

Bite 4. Do this with radishes before refrigeration. If the

leafy radish tops are attached, remove them before storing. Radishes don't keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator crisper drawer that is separate from the one in which you store fruits. Wash radishes and trim their roots just before using.

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Stretch Your Food Dollar by Eating More Fruits and Vegetables!



Kelly Fisher and Zainab Rida
UNL Extension Assistants

The warm summer months are a great time to increase your fruit and vegetable intake. Fruits and vegetables like bell peppers, melons, berries, corn, summer squash and zucchini are finally in season, and therefore, finally in stock and less expensive! However, these savings go right into the trash, literally, if you let your summer produce spoil. Tossing one bag of wilted lettuce, for example, can waste \$1.00 or more of your hard earned money. Following are some tips to add more fruits and vegetables to your meals and snacks throughout the day so they are contributing to your diet and health rather than your garbage pile!

Breakfast

- Add colorful veggies like tomatoes, green peppers, red onions and mushrooms to your omelets.
- Add fresh, frozen and/or dried fruits to your cereals and oatmeal.

- Substitute fresh or frozen strawberries or blueberries for syrup on your waffles or pancakes.
- Create your own parfait by selecting low-fat yogurt and adding your favorite whole grain cereal and fruits.
- Try a smoothie using fresh or frozen fruits, low-fat yogurt, and 100% fruit juice.

Lunch

- Get creative by making your salad with different greens like baby spinach, arugula, endive, radicchio or kale, different veggies as toppers and even fresh or dried fruits, like mandarin oranges or dried cranberries.
- Wrap it up—try your sandwich in a tortilla or pita bread which leaves lots of room to pile on the veggies without them falling out the sides.

Dinner

- Vegetable soups are a great way to add a variety of veggies to your day—chopped zucchini, tomatoes, squash, peas, onions, eggplant and green beans work really well and may not even be noticed by your picky eater.
- Stir fry dishes are a great way to try and incorporate oriental veggies into your diet—experiment with bok choy, snow peas, water chestnuts and baby corn, as well as the traditional veggies like

- broccoli, red pepper, carrots and onions.
- Add veggies to your pastas—baby spinach wilts down nicely in hot spaghetti sauce.

Snacks

- Keep fruits and vegetables where you and your family will notice them. Place cut, ready-to-eat fruits and veggies, such as carrot sticks and orange wedges in a designated place in the refrigerator. Whole unpeeled produce, such as apples may be left on the counter (remind family members to wash produce before eating it).
- Try dried fruits as a quick and easy snack.
- Keep a bowl of cut-up vegetables or fruits like melons and berries on the top shelf of the refrigerator where they are most visible.
- Low-fat baked goods, such as muffins and breads, are great places to add fruits and veggies (think carrots, zucchini, bananas, cranberries, etc.).

Sources: www.fruitsandveggiesmore-matters.org; *Supermarket Savings: 16 Tips That Can Total Big Bucks* by Alice Henneman, lancaster.unl.edu/food; www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/; www.lowcaloriescooking.about.com/od/lowcaloriesbasics/tp/Fruit-and-Vegetables.htm