



By Alice Henneman, MS, RD, UNL Extension Educator

Here's a quick and healthy one dish meal idea you can assemble, throw in the oven and move on to other activities.

Orange Pork Chops

Serving Size: 1 chop • Yield: 2 servings

- 2 pork chops
- 1 peeled sweet potato
- 1/2 sliced orange
- dash of cinnamon
- dash of salt
- dash of black pepper

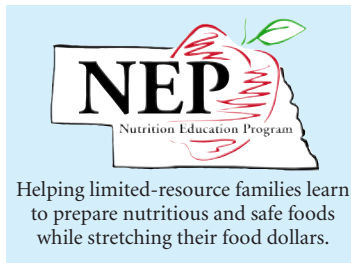


Preheat oven to 350 degrees F. In a medium skillet, brown pork chops in a small amount of oil. Cut sweet potato into 1/2-inch slices. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings. Cover and bake 1 hour until meat is tender. Fight BAC!...Cook pork to 160 to 170 degrees.

Source: *Simply Seniors Cookbook*, Utah Family Nutrition Program, Utah State University Extension, available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>

Nutrition Facts: Calories, 270; Calories from Fat, 100; Total Fat, 11g; Saturated Fat, 4g; Trans Fat, 0g; Cholesterol, 65 mg; Sodium, 85mg; Total Carbohydrate, 17g; Dietary Fiber, 3g; Sugars, 6g; Protein, 25g.

\$tretch Your Food Dollar by Buying Fruits and Vegetables in Season



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There is such an array of fruits and vegetables in the store year-round, it makes it difficult to know the best time to buy. Buying fruits and vegetables when they are in season, usually means they will have the most flavor and the prices will be lower.

For fruits and vegetables grown in Nebraska, think about when they are available for harvesting. Asparagus and rhubarb are their freshest in the spring while sweet corn will taste best from mid-July through September. Berries will be at their peak in the summer. Apples are always available, but we find them in abundance during the months of September and October. The summer months are

a perfect time to increase fruit and vegetable consumption. It's hard to resist fresh sweet corn, tomatoes ripened on the vine and sweet cherries. Whether obtaining food from the store, the farmer's market, or the family garden, it is exciting to see the fruits and vegetables become available throughout the summer months.

Some fruits and vegetables, such as bananas, oranges, grapefruits, lettuce and celery, are always in season. These are good choices, along with frozen and canned vegetables, for the winter months.

Tips for saving money when selecting fresh fruits and vegetables include:

- Shop the local farmer's markets along with the grocery stores.
- Buy when the produce is in season.
- Check for grocery store specials.
- Look for freshness. Be sure the produce is ripe, but not over-ripe.
- Avoid fruit and vegetables that are bruised or damaged.
- Buy only what you can use while the produce is still fresh.
- If you have time and space, plant a garden!

The following is a general guide of when produce is at its peak:

- **Spring:** Strawberries, asparagus and rhubarb
- **Summer:** Berries, sweet corn, peaches, summer squash, tomatoes, plums, watermelon, apricots and beets
- **Fall:** Apples, pears, cranberries, sweet potatoes, winter squash and pumpkins
- **Winter:** Apples, grapefruit, bananas and oranges



With a little planning, fresh fruits and vegetables can be enjoyed year-round. For best prices and quality think of what is in season. For more information on buying, storing and using fruits and vegetables, you can check out the following Web site <http://www.fruitsandvegetablesmatter.gov>

Basic Foods for Cupboard, Fridge & Freezer: Create Your Own List!

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Are you tired of all the planning, hunting and gathering needed to find the ingredients required for many recipes?

Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal?

The following list of foods can be combined and recombined in a variety of new, delicious (and nutritious!) ways. They are offered as a "starter list" to help you begin developing a list that works for you:

- Add your own favorites.
- Check those that work for you.
- **Make your own personalized list!**

These foods are definitely NOT the only foods we should eat. They were picked because they're commonly available and mix and match with a variety of other foods. Think of them as a basic wardrobe to which any number of clothing items can be added.

Lower fat and sodium forms of foods are mentioned in this list for use as desired.

Fruits

FRESH

- Apples
- Bananas
- Grapes, seedless
- Oranges

CANNED

- Oranges, mandarin
- Pineapple, canned in juice (pineapple tidbits are a versatile form)

FROZEN

- Berries, such as blueberries, raspberries, strawberries, etc.

DRIED

- Raisins, dried cranberries, etc.

Vegetables

FRESH

- Bell peppers
- Carrots
- Cabbage, shredded (may wish to buy smallest package size if cooking for just a few people)
- Lettuce, darker green varieties (Romaine, green leafy, etc.)
- Onion (sweet onions may be especially versatile if buying only an onion or two weekly; they're said to be less likely to make you cry and go well in many recipes)
- Potatoes (white and sweet)
- Tomatoes (cherry and grape tomatoes tend to have the best flavor when other tomatoes are out-of-season)

CANNED

- Corn (no-salt-added forms available)
- Tomatoes, diced (no-salt-added forms available)

FROZEN

- Corn
- Peas

Bread, Cereals and Other Grain Products

- Bread, whole wheat (can purchase low sodium forms at some stores)
- Cereal (whole grain)
- Crackers (look for varieties that are whole grain and lower in salt)
- Oatmeal ("Old-fashioned" oatmeal is very versatile; simply pulse it a few times in a blender if a recipe calls for "quick oats.")
- Pasta (consider whole grain varieties)
- Rice (include some whole grain rice, such as brown rice)

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

- Beans, canned or dry, such as Great Northern, navy, kidney, red, black, pinto beans, etc. (check for "no-salt-added" canned varieties)
- Beef, ground, 90-95% lean
- Chicken breast, skinless
- Eggs, large ("large" is suggested as many recipes are designed for use with this size)
- Fish (frozen fish fillets lend themselves to many quick meals; thaw overnight in the refrigerator in original package on a plate on bottom shelf for easy use the next day)
- Nuts, such as almonds, walnuts, etc.
- Peanut butter
- Pork loin chops, boneless
- Salmon (consider including canned and/or frozen forms of salmon; canned salmon is available in water pack varieties and may be found canned without the skin, if desired)



- Tuna, canned (water pack and low sodium varieties are available)
- Turkey cutlets

Milk and Milk Products

- Cheese, cheddar and/or other favorite varieties
- Ice cream or frozen yogurt, low fat or fat-free
- Milk, low fat or fat-free
- Yogurt, low fat or fat-free (vanilla-flavored yogurt is especially versatile; or add your own sweetener and vanilla to plain yogurt, if desired)

Oils and Foods that Are Mainly Oil

- Extra virgin olive oil for dressings, dipping and drizzling
- Mayonnaise-type salad dressing (light and low fat forms available)
- Other oil for cooking: canola, corn, cottonseed, safflower, soybean, sunflower
- Soft (tub or squeeze) margarine with no trans fats

Sugars

- Sugar, white granulated
- Sugar, brown

Seasonings

- Black pepper (consider freshly ground black pepper)
- Chicken broth, low sodium
- Chili powder
- Cinnamon
- Garlic, fresh or dry (minced or powdered)
- Italian seasoning (can be used as a quick seasoning for salad dressings, soups, rubs for meat, etc.)
- Mustard, Dijon-type (can find no-salt-added forms in some stores)
- Rosemary, dried leafy (crush slightly right before using to release added flavor in recipes; an inexpensive mortar and pestle works well for this)
- Thyme, dried leafy (see note by rosemary on crushing just before using in recipes)
- Vanilla
- Vinegar (consider vinegars such as balsamic, red wine, cider, and white wine or rice vinegar — start with a small bottle and see which you use the most; vinegar easily lasts at least a year)

Other

- _____
- _____
- _____
- _____