

## Spiced Orange Chicken

1 lb boneless chicken breast chunks  
1/4 tsp salt  
1/4 tsp pepper  
Vegetable cooking spray  
1 cup orange sections, coarsely chopped (remove membranes)  
1/2 cup orange juice  
1 Tbsp brown sugar  
1/4 tsp ground cinnamon

Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add chicken; cook until lightly browned. Turn chicken, reduce heat to medium-low, and cook until done.

Add orange sections, and remaining ingredients. Cook 2 - 3 minutes or until orange mixture is heated well. Spoon orange mixture over chicken.

Source: Cooking light 5 ingredient, 15 minute Cookbook, pg 145

## Menu Suggestion

**Grilled Rib-eye Steak and  
Grilled Vegetable Medley  
Spicy Pinto Beans  
Watermelon Slices**

### **Reduce waste by using what you have...**

Every year, 25 percent or more of the country's food is thrown in the garbage can. Try these ideas to reduce your food waste:

- Use see-through storage containers for refrigerated leftovers.
- Use leftovers in next-day breakfasts, lunches, snacks, or dinners.
- Label, date, and freeze leftover main dishes in meal-size servings.
- Check supplies before going to the store.
- Write the date on packaged foods before storing in freezer or cupboard.

## Skillet-Roasted Veggie Scramble

4 servings

Vegetable cooking spray  
1 medium zucchini squash, diced  
1 medium yellow summer squash, diced  
1 large onion, chopped  
1 medium green bell pepper, chopped (optional)  
1/2 tsp dried oregano  
1/4 cup water  
1/4 tsp salt  
1/8 tsp pepper  
4 eggs  
3 Tbsp low-fat milk  
1/4 tsp salt (optional)  
4 6-inch corn tortillas  
3/4 cup shredded cheddar cheese  
-Heat a large nonstick skillet over medium-high heat. Remove from heat and lightly spray with cooking spray.  
-Cook the squash, onion, and pepper for 3 minutes, stirring occasionally until lightly browned. Add the oregano.  
-Pour the water into the skillet, scraping the bottom and sides while stirring with the vegetables.  
-Mix the eggs, milk and salt together in a bowl. Turn down heat to medium. Pour egg mixture over the vegetable mixture. Cover with a lid and cook until the eggs are cooked through but slightly moist.  
-Serve on top of a corn tortilla and sprinkle with cheese.

Source: adapted from Diabetic & Heart Cookbook, AHA, pg 147

## Safe handling of fruits and vegetables

- Wash produce under lukewarm running water just before eating, cutting or cooking.
- Scrub firm produce with a clean produce brush.
- Drying produce with a clean cloth or paper towel may reduce bacteria that may be present.
- Fruit and vegetable washes have not been proven to remove any additional soil. Save your money!

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**Great for Picnics!**

### Horseradish Hamburgers

- 1 pound ground beef
- 1/4 cup breadcrumbs
- 1 tsp dried Italian seasoning
- 1 1/2 tsp prepared horseradish (optional)
- Vegetable cooking spray
- 4 (1/2-inch-thick) slices red onion
- 4 buns or rolls toasted
- Ketchup and mustard, optional

Combine first 3 ingredients, stirring well; shape into 4 patties. Coat grill with cooking spray; place on grill over medium-hot coals. Cook until done. Place on patties with onion slices and other desired toppings.

#### How hot is the fire?

Count how long you can hold your hand over the coals before it is too hot and you have to pull away to check the temperature of the coals.

Number of seconds	Temperature
2	375 F or higher, Hot
3	350-375 F, Medium Hot
4	300-350 F, Medium
5	200-300 F, Low

### Spicy Pinto Beans

- 1 Tbsp vegetable oil
- 1/2 cup chopped onion
- 1 (10 oz) can diced tomatoes and green chilies
- 15 1/2 oz can pinto beans, rinsed and drained.

In a saucepan, brown chopped onion in heated vegetable oil. Add spicy tomatoes and pinto beans. Heat for 10 - 12 minutes.

### Grilling Basics

**The secret to good BBQ cooking** is in the heat or a good bed of coals. The second secret is the sauce!

It's best to place your cooking grill about 5" above your coals. This is recommended for good thorough cooking.

- Shish kabobs will be done in 20-30 minutes, hamburgers in 8-10 minutes, and
- larger pieces of meat should be done in about 20-25 minutes per pound.

BBQ sauces are as varied as cooks. Whether you make your own or purchase a favorite from the grocery store, apply sauce toward the end of the cooking time so that it does not burn. If possible, more sauce should be available when it is served.

### Grilled Vegetable Medley

- 2 zucchini, 1/2 inch slices
- 2 summer squash, 1/2 inch slices
- 1 onion, 1/2 inch slices
- 2 potatoes, 1/4 inch slices
- 1/4 cup olive oil or canola oil
- 1 tsp paprika
- 1/2 tsp salt (optional)

Wash vegetables in clean water. Combine oil, with paprika and salt. You may use other spices if you choose. Place vegetables on a sheet of heavy-duty aluminum foil, bringing up edges. Pour oil and seasoning over the vegetables. Close foil around the vegetables, sealing tightly. Place vegetables on the grill rack and grill, covered with grill lid, over medium heat for about 15 minutes.

Source: Grilling Basics, University of Tennessee