

2017 West Texas Fair & Rodeo - Spotlight Kitchen

HEALTHY FIESTA FAVORITES

Presented By:

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Mexican Lasagna

INGREDIENTS:

- 1 pound (16 ounces) 99% lean ground turkey breast*
- 1 large white or yellow onion, chopped (about 1 cup)
- 1 large red chili pepper diced, (about 1 cup)
- 1 cup frozen corn kernels
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 2 teaspoons chili powder
- Juice of 1 lime
- 1 1/2 cups low-sodium marinara sauce,
Divided
- 1 can (15 ounces) fat-free refried beans
- 1 can (15 ounces) black beans, drained and rinsed
- 4 (7-inch) corn tortillas, cut into strips
- 1/2 cup queso fresco, crumbled

*You could swap in extra lean beef or ground chicken breast, leftover cooked chicken or beef, or even omit it for a vegetarian dish.



DIRECTIONS:

Preheat the oven to 375 degrees Fahrenheit. Prepare a 9X13 inch baking dish with cooking spray.

Over medium-high heat, brown the turkey in a large skillet coated with nonstick spray. Break up the turkey with the back of a spoon as it cooks.

When the turkey is no longer pink, add the peppers and onions. Cook for four minutes, stirring often, until the vegetables are soft.

Stir in the spices and corn. Cook for two minutes, then stir in the lime juice and 1 cup of the marinara sauce. Remove from heat.

Spread the refried beans in the bottom of the baking dish.

Layer on the black beans, the meat and vegetables, then the tortilla strips.

Cover with the remaining sauce and the cheese.

Bake, uncovered, for 15 minutes, until the cheese melts and the casserole is bubbly.

Jalapeño Cornbread Poppers

INGREDIENTS:

12 jalapeños
6 slices bacon
1 box corn muffin mix
1 large egg
½ cup sour cream
Ground black pepper
½ cup creamed corn, drained (optional)
½ cup shredded Cheddar cheese
2 Tbsp. finely chopped chives, plus extra for garnish

DIRECTIONS:

Preheat oven to 350° and line a large baking sheet with parchment paper. Cut jalapeños in half lengthwise and scoop out seeds. Place on prepared baking sheet.

Cook bacon over medium heat until crispy. Reserving grease, remove from heat and drain bacon on paper towels. When cool, chop into small pieces.

In a large bowl, combine dry corn muffin mix, egg, sour cream, and reserved bacon fat and mix until combined. Season with pepper then fold in corn (if using), chopped bacon, cheddar and chives.

Divide cornbread batter between jalapeño halves and bake until the cornbread is golden, 18 to 20 minutes. Garnish with chives and serve.



Vaquero Dip

INGREDIENTS:

2 cans (15 oz. each) black eyes peas (drained)
1 can (15 oz.) corn (drained)
1 cup cilantro
5 green onions
3 medium tomatoes
1 avocado
1 T oil (canola or vegetable)
2 T lime juice
½ t salt
½ t pepper

DIRECTIONS:

- *Drain and rinse the black-eyes peas and corn.
- *Finely chop the cilantro and green onions.
- *Dice the tomatoes and avocados.
- *Combine all ingredients in a large bowl.
- *Mix oil, lime juice, salt and pepper together in a small bowl.
- *Pour oil mixture over dip ingredients and toss lightly.
- *Serve with baked tortilla chips
- *Refrigerate leftovers within 2 hours.

Try adding other vegetables such as sweet or hot peppers or zucchini.

Somewhat Home-Made Cooking

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2016

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“*Somewhat Home-Made Cooking*” allows busy people to prepare meals with home-made flavor without all the fuss that comes with homemade. “*Somewhat Home-Made*” can be the best of both worlds. There are several options for “Somewhat Home-made” Cooking”:

- Embellish certain helpful supermarket products by adding ingredients to them
- Use shortcut products in our homemade recipes to cut down on prep time
- Choose assembly-like recipes, where we basically put various products and ingredients together to make tasty and interesting dishes

Convenience foods are those that are partially or fully prepared. They can be canned, frozen, ready-to-eat, ready to use or packaged mixes. When deciding what to buy, think about your time, energy, the quality and nutritional value of the food you can purchase and your food budget. Many convenience foods are actually less expensive than the home-prepared counterpart.

Some products that lend themselves to “Somewhat Home-Made Cooking”.....

Refrigerated minced garlic

Prepared pie crust—regular, graham cracker or cookie

Frozen bread dough, white or wheat

Frozen rolls—dinner, Texas or cinnamon rolls

Whole rotisserie chicken--use when recipes call for shredded chicken—just remove the skin

Canned chicken breast

Shredded cheese

Bottled marinara sauce--use when tomato or red sauce is called for

Pizza sauce, pasta sauce or alfredo sauce

Bottled salsa

Bottled or canned enchilada sauce

Biscuit mix—make biscuits, pancakes, waffles and other dishes.

Cake mix—replace the oil with lower calorie ingredients such as strong coffee, fat-free sour cream, lemon yogurt or applesauce

Frozen whipped topping—use light or fat free instead of whipped cream

Instant or Cook and Serve pudding mixes

(over)

Cream of mushroom soup (or other flavors)—can be used instead of making a gravy or cream sauce for casseroles
Canned broth—much easier than making broth from scratch
Concentrated coffee—much easier than brewing strong coffee for your baking recipes, buy a bottle and keep it in refrigerator once it is opened
Canned or frozen vegetables
Salad dressing--for flavor or marinades
Dry salad dressing mixes
Frozen shredded hash browns or O'Brien potatoes
Boxed scalloped or au gratin potatoes
Crescent Roll dough, canned biscuits or puff pastry - Crescent dough now comes in a seamless dough sheet
Prepared salads or produce
Real Crumbled Bacon (Pre-Cooked)

BLT Wraps

3 oz. pkg. cream cheese, softened
4-5 (10") whole wheat flour tortillas
2 tomatoes, chopped
2 avocados, chopped
2 cups mixed salad greens
10 Tablespoons, Real Crumbled Bacon
1/3 cup Ranch Salad Dressing
2 Tablespoons mayonnaise

In a large bowl combine tomatoes, avocado, salad greens, bacon crumbles, ranch salad dressing and mayonnaise. Mix well.

Spread one side of each tortilla with softened cream cheese. Divide filling mixture and place on the tortillas and roll up. Serve immediately or wrap well and chill for 3 - 4 hours before serving.

Pull Apart Garlic Bread

¼ cup butter, melted
1 Tablespoon dried parsley flakes
1 teaspoon garlic powder
¼ teaspoon garlic salt
1 loaf (1 pound) frozen whole wheat or white bread dough, thawed

In a small bowl, combine melted butter, parsley, garlic powder and garlic salt. Cut dough into 1" pieces; dip into butter mixture. Layer in a greased 9"x 5" loaf pan. Cover and let rise until doubled, about 1 hour.

Bake at 350 degrees for 30 minutes or until golden brown.

Somewhat Home-Made Chicken & Dumplings

1 can cream of chicken soup
1 can chicken broth
1 can (12.5 oz.) fully cooked chunk chicken
Pepper to taste
1 can biscuits

Mix soup, broth, and chicken in large pan. Season with pepper. Cut biscuits into small pieces and place on top of mixture in pan. (These will get larger as they cook. The bigger the biscuit pieces the longer it takes to cook them.) Cover pan and cook on medium heat stirring occasionally until dumplings are done - approximately 20 minutes. Remove lid during the last 10 minutes of cooking.