

## HASKELL COUNTY

**Darlene Hopkins**

Extension Agent

*Family and Community Health*

Texas A&M AgriLife Extension Service  
101 S Ave D  
Haskell, TX 79521

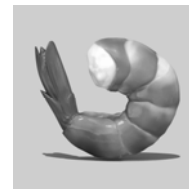
[darlene.hopkins@ag.tamu.edu](mailto:darlene.hopkins@ag.tamu.edu)

<http://haskell.agrilife.org/>

Tel. 940.864.2658 Cell. 940.256.3625



# Proteins from A to Z



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



## Turkey Patties

1 ¼ pound ground turkey  
1 cup bread crumbs  
1 egg  
¼ cup chopped green onion  
1 tablespoon prepared mustard  
½ cup chicken broth  
Non-stick cooking spray

Wash hands and work area before cooking. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about ½ inch thick. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.

Preparation Time: 10 minutes, Cook Time: 15 minutes, Serves: 4

Nutrition Facts: Calories: 340, Total Fat: 14 g, Cholesterol: 145 mg, Sodium: 450 mg, Total Carbohydrate: 20 g, Protein: 33 g.



MyPlate suggests  
choosing lean or low-fat  
meat and poultry  
choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

California is the only state that produces almonds commercially.

### FIGHTBAC!

Clean: Wash hands and  
Surfaces Often

Separate: Don't Cross-  
Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

<http://www.fightbac.org/>

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

# Almonds

### Did you know?

- Almonds, like most nuts, are an excellent source of protein.
- Almonds contain healthy monounsaturated fats.
- Almonds are a good source of vitamin E, calcium, and riboflavin.

### Additional Information

- The United States is the world's leading almond producer.
- Store almonds in a cool, dry place for longer shelf-life.
- There are over 40 varieties of almonds grown.
- Spanish explorers introduced almonds to the United States.



# Anchovies

## Did you know?

- Anchovies are a good source of protein.
- Anchovies are high in vitamins such as vitamin A, C, E, folate, and riboflavin.
- With a large amount of polyunsaturated fats, anchovies can help lower cholesterol.

## Fun Fact!

Anchovies have a fifth taste sensation known as “umami” (u’ma:mi).

## FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

## Additional Information

- Always cook anchovies before eating to prevent foodborne illness.
- Anchovies can help in maintaining healthy skin.
- Anchovies average 1 to 4 inches in length.
- There are over 20 different kinds of anchovies.

## Quick Tuna Casserole

4 cups water  
5 ounces wide egg noodles  
10 ounces low-sodium cream of mushroom soup  
1/3 cup skim milk  
6 1/2 ounces canned drained tuna in water  
1 cup frozen green peas  
1 cup fresh bread crumbs

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Then, cover the pot, remove from heat and let stand for 10 minutes. In the meantime, mix the soup and milk together in a bowl. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish. Drain the noodles well and combine with the tuna mixture. Sprinkle the top with bread crumbs. Bake for 30 minutes.

Preparation Time: 30 minutes, Cook Time: 30 minutes, Serves: 6

Nutrition Facts: Calories: 240, Total Fat: 4.5 g, Cholesterol: 30 mg, Sodium: 280 mg, Total Carbohydrate: 35 g, Protein: 15 g.

## Lemon and Garlic Pasta with Pan-Seared Scallops

3 medium green peppers cut into 1 ½ inch squares  
1 ½ pounds fresh bay scallops  
1 pint cherry tomatoes  
¼ cup vegetable oil  
3 tablespoons lemon juice  
Dash of garlic powder  
Black pepper to taste

Wash hands and work area before cooking. Parboil green peppers for 2 minutes. Alternately thread first three ingredients on skewers. Combine next four ingredients. Brush kabobs with oil/lemon mixture; place on grill (or under broiler). Grill 15 minutes, turning and basting frequently.

Preparation Time: 20 minutes, Cook Time: 25 minutes, Serves: 4

Nutrition Facts: Calories: 224, Total Fat: 6 g, Cholesterol: 43 mg, Sodium: 355 mg, Total Carbohydrate: 18 g, Protein: 56 g.

## Spicy Shrimp Omelette

3 teaspoons extra virgin olive oil  
1 tablespoon chili garlic sauce  
½ cup peeled shrimp, chopped  
½ cup red bell peppers, thinly sliced  
4 egg whites  
2 whole eggs  
4 tablespoons water  
Dash of freshly ground black pepper  
Pinch of salt

Wash hands and work area before cooking. In a non-stick frying pan, heat chili garlic sauce and 2 teaspoons extra virgin olive oil. Add shrimp and bell peppers and cook until nearly done. Beat eggs and egg whites with water, salt, and pepper in a small bowl. Mix 1 teaspoon olive oil with shrimp and bell peppers and pour in egg mixture. Cook until egg is set. Turn omelet over once. Transfer omelet onto a plate and garnish as desired.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 60, Total Fat: 3.5 g, Cholesterol: 55 mg, Sodium: 130 mg, Total Carbohydrate: 1 g, Protein: 4 g.



MyPlate suggests  
choosing lean or low-fat  
meat and poultry  
choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

Beef is consumed 77.8 million times every day in America!

### FIGHTBAC!

Clean: Wash hands and  
Surfaces Often

Separate: Don't Cross-  
Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

<http://www.fightbac.org/>

TEXAS A&M  
AGRI LIFE  
EXTENSION

## Beef

### Did you know?

- Beef is the top source of protein, vitamin B<sub>12</sub>, and zinc.
- Beef is also an excellent source of iron, riboflavin, and vitamin B<sub>6</sub>!
- Beef is one of the most nutrient dense foods and is especially important for adolescents to consume.

### What am I looking for?

- Look for lean cuts of beef that have loin or round in the name.
- Fresh beef and ground beef should be cooked to an internal temperature of 145°F and 160°F, respectively.
- Purchase ground beef that is 90% lean or higher.
- Beef is considered as a complete protein.



## TEXAS A&M AGRI LIFE EXTENSION

# Black Beans

### Did you know?

- Black beans are high in fiber!
- Black beans are low in fat and sodium.
- Black beans are a good source of protein.

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

Black beans were the first beans to be domesticated!

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Black beans are sometimes referred to as black kidney beans.
- Store black beans for up to 12 months in a cool, dry, and dark place.
- Black beans are in the same family as kidney and pinto beans.
- Black beans originated in Mexico and Central America over 7,000 years ago.

### Honey Mustard Pork Chops

- 4 top-loin pork chops
- ½ cup orange juice
- 1 tablespoon soy sauce
- 2 tablespoons honey mustard

Wash hands and work area before cooking. Put the pork chops in a large non-stick skillet. Cook over medium-high heat to brown one side of the pork chops. Use the spatula to turn the chops. Add the rest of the ingredients and stir. Cover the pan and lower the heat. Simmer 6 to 8 minutes until the chops are done.

Preparation Time: 10 minutes, Cook Time: 25 minutes, Serves: 4

Nutrition Facts: Calories: 300, Total Fat: 12 g, Cholesterol: 95 mg, Sodium: 400 mg, Total Carbohydrate: 6 g, Protein: 40 g.

### Salmon Patties

- 1 15 ½ ounce can boneless salmon, drained
- 1 cup crushed whole grain cereal or crackers
- 2 lightly beaten large eggs
- ½ cup 1% milk
- ½ teaspoon black pepper
- 1 tablespoon vegetable oil

Wash hands and work area before cooking. Use a fork to flake salmon until very fine. Crumble cereal or crackers into crumbs. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly. Shape into 9 patties. Heat oil in a skillet. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Preparation Time: 15 minutes, Cook Time: 20 minutes, Serves: 9

Nutrition Facts: Calories: 110, Total Fat: 4.5 g, Cholesterol: 20 mg, Sodium: 270 mg, Total Carbohydrate: 5 g, Protein: 12 g.

## Fudgy Fruit

2 tablespoons semi-sweet chocolate chips  
2 large, peeled bananas cut into quarters  
8 large strawberries  
¼ cup chopped, unsalted peanuts

Wash hands and work area before cooking. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit. Sprinkle the fruit with chopped nuts. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Preparation Time: 10 minutes, Cook Time: 5 minutes, Serves: 4

Nutrition Facts: Calories: 150, Total Fat: 6 g, Cholesterol: 0 mg, Sodium: 0 mg, Total Carbohydrate: 23 g, Protein: 3 g.

## Apple Coffee Cake

5 cups cored, peeled, chopped apple  
1 cup sugar  
1 cup dark raisins  
½ cup chopped pecans  
¼ cup vegetable oil  
2 teaspoons vanilla  
1 beaten egg  
2 ½ cups sifted all-purpose flour  
1 ½ teaspoon baking soda  
2 teaspoons ground cinnamon

Preheat oven to 350 degrees F. Lightly oil a 13x9x2 inch pan. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, baking soda, and cinnamon; stir into apple mixture about ⅓ at a time, just enough to moisten dry ingredients. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Preparation Time: 15 minutes, Cook Time: 40 minutes, Serves: 20

Nutrition Facts: Calories: 180, Total Fat: 5 g, Cholesterol: 10 mg, Sodium: 100 mg, Total Carbohydrate: 33 g, Protein: 3 g.



MyPlate suggests  
choosing lean or low-fat  
meat and poultry  
choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

There are four popular types of catfish in Texas: Bluecat, Channel Cat, Flathead Cat, and Bullhead.

### FIGHTBAC!

Clean: Wash hands and  
Surfaces Often

Separate: Don't Cross-  
Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

<http://www.fightbac.org/>

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Catfish

### Did you know?

- Catfish is an excellent source of omega-3 and omega-6 fatty acids.
- Catfish are a good source of protein.
- Catfish is an abundant source of phosphorus.

### Additional Information

- Catfish is the leading produced fish product in America.
- In the United States, the average person eats about one pound of catfish each year.
- Catfish should be cooked to an internal temperature of 145°F before consumption.
- Go for grilled or baked catfish rather than fried catfish.



TEXAS A&M  
AGRI LIFE  
EXTENSION

## Chicken

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

Texas ranks sixth in chicken production in the United States.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Did you know?

- Chicken is one of the best sources of protein.
- Chicken consumption is roughly 83 pounds per person, the most of any meat in the United States.
- Chicken is an excellent source of niacin, selenium, and phosphorus.

### Additional Information

- When purchasing chicken, look for a creamy white to deep yellow color.
- Avoid chicken that has a distinct odor.
- Chicken is a white meat that has less saturated fat and cholesterol than red meat.
- Chicken should be cooked to an internal temperature of 165°F.

### Lentil Chili

½ pound ground beef  
1 ½ cups chopped onion  
1 crushed clove garlic  
2 cups cooked lentils, drained  
29 ounces diced or crushed tomatoes  
1 tablespoon chili powder  
½ teaspoon ground cumin (optional)

Wash hands and work area before cooking. In a large saucepan, brown beef over medium-high heat, breaking it into bite size pieces. Drain fat. Add onion and garlic until softened. Add lentils, tomatoes, chili powder, and cumin. Cook for about 1 hour until flavors are blended. Serve hot, topped with your favorite chili toppings.

Preparation Time: 20 minutes, Cook Time: 1 hour, Serves: 6

Nutrition Facts: Calories: 220, Total Fat: 4.5 g, Cholesterol: 25 mg, Sodium: 480 mg, Total Carbohydrate: 28 g, Protein: 16 g.

### Three-Grain Peanut Bread

1 cup flour  
½ cup quick cooking oatmeal  
½ cup cornmeal  
½ cup non-fat dry milk powder  
½ cup sugar  
1 tablespoon baking powder  
¾ teaspoon salt  
⅔ cups peanut butter  
1 egg  
1 ½ cups non-fat milk

Wash hands and work area before cooking. Preheat oven to 325 degrees F. Combine dry ingredients in a large bowl. Using 2 knives, cut peanut butter into dry ingredients until it appears coarse and crumbly. In a small bowl, beat together egg white and milk. Add to dry ingredients and mix well. Spread mixture into a greased loaf pan. Bake at 325 degrees F for 1 hour and 10 minutes. Cool for 10 minutes and remove from pan.

Preparation Time: 15 minutes, Cook Time: 1 hour 10 minutes, Serves: 20

Nutrition Facts: Calories: 130, Total Fat: 5 g, Cholesterol: 10 mg, Sodium: 190 mg, Total Carbohydrate: 18 g, Protein: 5 g.



## Chicken and Beans

- 1 15-ounce can kidney beans
- 1 garlic clove
- 1 medium onion
- 2 ½ pounds chicken thighs
- 8 ounces tomato sauce
- ¼ cup vinegar
- 1 teaspoon sugar
- Salt and pepper to taste (optional)

Wash hands and work area before cooking. Drain and rinse beans. Crush garlic. Dice onion. Dice chicken thighs. In large pot, cook chicken until half done. Add tomato sauce, vinegar, onion, garlic, salt, and pepper. Simmer for about 30-40 minutes or until chicken is tender. Add kidney beans and simmer for 5-10 more minutes.

Preparation Time: 15 minutes, Cook Time: 50 minutes, Serves: 6

Nutrition Facts: Calories: 300, Total Fat: 8 g, Cholesterol: 180 mg, Sodium: 550 mg, Total Carbohydrate: 15 g, Protein: 41 g.

## Fiesta Lamb Fajitas

- 21 ounces lean lamb, cut into thin strips
- Old El Paso™ Fajita Kit In this kit – 8 Tortillas, Fajita Seasoning, Mild Mexican Salsa
- 2 tablespoons olive oil
- 1 large onion, thinly sliced
- 1 large bell pepper, seeds removed, thinly sliced
- 1 lime, cut in half

Wash hands and work area before cooking. Preheat pan. Combine Fajita Seasoning and oil in a bowl. Add lamb and toss to coat. Add half of the seasoned lamb and cook for one minute on each side. Remove from pan and repeat with remaining lamb. Return all cooked lamb to pan. Add onion and pepper, cook for 3 minutes and squeeze over lime juice. Place lamb, onion, and pepper onto warmed tortilla and top with Mild Mexican Salsa. Wrap and enjoy.

Preparation Time: 15 minutes, Cook Time: 15 minutes, Serves: 6

Nutrition Facts: Calories: 300, Total Fat: 15 g, Cholesterol: 90 mg, Sodium: 260 mg, Total Carbohydrate: 10 g, Protein: 29 g.



MyPlate suggests  
choosing lean or low-fat  
meat and poultry  
choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

Cod are predominately caught in Alaskan water.

### FIGHTBAC!

**Clean:** Wash hands and  
Surfaces Often

**Separate:** Don't Cross-  
Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

TEXAS A&M  
AGRI LIFE  
EXTENSION

## Cod

### Did you know?

- Cod is a type of fish that is high in lean protein.
- Cod is an excellent source of vitamin B<sub>12</sub>!
- Cod is a good source of potassium.

### Additional Information

- Atlantic Cod and Pacific Cod are both served in the United States.
- Cod consumption reaches about a half pound per person each year.
- Cod, like all fin fish, should be cooked to an internal temperature of 145°F.
- Cod may contain mercury and should be limited in pregnant women.



## TEXAS A&M AGRI LIFE EXTENSION

# Eggs

### Did you know?

- For its size, an egg is one of the most nutrient dense foods available.
- An egg contains 13 essential nutrients.
- Eggs naturally contain vitamin D and are also high in iron.

### Fun Fact!

The United States produces about 75 billion eggs every year!

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Iowa is the leading egg producer in the United States.
- Egg whites are used in shampoos, conditioners, soaps, and other skin care products.
- Hens can lay multiple eggs every day.
- Eggs need to be cooked until their yolk and white are firm.

### Dilled Fish Fillets

- 1 pound frozen haddock or cod fillets
- 1 tablespoon lemon juice
- $\frac{1}{8}$  teaspoon dried dill weed
- $\frac{1}{8}$  teaspoon salt
- 1 dash black pepper (optional)

Wash hands and work area before cooking. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Then, separate into 4 fillets or pieces. Place fish in a glass-baking dish. Cover with wax paper. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings. Cover and continue cooking at "medium" power for 3 minutes or until fish flakes with a fork.

Preparation Time: 20 minutes, Cook Time: 20 minutes, Serves: 4

Nutrition Facts: Calories: 100, Total Fat: 1 g, Cholesterol: 65 mg, Sodium: 150 mg, Total Carbohydrate: 0 g, Protein: 20 g.

### Oriental Rice

- 1 tablespoon vegetable oil
- 2 beaten eggs
- 3  $\frac{1}{2}$  cups cooked brown rice (or white rice)
- 1 cup chopped ham (or chicken breast or pork)
- 1 cup cooked, chopped mixed vegetables
- 2 sliced green onions
- Soy sauce or hot sauce to taste (optional)

Wash hands and work area before cooking. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble. Remove cooked eggs and set aside. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan. Add leftover meat and/or vegetables. Stir fry until heated. Add green onions, reserved eggs, and sauce to taste. Serve hot. Cover and refrigerate leftovers within 2 hours.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 310, Total Fat: 7 g, Cholesterol: 120 mg, Sodium: 70 mg, Total Carbohydrate: 41 g, Protein: 18 g.

## Banana Bread

3 large bananas  
1 egg  
2 tablespoon vegetable oil  
1/3 cup milk  
1/3 cup sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 baking powder  
1 1/2 cup flour

Wash hands and work area before cooking. Preheat the oven to 350 degrees F. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with a fork. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened. Lightly grease the bread pan with a little oil or cooking. Pour the batter into the bread pan. Bake for 45 minutes until a toothpick inserted near the middle comes out clean. Let the bread cool for 5 minutes before removing it from the pan.

Preparation Time: 10 minutes, Cook Time: 50 minutes, Serves: 12

Nutrition Facts: Calories: 140, Total Fat: 3 g, Cholesterol: 15 mg, Sodium: 330 mg, Total Carbohydrate: 26 g, Protein: 3 g.



TEXAS A&M  
AGRI LIFE  
EXTENSION

## Haddock

### Did you know?

- Like most fish, Haddock are an excellent source of protein.
- Haddock has no carbohydrates and is low in fat.
- Haddock are a good source of vitamin B<sub>12</sub>.

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

Haddock are sometimes referred to as "Scrod."

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- When cooked, Haddock has a slightly sweet taste with firm yet tender meat.
- Haddock is sold as fresh, frozen, and value-added.
- Haddock should be cooked to 145°F or until flesh is opaque and separates easily with a fork.
- Canada, Iceland, and Norway are among the top producers of Haddock.



## TEXAS A&M AGRI LIFE EXTENSION

# Ham

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

67% of Americans serve ham at their Easter dinners.

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Did you know?

- Ham comes from the leg or shoulder of pigs.
- Ham is a good source of protein and thiamin.
- Ham comes in three forms: fresh, cured, cured-and-smoked.

### Additional Information

- Fresh ham should be cooked to 160°F internally before eating, and pre-cooked ham to 140°F.
- The usual color for fresh ham is pale pink or beige.
- Ham is high in selenium and phosphorus.
- To preserve texture and flavor, wrap ham in freezer paper and store in freezer for no longer than 2 months.

### Baked Chicken with Vegetables

4 sliced potatoes  
6 sliced carrots  
1 large onion, quartered  
1 raw chicken, skin removed cut into pieces  
½ cup water  
1 teaspoon thyme  
¼ teaspoon pepper

Preheat oven to 400 degrees F. Place potatoes, carrots, and onions in a large roasting pan. Put chicken pieces on top of the vegetables. Mix water, thyme, and pepper. Pour over chicken and vegetables. Spoon juices over chicken once or twice during cooking. Bake at 400 degrees F for one hour or more until browned and tender.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 240, Total Fat: 3.5 g, Cholesterol: 75 mg, Sodium: 130 mg, Total Carbohydrate: 25 g, Protein: 26 g.

### Simple Fish Tacos

½ cup non-fat sour cream  
¼ cup fat-free mayonnaise  
½ cup fresh chopped cilantro  
½ package low-sodium taco seasoning  
1 pound x 1 inch pieces cod fillets  
1 tablespoon olive oil  
2 tablespoons lemon juice  
2 cups shredded red and green cabbage  
2 cups diced tomatoes  
12 six inch corn tortillas  
Lime wedges

Wash hands and work area before cooking. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tablespoons seasoning mix. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily with a fork. Fill warm tortillas with fish mixture. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Preparation Time: 15 minutes, Cook Time: 10 minutes, Serves: 6

Nutrition Facts: Calories: 230, Total Fat: 4.5 g, Cholesterol: 35 mg, Sodium: 350 mg, Total Carbohydrate: 32 g, Protein: 18 g.

## Catfish Stew and Rice

2 medium potatoes  
1 14 ½ ounce can cut tomatoes  
1 cup chopped onion  
1 cup clam juice  
1 cup water  
2 minced garlic cloves  
½ coarsely chopped head of cabbage  
1 pound catfish fillets  
Sliced green onion (as needed)  
1 ½ tablespoon chili powder and spice seasoning  
2 cups cooked brown rice

Wash hands and work area before cooking. Peel potatoes and cut into quarters. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally. Meanwhile, cut fillets into 2-inch lengths. Coat with chili and spice seasoning. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork. Serve in soup plates. Garnish with sliced green onion, if desired. Cook brown rice according to directions on box. Serve with scoop of hot cooked rice. \*Reduce the sodium by using low- or no-added-sodium canned tomatoes.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves:4

Nutrition Facts: Calories: 380, Total Fat: 7 g, Cholesterol: 55 mg, Sodium: 400 mg, Total Carbohydrate: 59 g, Protein: 22 g.



TEXAS A&M  
AGRI LIFE  
EXTENSION

# Kidney Beans

### Did you know?

- Kidney beans, like other beans, contain no saturated fat.
- Kidney beans are a good source of fiber, calcium, iron, and folate.
- Kidney beans come in two varieties: light red and

### Fun Fact!

Kidney beans get their name from the shape of the organ.

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Store uncooked kidney beans in a cool, dry place.
- Kidney beans are a healthy choice for vegetarians as they provide protein.
- Kidney beans grow best in warm soil temperatures of about 90°F.
- Kidney beans are available canned or dry.



## TEXAS A&M AGRI LIFE EXTENSION

# Lamb

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

The meat from a lamb over a year old is called mutton!

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Did you know?

- Lamb is a good source of zinc and iron.
- Lamb is a complete protein.
- Lamb has zero carbohydrates.

### Additional Information

- Lamb should be cooked to an internal temperature of 160°F before consumption.
- Americans consume about 1 pound of lamb and mutton per year.
- Lamb should be served when it is slightly pink.
- Just 3-ounces of cooked lamb can provide a person 48% of their daily protein requirements and 30% for zinc!

### Sensational Six-Layer Dinner

2 medium sliced potatoes  
2 cups sliced carrots  
¼ teaspoon black pepper  
½ cup sliced onion  
1 pound browned, drained ground beef  
1 ½ cups green beans  
1 can tomato soup

Wash hands and work area before cooking. Lightly oil or spray baking dish with cooking spray. Layer ingredients in order given. Bake at 350 degrees F for 45 minutes or until tender and thoroughly heated. Uncover and make 15 more minutes.

Preparation Time: 15 minutes, Cook Time: 60 minutes, Serves: 6

Nutrition Facts: Calories: 260, Total Fat: 6 g, Cholesterol: 65 mg, Sodium: 480 mg, Total Carbohydrate: 26 g, Protein: 25 g.

### South of the Border Salad

2 15.2 ounce cans corn, drained, rinsed  
2 15.2 ounce cans black beans, drained, rinsed  
1 14.5 ounce can diced tomatoes with green chilies  
1 small chopped onion

#### Dressing Ingredients:

3 tablespoons olive oil (or canola)  
⅓ cup lemon or lime juice  
½ teaspoon pepper  
1 teaspoon ground cumin (optional)

Wash hands and work area before cooking. Mix the salad ingredients in a large bowl. Mix the dressing ingredients in a small bowl. Pour dressing over corn mixture and mix well. Cover and refrigerate for at least 2 hours.

Preparation Time: 2 hours 10 minutes, Cook Time: 0 minutes, Serves: 9

Nutrition Facts: Calories: 180, Total Fat: 6 g, Cholesterol: 0 mg, Sodium: 680 mg, Total Carbohydrate: 29 g, Protein: 6 g.

## Chicken and Cranberry Salad

12 ounces chicken  
½ cup vinaigrette dressing  
1 cup dried cranberries  
2 tablespoons  
1 head of chopped lettuce

Wash hands and work area before cooking. Cook chicken in a skillet until done. Toss chicken, cranberries, and almonds with dressing. Serve on a mound of chopped lettuce.

Preparation Time: 10 minutes, Cook Time: 15 minutes, Serves: 4

Nutrition Facts: Calories: 290, Total Fat: 5 g, Cholesterol: 70 mg, Sodium: 80 mg, Total Carbohydrate: 34 g, Protein: 28 g.

## Fried Anchovies with Dried Peanuts

2 tablespoons peanut oil  
1 cup dried small anchovies  
1 cup raw peanuts  
1 teaspoon caster (superfine) sugar  
½ teaspoon salt  
½ teaspoon chili powder

Wash hands and work area before cooking. Heat oil in a wok, and fry anchovies over medium heat until pale brown. Remember they will continue to darken even after being removed from the heat. Lift out with a slotted spoon and drain on paper towels. Fry the peanuts in the oil until golden brown, lift out and drain. Mix sugar, salt, and chili powder and sprinkle over the combined fish and peanuts, tossing well. Cool and serve.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 230, Total Fat: 18 g, Cholesterol: 25 mg, Sodium: 240 mg, Total Carbohydrate: 5 g, Protein: 14 g.



TEXAS A&M  
AGRI LIFE  
EXTENSION

## Lentils

### Did you know?

- Lentils are a good source of fiber and protein.
- Lentils contain healthful complex carbohydrates.
- Lentils are high in folate, iron, potassium, and thiamin.

### Fun Fact!

Lentils come in several colors including black, green, red, and yellow!

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Lentils are mainly grown in eastern Washington, northern Idaho, and western Canada.
- Lentils are seeds that grow in pods shaped like flat disks.
- Lentils are a type of legume.
- Avoid lentils that are misshapen, dented, or dried out.



TEXAS A&M  
AGRI LIFE  
EXTENSION

## Peanut Butter

### Did you know?

- Peanut butter and peanuts are similar in their nutrition benefits.
- Peanut butter is a good source of protein and potassium!
- Peanut butter has high levels of heart healthy unsaturated fats.

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

November is National Peanut Butter Lovers Month.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

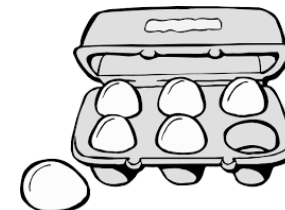
- Like all plant-based foods, peanut butter contains no cholesterol.
- Peanut butter production is the leading use of peanuts in the United States.
- A 12 ounce jar of peanut butter is made by about 540 peanuts.
- Peanut butter should be stored in a dry place that has a constant temperature.



## Recipes to Enjoy!

MyPlate suggests making half your plate fruits and vegetables!

<http://www.choosemyplate.gov>







TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Turkey

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Did you know?

- Turkey is an exceptional source of protein.
- About 46 million turkeys are eaten each Thanksgiving!
- Turkey is high in iron, zinc, phosphorus, and potassium.

### Fun Fact!

The heaviest turkey ever raised was 86 pounds!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Turkey can be sold whole, as sausage, tenderloins, and deli meats.
- Turkeys, like humans, can see color.
- Turkeys have two different types of meat: white and dark meat.
- Turkey should be cooked to an internal temperature of 165°F.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Peanuts

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Did you know?

- Peanuts are a good source of plant-based protein.
- Peanuts contain about 30 essential nutrients, and phytonutrients.
- Peanuts contain a good source of dietary fiber.

### Fun Fact!

Texas is the second largest peanut producer in the United States!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Peanuts contain more protein than any other nut!
- As a whole, Americans consume 1.5 billion pounds of peanut products every year.
- Peanuts are a legume.
- Peanut allergies are among the most severe type of food allergies.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Pecans

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Did you know?

- Pecans contain more than 19 vitamins and minerals!
- Pecans are a good source of antioxidants.
- Pecans are high in heart healthy monounsaturated and polyunsaturated fats.

### Fun Fact!

The pecan tree is the official state tree of Texas!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Pecans are grown across all areas in Texas.
- The United States produces about 80 percent of the world's pecan supply.
- Store pecans in the freezer for up to two years.
- Pecans are a good source of dietary fiber.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Tuna

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Did you know?

- Tuna is abundant in lean protein.
- Tuna is a superb source of vitamin B<sub>12</sub>, vitamin D, calcium, and iron.
- Tuna is one of the best sources of omega-3 fatty acids.

### Fun Fact!

Americans eat over one billion pounds of canned and/or pouched tuna every year!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Pregnant women should consume no more than 300 grams of albacore (canned) tuna per month.
- Choose fresh tuna that smells ocean-fresh and has a glossy appearance.
- Tuna can swim up to 40 mph.
- Tuna is most popular in Japan and the United States.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Shrimp

### Did you know?

- Shrimp is high in vitamin D, niacin, and zinc.
- Shrimp contains antioxidants that help protect the skin from premature aging.
- Shrimp are made of almost entirely protein and water.

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

A shrimp's heart is located in its head!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Shrimp is the most frequently eaten seafood in the United States.
- Shrimp should be cooked until the flesh is opaque.
- Shrimp have many different types: cold water, warm water, wild, farmed, domestic, and imported.
- On average, people eat about 4 pounds of shrimp per year.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Pork

### Did you know?

- Pork is the world's most widely eaten meat!
- Pork is a good source of thiamin, niacin, and Vitamin B<sub>6</sub>.
- Cuts of pork with the word "loin" in them are the leanest and have the most nutritional value.

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Fun Fact!

One hog represents 371 servings of pork!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Pork production began in China in 4,900 B.C.
- Pork is classified as a white meat.
- Pork should be cooked to a temperature of 160°F to prevent illness.
- Pork is the most versatile meat - it can be marinated, dry rubbed, roasted, microwaved, grilled, skewered, pan-fried, stir-fried, boiled, barbecued, and baked.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Salmon

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Did you know?

- Salmon is high in protein and vitamin D.
- Salmon is a great source of omega-3 fatty acids.
- Salmon contains vitamins A, D, B<sub>6</sub>, B<sub>12</sub>, niacin, and riboflavin.

### Fun Fact!

Salmon can survive in both freshwater and saltwater, making them anadromous!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Look for bright, firm, orange-pink flesh in fresh salmon.
- Cook salmon to 145°F or until flesh is opaque and separates easily with a fork.
- There are 6 commonly eaten types of salmon in the United States: Atlantic, Chinook, Chum, Coho, Pink, and Sockeye Salmon.
- Salmon is the third most consumed seafood in the United States behind shrimp and canned tuna.



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Scallops

MyPlate suggests choosing lean or low-fat meat and poultry choices.

<http://www.choosemyplate.gov/>

### Did you know?

- Scallops are low in fat and a good source of protein!
- Scallops are high selenium and vitamin B<sub>12</sub>
- There are over 40 different kinds of scallop produced worldwide.

### Fun Fact!

Scallops are classified as mollusks.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Scallops are usually five inches in length or more.
- Scallops are available year round.
- When cooked, scallops should be an opaque white with a firm texture.
- Scallops begin as plankton and then mature into adult scallops.