

Cutchins's Collards, Kale and Cabbage One Pot Meal

2lbs Collards
2lbs Kale
1 medium Cabbage
5 Smoked Turkey Legs
½ teaspoon of red crushed pepper
(Wash all vegetables in 1/3 cup of salt)

In large cooking pot fill with water and add turkey legs. Boil turkey legs for approximately one and half hours. While turkey legs are cooking start removing stems from collards and kale. Wash all vegetables in 1/3 cup of warm water. Then let them sit in the water for 30 minutes. Remove from salt water and rinse vegetables twice. After the turkey legs have cooked for one and half hours then add collards and kale to pot with the turkey legs. Put one half teaspoon of crushed pepper into the pot. Let the turkey legs cook with the vegetables for at least 30 minutes and remove tender turkey legs from the pot. Continue cooking the collards and kale for at least 2 hours. Once collards and kale is cooked then remove collards and kale from the pot. Then add cabbage to the same pot and cook for 45 minutes. While cabbage is cooking proceed to press and drain all excess water from collards and kale. Make sure all water is drained from the collards and kale. Then use a hand chopper to chop collard and kale. Set collards and kale aside until cabbage is done. Chop cabbage then mix cabbage, kale and collards together. Add cooked turkey on top of the vegetables.

Makes at 9 servings and may be frozen for six months.

CONNETTI RICE AND BEAN SALAD

Ingredients:

- 1 cup instant brown rice, uncooked
- 1 cup chopped tomatoes (about 1 medium)
- 2 medium carrots, finely chopped or grated
- 2 tablespoons onion, finely chopped
- 1 cup frozen corn
- 1 can (15 ounces) black beans, drained and rinsed
- 1/4 cup lime juice
- 1/4 cup oil (canola, vegetable, or olive)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Serves 6
Serving Size: 3/4 cup
Calories: 150

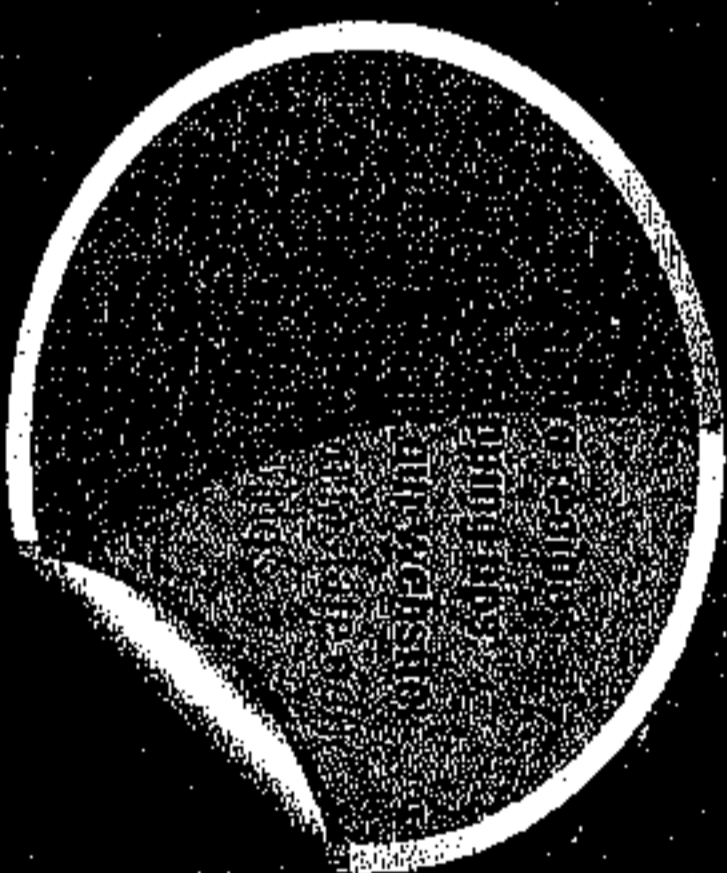
Instructions:

1. Cook rice according to package directions and let cool.
2. While rice is cooling, wash and cut up the tomato, carrots, and onion. Put them into a large bowl.
3. Add frozen corn to the bowl.
4. Drain and rinse black beans and add to the bowl.
5. Add cooled rice to the bowl.
6. In a small bowl, whisk together the lime juice, oil, salt, and pepper. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

Fold here to save these tips with this recipe!

Clever Ideas/Tips

- Add color and flavor with 1 teaspoon cumin, 1 tablespoon dried parsley, or 3 tablespoons fresh parsley (minced).
- This keeps 4 days in the refrigerator.
- Use as a side dish, pita or tortilla filling, dip for tortilla chips, or filling for a lettuce wrap.
- Substitute one can of corn for frozen corn.
- Add one cup of cooked meat, chicken, or fish for variety.



POP CORN RECIPE

Pot Pan or Skillet Method:

¼ Cup Canola Oil or Cooking Oil

Add a single kernel of corn. Cover and heat at medium – high setting. When Kernel pops, add just enough corn to cover pan or pot bottom, one kernel deep.

Cover and shake gently. When popping slows, remove from heat. Season to taste. (Light Seasonings or Fat free).

Serving Size 3 tbsp (38g) (makes about 4-5 cups popped)

Nutrition Facts:

Amount Per Serving.....3 tsp.(38g) Unpopped.....Per 1 Cup Air Popped

Calories.....120,,,,,,,,,,,,,,,,,,,,,20

Calories from fat.....10.....0

Total Fat 1g*.....2%.....0%

Total Carbohydrates 28g.....9%.....2%

Dietary Fiber 5g.....21%.....4%

Protein 4g

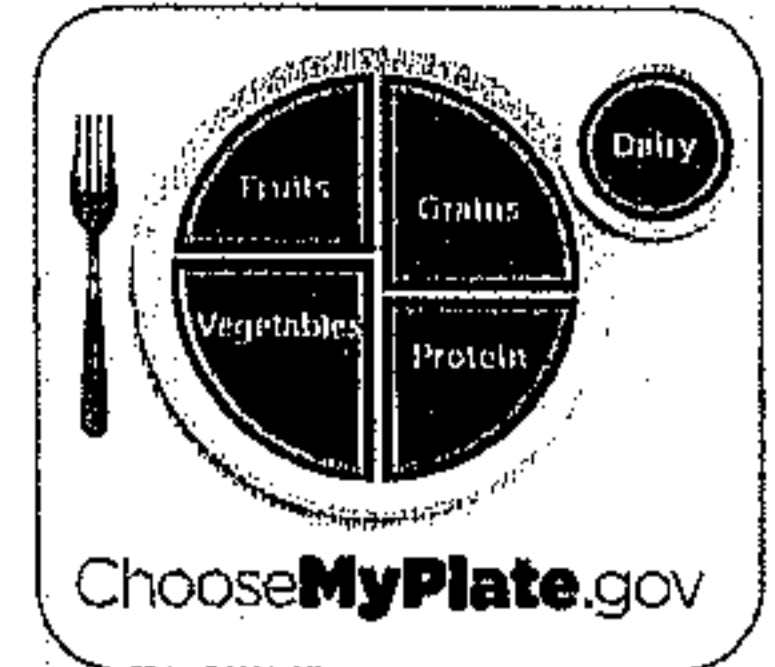
Iron.....6%.....0%

Sugars 0g

Cholesterol 0mg

Sodium 0mg

kid-friendly veggies and fruits

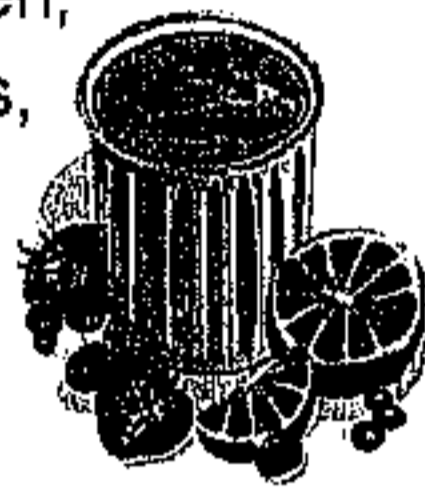


10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

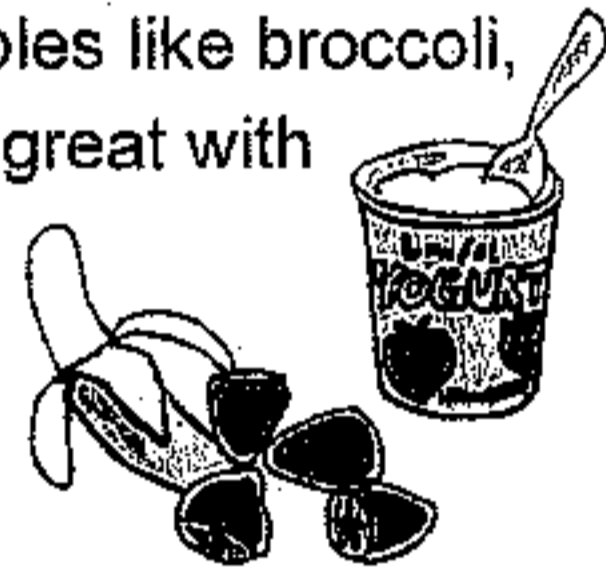
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Zucchini Bread

Ingredients

3 ¼ cups all-purpose flour
1 ½ teaspoons salt
1 teaspoon ground nutmeg
2 teaspoons baking soda
1 teaspoons ground cinnamon
3 cups sugar
1 cup brown sugar
1 cup vegetable oil
4 eggs, beaten
1/3 cup water
2 cups grated zucchini
1 teaspoon lemon juice
1 cup chopped walnuts or pecans

Directions

Preheat oven to 350* degrees Fahrenheit. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon, and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry. Add nuts and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray for 1 hour, or until a tester comes out clean. Alternately, if you use a 13x9 pan, bake for 30 to 35 minutes, or until a toothpick inserted in the center comes out clean.