



Summer Express: 25 Simple Meals Ready in 15 Minutes or Less

THE PLEASURE OF COOKING is often diminished with the heat and hectic schedules of summer. Instead of turning to take out, consider these suggestions to make a quick and healthy summer meal. With the addition of a fresh green or fruit salad and perhaps some bread or rolls, you can turn any of these dishes into a meal that is not only healthier and tastier than take out, but also saves money without overheating the kitchen.



1 Try an Egg, Any Way: Fried, scrambled, poached, hard-boiled, deviled, even an egg salad sandwich served pinwheel style in lavash or egg and avocado salad in a tomato half.

2 Fish Tacos: Dredge fish fillets in lemon pepper and flour and pan fry in olive oil until crisp, about 2 minutes per side. Serve in a tortilla with salsa, lettuce, avocado and sour cream.

3 Think Outside the Pizza Box: Try whole wheat naans, ciabatta bread or the new cauliflower crusts, with toppings from your fridge, to make a delicious pizza.

4 Quick Quesadillas: Place your favorite cheese on a half of a large flour tortilla with diced green chilies, chopped green onion and chopped tomatoes. Fold over and brown both sides in a hot pan coated with cooking spray.

5 Pronto Pasta: While pasta cooks, combine chopped tomatoes, minced garlic, torn basil leaves and olive oil. Toss with pasta and Parmesan cheese.

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DID YOU KNOW...

- July is National Fireworks Safety Month
- July is Ultra Violet (UV) Safety Month
- The Skin Cancer Foundation estimates that 80% of lifetime sun exposure occurs during childhood.
- One bad sunburn in childhood doubles the risk of skin cancer later in life.
- Any change in the color of your child's skin after time outside—whether sunburn or suntan—indicates damage from UV rays.
- Up to 80% of the sun's UV rays can pass through clouds, causing sunburns on overcast days.
- Skin cancer is the most common type of cancer, but it's also the most successfully treated if it's found early.
- Nearly 5 million people are treated for skin cancer each year in the U.S.

Skincancer.org, Centers for Disease Control and Prevention, American Academy of Dermatologists, medicaldaily.com

Quotable Quotes

“Fourth of July, I'll tell you what we don't eat on the Fourth of July. French toast, Asian food, Lasagna. Are you spotting a pattern here?”

– Harry Balzer (food industry analyst)

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- 6 And That's a Wrap:** Make wraps of warm white beans, tuna, a drizzle of olive oil, lettuce and tomato. Or try a rainbow wrap, with deli sliced turkey, sliced red bell peppers, shredded carrots and purple cabbage.
- 7 Fried Rice from Leftovers:** Soften carrot, onions, ginger and garlic in hot oil. Add leftover rice, cooked chicken or beef, eggs and peas. Season with soy sauce and sesame oil.
- 8 Niçoise Salad:** Lightly steam green beans. Arrange on a plate with canned tuna, hard boiled eggs, romaine lettuce, roasted potatoes and tomatoes. Drizzle with olive oil and vinegar.
- 9 Lettuce Wraps:** Stir-fry onion, garlic, chopped veggies and ground pork or chicken, season with soy or oyster sauce and serve in lettuce cups.
- 10 Nearly Instant Mezze:** On a plate, arrange hummus, plain yogurt, sliced cucumbers, tomato, feta, olives and white beans. Drizzle with olive oil and serve with pita bread.
- 11 Mac and Cheese and More:** Enhance a box of mac and cheese with extra cheese, tuna, ham or chicken breast and some steamed broccoli, carrots or zucchini.
- 12 Seasoned Chickpeas:** Sauté onions, chili powder and cumin. Add drained, canned chickpeas and serve with lemon wedges and cilantro.
- 13 Tasty Taco Salad:** Combine greens, chopped tomato, chopped red onion, sliced avocado, black beans, corn and sliced black olives. Toss with tortilla chips. Dress with olive oil, lime juice and cilantro.
- 14 Veggie Burger:** Drain and pour a 14-ounce can of beans into a food processor with an onion, half cup of oatmeal, chili powder, an egg, salt and pepper. Process until mushy then shape into burgers, adding a little liquid or oats as needed for consistency. Cook about 3 minutes per side.
- 15 Stuffed Potatoes:** Microwave potatoes and serve with chili, broccoli and cheese or black beans, corn, pepper jack cheese, avocado and salsa.
- 16 Breakfast for Dinner:** Everyone will love French toast or pancakes with sausage or ham slices.
- 17 Not Take Out:** Stir-fry onions with broccoli. Add cubed tofu or choice of meat and season with soy sauce. Toss with Chinese noodles.
- 18 Panini:** Make a pressed, grilled sandwich with cheese and roasted seasonal veggies, adding some fresh basil leaves for an authentic Italian flavor.
- 19 Stuffed Portabellas:** Brush portabella mushrooms with olive oil and sprinkle with salt and pepper. Broil until tender. Cook scrambled eggs with onions. Serve the eggs in the mushroom caps.
- 20 Three Can Chili:** Mix together cans of undrained pinto or red beans, corn and tomatoes. Sprinkle with chili powder and heat through. Yummy with cornbread or warm corn tortillas.
- 21 Salmon Cakes:** Combine canned, drained salmon with green onions, lemon juice, dill, egg and breadcrumbs. Form into patties, sprinkle with paprika and sauté in hot oil. Serve with lemon wedges.
- 22 Upscale Tuna Salad:** Mix tuna packed in olive oil with capers, dill or parsley and lemon juice. Stuff into a tomato or avocado half.
- 23 Baguette Hoagies:** Cut Italian sausage into chunks and brown with onion and chopped bell peppers in olive oil. Serve in baguettes, split lengthwise and top with fresh spinach and tomato slices.
- 24 Asian Peanut Pasta:** Top cooked angel hair pasta with a mixture of peanut butter, soy sauce and garlic ginger sauce. Add lightly steamed veggies and tofu, chicken, or pork and mix together.
- 25 Fasta Pasta Salad:** Combine cooked cheese tortellini with halved cherry tomatoes, chopped marinated artichokes, sweet bell peppers, Parmesan cheese and Italian dressing.

KIDS' HEALTH & SAFETY

Teaching Kids Sun Smarts

1. TEACH THEM TO **SLIP ON**
SUN PROTECTIVE CLOTHING

Talk about clothing that:

- covers as much skin as possible i.e. shirts with long sleeves and high necks/collars
- is made from close weave materials such as cotton, polyester/cotton and linen
- if used for swimming, is made from materials such as Lycra, which stays sun protective when wet

2. GET THEM TO **SLOP ON**
SPF 30+ SUNSCREEN

You'll have to do this until they are about 5 or 6 but once they're old enough, teach kids to do it themselves. A reward chart can help.

Make sure the sunscreen is broad spectrum and water-resistant, always use with other forms of protection and don't use sunscreen to increase the amount of time you spend in the sun.

Apply sunscreen liberally to clean, dry skin at least 20 minutes before you go outside and reapply every two hours.

3. MAKE SURE THEY **SLAP ON A HAT**

Some schools have a no-hat no-play policy so try and mimic that at home or when you go to the beach or park. Make sure they wear a broad-brimmed, legionnaire or bucket style hat that provides good protection for the face, nose, neck and ears; these are common sites for skin cancers.

While popular with kids, caps and visors do not provide enough protection. Choose a hat made with closely woven fabric—if you can see through it, UV

radiation will get through. Hats may not protect you from reflected UV radiation, so also wear sunglasses and sunscreen.

4. ENCOURAGE THEM TO **SEEK SHADE**

While it's not always possible to get in the shade, this is an effective way to reduce sun exposure. At the beach set up a tent or a gazebo or use trees or built shade structures at parks.

Whatever you use for shade, make sure it casts a dark shadow and use other protection, such as clothing, hats, sunglasses and sunscreen, to avoid reflected UV radiation from nearby surfaces.

5. REMIND THEM TO **SLIDE ON SOME**
SUNGLASSES

Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98 per cent. Sunglasses should be worn outside during daylight hours and are just as important for kids as they are for adults. Choose close-fitting wrap-around sunglasses.

— *Adapted from Skincin.org*

Oprah's Favorite Turkey Burgers

Turkey breast, ground.....	4 pounds	Lemon, zested & juiced.....	1
Canola oil.....	2 Tbsp	Major Grey's Mango	
Celery, finely chopped.....	½ cup	Chutney, pureed.....	¼ cup
Green Onions,		Chipotle Tabasco sauce.....	2 tsp
finely chopped.....	¼ cup	Salt.....	1 Tbsp
Granny Smith apples, peeled,		Pepper.....	1 Tbsp
cored & finely chopped....	3		
Italian parsley, chopped.....	½ large bunch		

1. Sauté the celery, onion and apples in canola oil, set aside and let cool. In a very large bowl mix together the parsley, lemon zest and lemon juice, chutney, Chipotle Tabasco, salt and pepper. Mix in the cooled apple mixture and mix well.
2. With clean hands, mix in the ground turkey very well. Refrigerate at least 2 hours or overnight. Shape into 24 patties. Lightly salt and pepper burgers on both sides.
3. Grill over direct heat for 5 minutes, flip and continue grilling (covered) on indirect heat for 15 minutes more. Burgers can also be sautéed in a covered grill pan on top of the stove.

Yield: 24 burgers

Meets requirement for meat/meat alternate

— *Geniuskitchen.com*

Grilled Peaches

Peaches, halved & pitted	4 large	Honey.....	2 Tbsp
Olive oil.....	1 Tbsp	Vanilla extract.....	½ tsp
Mascarpone.....	8 ounces	Granola or chopped nuts....	½ cup

1. Preheat a grill to 400°F. Brush the grill and cut sides of peach halves with olive oil. In a bowl mix together mascarpone, honey and vanilla extract with a fork, do not over mix.
2. Grill peach halves cut side down about 3 minutes, carefully rotate and grill about 3 minutes longer or until peaches have softened but still hold their shape.
3. Remove from grill. Top with mascarpone and a sprinkle of granola. Serve immediately.

Yield: 8 servings

Meets requirement for fruit

— *thecozyapron.com*

ACTIVITY CORNER

Have a Parade!

Celebrate the 4th of July with an informal parade. Children love to march to music. Just as soon as they can walk, toddlers like to take big steps to a strong beat.

Some suggestions:

Play some patriotic tunes like *Yankee Doodle* or a Souza march.

Teach children words to the tune of *When the Saints Go Marching In*:

“Oh, come along,
Oh come along,
Let’s sing our marching song.”

“Oh, it’s great to be here together,
So let’s march and sing along.”

No musical instruments, no problem. Let the children use kitchen equipment:

- Wooden spoons become drum or rhythm sticks
- Measuring spoons become jingles
- Pot lids become cymbals
- Empty coffee can with plastic lids become drums.

— *Adapted from TLC Press*

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Food Funny Q. Why did the tofu cross the road?
A. To prove he wasn't chicken.