

Ask the Expert: Cooking for Two

Written by Caroline Parker, Purdue University Dietetics & Nutrition, Fitness, and Health '21

Cooking for just one or two people in a household can be difficult. Even though preparing a full meal gives a sense of accomplishment, it may feel like too big of an effort for just one or two people, and often creates more food waste. Here are some ideas to make quick and delicious meals that make few leftovers.

Shopping Ideas:

- Buy only what you have room to safely store in your pantry and fridge.
- Buy frozen vegetables and fruit, so you can prepare one serving and save the rest safely in the freezer where it will not go bad.
- Instead of buying an entire gallon or quart of milk for a recipe, try using non-fat dry milk.
- Buy fruit at different stages of ripeness so it may be eaten over days before it becomes too ripe.
- Pay attention to foods that are not used and buy less of them the next time you go shopping.
- After shopping, put older foods in the front of the refrigerator and new ones in the back, so the older foods get eaten first.

Cooking Ideas:

- When making soups or stews, freeze portions in separate zip lock bags to heat up and serve later.
- Cook family sized meals and freeze half to eat later.
- Buy a larger amount of a single ingredient to incorporate into many recipes. For example, buy a ham for dinner, then use it during the next week to make an omelet, a ham sandwich, and a soup.



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Sources: <https://www.tellwut.com/uploads/media/image/5675e1598037671o6746.jpg>, <https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/cooking>

Food Safety: Properly Cleaning Produce

Written by Caroline Parker, Purdue University Dietetics & Nutrition, Fitness, and Health '21

1. First, wash hands thoroughly for 20 seconds using warm water and soap. It is important to do this before preparing any produce.
2. If any fruits or vegetables have bruising on them, cut away the damaged portion before you eat it.
3. Before you peel any produce, rinse it. This prevents bacteria and dirt from getting on your knife, and then getting on a part of the food someone will eat.
4. To rinse your produce, hold it under running water and rub it with your hands. There is no need to use a special soap.
5. Firm produce, such as watermelon, can be cleaned with a vegetable brush to remove excess dirt.
6. Use a clean cloth or paper towel to dry the produce and remove any remaining unwanted dirt.
7. For produce such as lettuce or cabbage, remove the outermost layer before washing and eating it.
8. Lastly, store your produce in the refrigerator at or below 40 degrees Fahrenheit.



Source: https://img.huffingtonpost.com/asset/58d160211400002000070b77.jpeg?ops=scalefit_720_noupscale, <https://www.fda.gov/consumers/consumer-updates/7-tips-cleaning-fruits-vegetables>

Veggie Omelet in a Mug

Ingredients (1 servings)

- *2 eggs
- 2 tbsp *1% low fat milk
- 1 dash of salt and pepper
- 1/4 cup finely chopped mushrooms (or your favorite vegetable)
- 2 tbsp *shredded cheddar cheese

Instructions

1. Wash hands with soap and water
2. Lightly grease the inside of a 12-ounce microwave-safe mug
3. Use a fork to combine eggs, milk, salt and pepper in the mug and stir well
4. Mix in the cheese and vegetables
5. Microwave on high for 45 seconds, stir, and return to the microwave for another 60 - 90 seconds.
6. Refrigerate leftovers within 2 hours

*Included on the TEFAP list



Nutrition Facts (per serving)

Calories: 200
Protein: 16g
Carbs: 3g

Sources: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-omelet-mug>

Eating Right: In-Season Produce

Written by Alexis Noirot, Purdue University Junior in Developmental and Family Sciences

Spring is finally upon us, and with that comes new choices for in-season produce. Apples, asparagus, carrots, lemons, and kale sprout up with the return of spring. There are benefits for both the farmer and the person choosing to purchase foods that are in-season. Foods that are purchased in-season are likely sold near to where they are grown and less cost and time is spent getting the foods to the buyer. There may also be less cost for packaging because the foods are sold closer to where they are grown.

Spring-season produce:

- Fruit: apples, bananas, lemons, avocados, strawberries, apricots, limes, and rhubarb.
- Vegetables: asparagus, carrots, celery, kale, peas, onions, spinach, turnips, mushrooms, and radishes.
- Locally available produce: asparagus, swiss chard, and carrots.

To find more information on seasonal produce and recipes for such foods, follow the link to the USDA's website:
<https://snaped.fns.usda.gov/seasonal-produce-guide>



April Event: Feeding Our Economy - Food Security. Good For Growth.

Bread for the World - Indiana is a group that provides education, inspiration, and activation to raise up advocates that will fight hunger by making and changing public policies.

On April 20th, 2021 at 4:30 PM EST, Bread for the World - Indiana is hosting a free one-hour conversation on how and why governments should invest in accessible, equitable, and nutritious systems. The speakers for this group include Sen. Mike Braun from the Committee on Agriculture, Nutrition, and Forestry, Dr. Heather Eicher-Miller from Purdue University's Department of Nutrition Science, Eric Halvorson from Kroger Corporation, and Michelle Hummul, an Organizational Effectiveness Consultant.

If you are interested in attending this conversation, you can register for the event at this link:

<https://www.eventbrite.com/e/feeding-our-economy-tickets-141487076655>



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This newsletter is edited by Caroline Parker and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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In The News: New Newsletter Editor

IN THE NEWS

Written by Adina Miller, Purdue University Dietetics and Nutrition, Fitness, and Health '24

With this issue, we say goodbye to our editor Caroline Parker. Her work has brought us interesting articles for the past 2 years. Thank you Caroline! We also welcome our new editor, Adina Miller.

Hello! My name is Adina Miller and I am honored and very much looking forward to becoming the new IEFNR Newsletter Editor.

I am from West Lafayette, Indiana. I am currently a freshman at Purdue University studying Dietetics & Nutrition, Fitness, and Health. Some of my hobbies include running, painting, embroidering, listening to music, and spending time with friends and family.

My favorite seasons are summer and fall because I enjoy being outside in warm weather. Some seasonal traditions of mine are going to Lake Michigan in the summer, and picking pumpkins and apples with my friends in the fall.

