



# BETTER LIVING FOR TEXANS

## TEXAS A&M AGRILIFE EXTENSION SERVICE



June 2024

### Happy and Healthy Kitchen

Food safety is an important part of the cooking process, and safe cleaning practices can help prevent foodborne illness. Cleaning up as you prepare and cook food not only reduces the chance of bacteria spreading from one food to another (known as cross-contamination), but also means you will have less to clean up when you are done cooking!

#### **Don't wait to throw away waste.**

When you finish preparing one food or one step of a recipe, immediately throw away vegetable scraps, fruit peels or rinds, discarded parts of meat or poultry, packaging or cans the food came in or other waste. Doing this can help prevent bacteria from transferring from the scraps to other food that will be eaten.

#### **Minimize the number of utensils you use.**

Using the same cutting boards, knives and other utensils for multiple foods or steps of a recipe can help make cleaning up more efficient. However, if using the same kitchenware, wash them well with

hot, soapy water. This will help prevent cross-contamination. For example, cut produce, then wash utensils before cutting meats and ready-to-eat foods.

#### **Clean up while you wait.**

Another easy way to reduce mess is to start cleaning up while you wait for your food to cook. This works best with recipes where the food must be cooked for an extended amount of time without needing a lot of supervision, like in the oven or on low heat on the stovetop. Remember to set a timer for your food so you don't forget about it! By the time your food is ready, your kitchen will be spotless!

Cleaning as you prep and cook, rather than waiting until the end can make the meal-prepping process easier, safer, and more pleasant...no dishes piled in the sink! Enjoy a meal in a clean, healthy kitchen.



Written by: Macey Uzell, Student Technician – BLT Social Media  
Photo: Canva.com



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*Hello! I am Lora Jorgensen, the Brazos County Better Living for Texans (BLT) Extension Agent. I worked as a Harris County BLT Agent for over 4 years and recently started here in the Brazos County Extension office. I love teaching all the programs that BLT offers, and I hope that you will contact me so we can discuss how I may bring our great BLT programs to your organization!*

**Please call me at 979-823-0129 ext. 1895**  
**Or email me at: [Lora.Jorgensen-tjorn@ag.tamu.edu](mailto:Lora.Jorgensen-tjorn@ag.tamu.edu)**

The BLT Program provides free nutrition education for SNAP-eligible adults and youth. In-person and virtual delivery options are available. Curriculum series listed here utilize pre and post surveys to collect impact data.





June 2024

### BLT Adult Program Descriptions

#### Nutrition Programs

- **A Fresh Start to a Healthier You:** This 4-session series promotes increasing fruit & vegetable intake, nutritious meals and snacks, food safety, saving money at the grocery store, and daily physical activity.
- **Healthy Carbohydrates:** This 4-session series promotes a healthful eating pattern to prevent or delay diet-related chronic diseases, including building a healthy plate and carb counting.
- **Be Well, Live Well:** This 5-session series for adults over 50 encourages healthy aging by maintaining independence through dietary choices and physical activity.
- **Get the Facts:** This 4-session series teaches how to interpret the nutrition facts label to make healthier food choices by focusing on fats, sodium, and added sugars.

#### Gardening Program

- **Growing and Nourishing Healthy Communities:** This 6-session series teaches how to get started growing vegetable plants in raised beds or containers. Topics include garden location, compost, garden pests and diseases, watering, fertilizing, harvesting, and seed saving.



#### Physical Activity Program

- **Walk n Talk:** This 8-session program meets weekly to do a physical activity tailored to the group, and discuss a nutrition topic.

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### Recipe of the Month

Source: Mary Masterson, Extension Agent – BLT, Bexar County

#### Caribbean Fish Tacos

Serves 4

#### Ingredients:

- |     |  |   |   |
|-----|--|---|---|
| 1   | teaspoon + 1 teaspoon + 2 teaspoons olive oil or oil of choice | 1 | tablespoon lime juice   |
| 2   | medium white fish fillets                                      | ¼ | cup red onion (substitute: white or yellow onion)                         |
| ¼   | teaspoon cumin   | 4 | cups red or green cabbage (about ½ head of large cabbage), thinly chopped |
| ¼   | teaspoon garlic powder   | 1 | cup carrots, shredded   |
| ¼   | teaspoon + ¼ teaspoon salt                                     | ½ | teaspoon vinegar  |
| ¼   | teaspoon black pepper  | 4 | corn tortillas  |
| 1 ½ | cups avocado (about 1 medium, diced)                           |   |   |
| 1   | cup mango (about 1 large), diced                               |   |   |



#### Directions:

1. In a large skillet, heat 1 teaspoon oil over medium heat until hot but not smoking. Sprinkle the fish with the cumin, garlic powder, ¼ teaspoon salt, and pepper on both sides. Add the fish to the pan and cook for about 4 minutes. Flip fish and cook for another 2 to 3 minutes. Transfer to a clean plate.
2. In a medium bowl, toss the avocado and mango with 1 teaspoon oil, lime juice, and red onion. Set aside.
3. In another medium bowl, mix the slaw by combining the cabbage, carrots, 2 teaspoons oil, vinegar, and ¼ teaspoon salt. Toss to combine and set aside.
4. Place warm tortillas on a plate. Make tacos by adding sliced fish topped with mango/avocado salsa evenly across the 4 tortillas. Slaw can be eaten on the taco or as a side dish.

**Nutrients Per Serving:** Nutrients Per Serving: 240 calories, 9 g total fat, 1.5 g saturated fat, 50 mg cholesterol, 380 mg sodium, 31 g carbohydrates, 4 g fiber, 13 g total sugar, 0 g added sugar, and 22 g protein

**Estimated Total Cost for Recipe:** \$7.69; **Estimated Cost Per Serving:** \$1.92



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