

Healthy Choices

June 2025

Commodities

Whole Kernel Corn
Concord Grape Juice
Vegetable Soup
Dark Red Kidney Beans
Raisins
Catfish Fillet
Apple Juice
Pulled Pork
Deli Turkey Breast
Milk 1%
Green Beans



Some may not receive
all commodities due
to availability



Pigs in a Blanket

Ingredients:

4 Servings

1 tube (8 ounce) refrigerated crescent rolls
8 hot dogs
1 egg, lightly beaten
1 tablespoons water
Seasonings (grated parmesan cheese and garlic powder)



Source: Adapted from Taste of Home

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees. Separate crescent dough into triangles. Place hot dogs at wide ends of triangles and roll up. Place on an ungreased baking sheet. Combine egg and water; brush over rolls. Sprinkle with your favorite seasoning.
3. Bake 12-15 minutes or until golden brown.

Nutrition Information: Serving size 2 dogs, Total calorie 516, Total fat 39g, Cholesterol 97mg, Sodium 1365mg, Carbohydrate 27g, Protein 16g

Keep Hot Foods Hot- After cooking meat and poultry, keep it hot until served — at 140°F (60°C) or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200°F (93°C), in a chafing dish, slow cooker, or on a warming tray.

Wildcat Extension District 620-331-2690

<http://www.wildcatdistrict.k-state.edu> Serving: Crawford, Labette, Montgomery, & Wilson Counties



GRILLING ESSENTIAL: FOOD THERMOMETER

You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a **food thermometer**.

Tips for Using a Food Thermometer

- To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time.
- The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.
- Clean your food thermometer with hot water and soap before and after each use!

Safe Minimum Internal Temps

- Beef, veal, lamb, steaks and roasts: **145 °F** with a three-minute "rest time" after removal from the heat source
- Ground meats: **160 °F**
- Poultry (whole, parts or ground): **165 °F**

Get more safe grilling tips at www.fightbac.org.



Three Ingredient Grilled Chicken

Serves 6

Boneless chicken (about 2 pounds) breast or thighs, your choice

1 package of taco seasoning

3 tablespoons olive oil

Directions:

1. Wash hands with soap and water.
2. Place the chicken breasts in a 1-gallon bag and pound to an even ½-inch thickness. Place the chicken in a large bowl. Sprinkle the taco seasoning and olive oil over the chicken. Toss until the chicken is well coated. Cover and marinate in the fridge for at least 30 minutes.
3. Preheat your grill to high for about 20 minutes. Clean your grates. Lay the chicken on the grates, cover and grill for about 5 minutes. Uncover, flip the chicken, and grill for another 5 minutes or until cooked through. Remove the chicken and let rest for 5 minutes. Serve and enjoy.

Three Bean Salad

Ingredients:

6 Servings

- 1 can cut green beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 can garbanzo beans, rinsed and drained
- 1/2 cup red onion, diced
- 1 medium green pepper, diced
- 1/3 cup olive oil
- 1/3 cup apple cider vinegar
- 1/3 cup sugar

Directions:

1. Wash hands with soap and water.
2. In a large bowl, combine the green beans, kidney beans, garbanzo beans, red onion, and green pepper.
3. In small saucepan set over medium heat, whisk together the olive oil, apple cider vinegar, sugar, 1 teaspoon salt and 1/2 teaspoon pepper until the sugar is dissolved.
4. Cook the mixture for 2 minutes then pour over the bean mixture and thoroughly toss to combine.
5. Serve immediately or refrigerate, covered, until ready to serve.



Source: Recipe adapted from internet