



Tried & True Tips for Slow Cooking

1. No peeking! Unless the recipe instructs you to stir or add ingredients – leave the lid in place! Each time you lift the lid, it costs you 20 to 30 minutes of cooking time and you have to wait longer to enjoy your meal.
2. Make sure the lid is snug and in place to prevent loss of steam and to create a water seal.
3. Since dense vegetables (carrots, potatoes, or rutabagas) take longer to cook than many meats, place such veggies in the bottom of the slow cooker. Then layer other ingredients on top of the dense vegetables.
4. Consider expanding your recipe, freezing extras, and using for a quick ready-to-eat meal at a later date.
5. Do not allow cooked foods to remain at room temperature for more than 2 hours; promptly refrigerate or freeze leftovers.
6. Reheating foods in a slow cooker is not recommended. You may reheat food on the stovetop or in microwave until it reaches 165° F and then put it in a slow cooker to keep hot for serving. The slow cooker may also be used to keep foods warm on a buffet table. Food should be kept at least 140° F as measured by a food thermometer.
7. By all means, read your owner's guide for your particular slow cooker in regards to programming, cleaning, frequently asked questions and answers, tips for cooking various food and adapting recipes for this method of cooking.

Slow Cooker Beef with Root Vegetables



- 1 onion, chopped
- 4 small red potatoes, cut each into 8 pieces
- 2 carrots, peeled & sliced (1-inch pieces)
- 2 turnips, peeled, cut each into 8 pieces
- 1 (4-inch diameter) rutabaga, peeled & cubed (1-inch pieces)
- 1 (3-pound) eye of round roast
- Salt & ground black pepper
- 3 Tbsp all-purpose flour
- 1 (15-oz) can tomato sauce
- 1/3 cup (2 1/2 oz) brown sugar
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp mustard powder
- 1 tsp garlic powder

Trim top & bottom of carrots, turnip and rutabaga, then peel with vegetable peeler.

Arrange onion, potatoes, carrots, turnip, and rutabaga in bottom of slow cooker. Season beef all over with salt and black pepper. Rub flour all over beef. Place roast on top of vegetables in slow cooker. Wisk together tomato sauce, brown sugar, chili powder, cumin, mustard powder, and garlic powder. Pour mixture over beef. Cover and cook on LOW for 10 hours or on HIGH for 6 hours.





Comfort Foods Veggie-fied

Why are comfort foods so good? Perhaps it's the warmth, the enticing aromas and flavors, how they melt in your mouth, or the satisfying fullness they provide. But don't be fooled, gravy and cheese are only part of the recipe. Vegetables fit that description too, and it may be easier than you think to add [veggies](#) to your cold weather favorites. Use these ideas to transform some of your recipes and discover the real superstars of comfort food!

6 Ways To Highlight Veggies In Your Favorite Comfort Foods

1. **Marvelous Mac & Cheese**

Use a slightly larger casserole dish and combine cooked green beans or broccoli with the pasta. Add puréed pumpkin or carrots to the cheese sauce for a tinge of orange. Top it off with thinly sliced tomatoes and, as the casserole bakes, the tomatoes will brown and caramelize to add another layer of flavor.



2. **Meatloaf Magic**

If you use a leaner grade of ground meat, you'll need to add ingredients for moisture and texture. Come to the rescue with finely diced onions, chopped mushrooms, shredded carrots or grated zucchini. The veggies create tiny pockets of tenderness within the meat as the heat softens their texture.

3. **Mashed Potato Mash-Ups**

A beautiful plate of food needs the right colors. Combine white mashed potatoes with puréed cauliflower to leave room on your plate for some dark greens. With light fish or chicken, serve up mashed potatoes colored with sweet potatoes or blue potatoes. For a tint of green, mix mashed potatoes with cooked and puréed lima beans, steamed kale or chopped watercress.

4. **Beef Stew Bliss**

This is the ultimate comfort food that pairs the rich flavor of beef with hearty potatoes, onions and carrots. Include other root vegetables such as turnips, sweet potatoes, rutabagas and parsnips. For even better flavor, roast the vegetables before adding to your stew.

5. **Lovely Lasagna**

Tomato sauce provides an easy and delicious way to add a veggie amid the layers of cheese and noodles. Step it up by including fresh baby spinach in each layer. For a gluten-free meal, use layers of zucchini slices in place of the noodles.

6. **Super Spaghetti**

Looking for an alternative to pasta? If you have a vegetable slicer that makes thin strands you've got it made. Or in place of a gadget, you can also use a knife to slice carrots, bell peppers, or any other firm vegetable into thin strips to make veggie-ghetti. Try this recipe that packs five different vegetables into one meal! *fruitsandveggiesmorematters*

Veggie-ghetti with Meatballs



- 1 green bell pepper, sliced into 1/2-inch strips
- 1/2 lb. parsnips, sliced into 1/2-inch strips
- 1/2 lb. whole carrots, sliced into 1/2-inch strips
- 1 Tablespoon olive oil
- 1 lb. ground turkey, 93% lean
- 1/4 cup dried bread crumbs
- 1/2 cup finely minced onion
- 1 egg
- 2 cups marinara or spaghetti sauce

Preheat oven to 375°F. Toss sliced bell peppers, parsnips and carrots with oil and place on large baking sheet. Combine turkey, bread crumbs, onion and egg. Form into 1-inch meatballs. Place on a lightly oiled baking sheet. Bake meatballs and vegetables for 20 minutes. Turn vegetables halfway through. Serve with warmed spaghetti sauce. Makes 6 servings, 10 oz. Each, Prep time: 30 minutes, Cook time: 20 minutes. **Per serving:** 300 calories, 15g fat, 4g saturated fat, 85mg cholesterol, 680mg sodium, 25g carbohydrate, 6g fiber, 12g sugars, 19g protein.

Sylvia Emberger, RD, LDN Corporate Nutritionist Ahold USA

Mariposa Para El Desayuno



Ingredientes:

| | | |
|-------------------------|---|--------------------------------------|
| 1 Taza de harina | 1 Blanquillo | 1 Cucharada de mantequilla derretida |
| 1 Cucharadita de azúcar | 1 Taza de leche de mantequilla (Buttermilk) | Variedad de fruta fresca |
| ¾ Cucharadita de royal | | |
| ½ Cucharadita de sal | | |

Instrucciones:

1. En un sartén grande, combine la harina, azúcar, royal y sal. En otro sartén bate el blanquillo, la leche de mantequilla, y la mantequilla. Agregue el batido líquido a la harina.
2. Para formar las alas de la mariposa, ponga 2 cucharadas de mezcla en un comal untado ligeramente con mantequilla. Y después ponga una cucharada de mezcla debajo de la grande. Voltee cuando las bolitas se formen encima del pancake; cocine hasta que este cocinado por los dos lados.
3. En un plato ponga las alas lado a lado formando una mariposa. Decore con la fruta fresca.

Бабочка из блинов

Ингредиенты:

| | | |
|----------------------------|----------------|-----------------------------|
| 1 чашка муки | ½ ч.л. соли | 1 ст.л. растопленного масла |
| 1 ч.л.сахара | 1 яйцо | Ассортимент свежих фруктов |
| ¾ ч.л. порошка для печенья | 1 чашка кефира | |



Приготовление:

1. В миске смешайте муку, сахар, порошок для печенья и соль. В отдельной миске взбейте яйца, кефир и масло. Смешайте с сухими ингредиентами до однородной влажной массы.
2. Наливайте тесто на сковороду так, чтобы получилась половинка или целая бабочка. Для верхних крылышек по две ст.л. теста, а для нижних,- по одной. Пеките до полуготовности. Переверните.
3. Готовую бабочку положите на тарелку и украсьте фруктами. Выход: 5 бабочек.

Butterfly Pancakes

Ingredients

| |
|-----------------------------|
| 1 cup all-purpose flour |
| 1 teaspoon sugar |
| ¾ teaspoon baking powder |
| ½ teaspoon salt |
| 1 egg |
| 1 cup buttermilk |
| 1 tablespoon butter, melted |
| assorted fresh fruit |



Try other patterns too!

Directions

1. In a large bowl, combine the flour, sugar, baking powder and salt. In another bowl, whisk the egg, buttermilk and butter. Stir into the dry ingredients just until moistened.
2. To form each butterfly wing, pour 2 tablespoons of batter onto a lightly greased hot griddle. Pour 1 tablespoon of batter below and touching the larger one. Turn when bubbles form on top of pancakes; cook until second side is golden brown.
3. To assemble, place two wings on a serving plate, forming a butterfly. Top with fruit. Yield: 5 butterfly pancakes.

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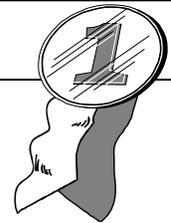
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MENU WINNERS

- The menu winners for Jan. are **Sherry Holley of West Salem & Vicky Helmer of Keizer**
- Keep those menus coming in on time – you might be next!
- Remember – to enter, menus need to be in an envelope with your name and address on the outside.



Thanks and Good Luck!

"Good nutrition is the right of all children."

Looking For More Training?

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at www.oregonchildcaretraining.org will let you search by county, as well as by training category and date. *Check it out!*

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