**September 2022 SNAP-Ed Newsletter and Recipe**

Fayette County Community Action Agency, Inc.

**The Nutrition Education Program, NEP**

***Featured information on \*Modifying a Recipe, found on the back of this newsletter!***

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| **Crispy Oven-Fried Chicken*****“Everyone will love this chicken- and it’s good for the heart!”*****Makes**: 10 servings**Serving Size**: 1.5 pieces**Ready In**: 2 hour, 3 minutes**Ingredients**½ cup milk *fat-free* or buttermilk1 teaspoon poultry seasoning1 cup cornflakes *crumbled*1 ½ tablespoons onion powder1 ½ tablespoons garlic powder2 teaspoons black pepper2 teaspoons crushed red pepper flakes1 teaspoon ginger *ground*8 pieces chicken *skinless (4 breasts, 4 drumsticks)*Paprika *pinch*1 teaspoon vegetable oil**Directions**1. Preheat oven to 350 degrees.2. Add ½ teaspoon of poultry seasoning to milk.3. Combine all other spices with cornflake crumbs, and place in a plastic bag. Pour milk into medium-size bowl.4. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs and remove the chicken from the bag.5. Refrigerate chicken for 1 hour.6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.7. Space chicken evenly on a greased baking pan.8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30-40 minutes or until meat can easily be pulled away from the bone with a fork. Drumsticks may require less baking time than breasts. Crumbs will form a crispy “skin”. | **Recipe Notes, Ideas, and Substitutes*** ***What will you need to make Crispy Oven-Fried Chicken?*** Measuring cups and spoons, a plastic bag, paper towels, aluminum foil, a medium bowl and a baking sheet.
* ***Fayette County Community Action Food Bank- September’s Food Distribution Box…***To make the Crispy Oven-Fried Chicken recipe, use chicken drumsticks found in this month’s food distribution box. The Crispy Oven-Fried Chicken recipe calls for 1 cup of cornflakes cereal. Cereal will be provided at food distribution. Substitute cornflakes with the type of cereal found in your food distribution box or use any cereal of your choice. Add color, flavor, nutrients, and the daily recommendation of vegetables (3 cups per day) to your plate, by including items found in September’s fresh produce box, as a side dish to your Crispy Oven-Fried Chicken!

**Find Delicious Dates in Your September Food Distribution Box!**Let’s learn about dates! Dates are a small, highly sweet fruit with a hard pit inside. They grow on trees and can be eaten raw as a snack or added to salads and other dishes as a sweetener. Dates are fat free, cholesterol free, sodium free, and a good source of fiber (¼ cup of dates provides 12% of the daily value for fiber). Dates also provide 8% of your daily potassium recommendation and 6% of your daily manganese recommendation in a ¼ cup. Dates can be stored on the counter in a closed container for several months, or in the fridge for up to a year. ***Information source on Dates***: [*https://eatfresh.org/discover-foods/dates#*](https://eatfresh.org/discover-foods/dates)  |

***Recipe source for Crispy Oven-Fried Chicken****:*

[*https://eatfresh.org/recipe/main-dish/crispy-oven-fried-chicken*](https://eatfresh.org/recipe/main-dish/crispy-oven-fried-chicken)

There are simple changes you can make when cooking to reduce calories, saturated and trans fats, sodium (salt), or added sugars. Here are some general tips to make your meals healthier. Check out below how you can modify lasagna into a healthier meal with extra veggies, no salt, and dried herbs!

Modifying a Recipe: Tips to a Healthier Meal

**Tip 1**: Cook with low-fat methods such as baking, broiling, boiling, steaming, or microwaving, rather than frying- such as the cooking directions to bake, rather than fry, as listed in the Crispy Oven-Fried Chicken recipe on the front of this newsletter!

**Tip 2**: Season foods with herbs, spices, lime or lemon juice, and vinegar rather than salt.

**Tip 3**: Use a little oil or spray oils instead of butter and stick margarine.

**Tip 4**: Increase the amount of vegetables and/or fruits in a recipe- remember, you want to fill half of your plate with vegetables and fruits.

**Tip 5**: Take the skin off chicken and turkey pieces before cooking them to reduce the amount of saturated fats.

**Modifying a Recipe: Lasagna, Recipe Makeover**

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| **Ingredients*** 1 box lasagna noodles

**INSTEAD 1 box whole-wheat lasagna noodles*** 1 pound ground beef

**INSTEAD 1-pound lean ground beef or lean ground turkey*** ½ cup chopped onion
* 8 ounces sliced mushrooms

**INSTEAD 12 ounces sliced mushrooms*** 1 jar (about 16 ounces) spaghetti sauce
* 1 teaspoon garlic powder
* ½ teaspoon salt

**INSTEAD omit salt and use 1 teaspoon dried leaf oregano and ½ teaspoon dried leaf basil*** 1 ½ cups ricotta cheese

**INSTEAD 1 ½ cups part-skim ricotta cheese*** 2 cups shredded Monterey Jack cheese

**INSTEAD 1 cup reduced-fat shredded Monterey Jack cheese*** ¾ cup grated Parmesan cheese

**INSTEAD ½ cup reduced-fat grated Parmesan cheese** | **Directions**1. Cook lasagna noodles according to package directions; drain and set aside.2. In a large skillet, brown beef, onion and mushrooms. **Note**: Drain the fat from the meat after you brown it.3. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil.4. In a 2-quart baking dish (about 11x7x2 inches) spray with cooking spray, layer 1/3 of the lasagna noodles, 1/3 of the sauce, and 1/3 of the ricotta cheese and Monterey Jack cheese.5. Repeat layers twice.6. Sprinkle Parmesan cheese on top.7. Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a preheated 350-degree oven.8. Let stand for 8 to 10 minutes before cutting and serving. **Tip**: Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.  |

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