

## Spicy Pineapple-Raisin Salsa

Servings: 8

### Ingredients:

- 1 can (20 ounces) crushed pineapple, drained
- 1 jar (16 ounces) medium or hot chunky salsa
- 1 teaspoon packed brown sugar
- ¼ cup seedless or golden raisins

Adapted from Canned Food Alliance, [www.mealtime.org/meals-and-nutrition/recipes/library/spicy-pineapple-raisin-salsa.aspx](http://www.mealtime.org/meals-and-nutrition/recipes/library/spicy-pineapple-raisin-salsa.aspx)

### Directions:

1. Wash hands and surfaces.
2. Combine the pineapple, salsa and brown sugar in microwave-safe bowl.
3. Cover and microwave on medium power (50 percent) for 5 minutes, or until hot.
4. Stir in the raisins, and chill in the refrigerator for at least 1 hour.
5. Serve with pita or tortilla chips, or over your favorite grilled entrée!
6. Refrigerate leftovers immediately.



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## Chicken and Vegetable Stir-Fry

Servings: 6

### Ingredients:

- 2 teaspoons vegetable oil
- Bag (1 pound) frozen stir-fry vegetables
- 1 can (15 ounces) crushed pineapple, drained
- 1 (12.5 ounces) can chicken, drained
- 3 tablespoons low sodium soy sauce
- Salt and pepper to taste

### Directions:

1. Wash hands and surfaces.
2. Heat oil in skillet and add frozen vegetables. Cook for 3-4 minutes over medium-high heat, or until vegetables are crisp-tender.
3. Add remaining ingredients and cook for another two minutes, or until chicken is hot.
4. Serve immediately. This dish is great over brown rice.
5. Refrigerate leftovers immediately.

## COOKING TERMS

**BEAT:** To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

**BLEND:** To thoroughly incorporate two or more ingredients.

**BOIL:** To heat a liquid until bubbles break continually on the surface.

**DISSOLVE:** To cause a dry substance to pass into solution in a liquid.

**PUREE:** To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill or by whirling in a blender or food processor.

**STIR FRY:** To cook food by constantly stirring in a lightly oiled pan over high heat.

## SUBSTITUTIONS

If using fresh or frozen chicken (poultry) instead of canned, follow the preparation instructions below. Let cool and shred before adding to recipes.

- Wash hands before and after handling poultry.
- Completely thaw poultry before cooking so that it cooks more evenly. Defrost in the refrigerator, in cold water or in the microwave. Never defrost food at room temperature! Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165 degrees F. Use a food thermometer—you can't tell it is cooked by looking!
- Never place cooked food on a plate that previously held raw poultry or meat.
- Rinsing raw poultry under water is not a safety step! Cooking to a safe internal temperature of 165 degrees F is what will kill pathogens that could cause illness.



## Hawaiian Grilled Cheese

Servings: 4

### Ingredients:

- 1 can (15 ounces) pineapple slices, drained
- 4-8 slices favorite cheese\*, divided into 4 servings
- 9-ounce package low-sodium sliced ham
- 8 slices whole-grain or whole-wheat bread
- 4 tablespoons unsalted margarine at room temperature, divided

### Directions:

1. Wash hands and surfaces.
2. Heat a large skillet over medium heat.
3. Grill pineapple slices in dry skillet. Remove and place on a paper towel.
4. Layer desired amounts of cheese, ham and pineapple slices on one piece of bread, making sure the cheese is the outermost layer. Top with another piece of bread.
5. Spread the outsides of each sandwich with 1 tablespoon of margarine, covering the bread all the way to its edges.
6. Place two sandwiches in the skillet, pressing down lightly with the back of a spatula. Cook until golden brown, about 2-3 minutes per side.
7. Repeat Step 6 with remaining sandwiches.
8. Serve hot.
9. Enjoy! Refrigerate leftovers immediately.

\*Use either 1 or 2 cheese slices per sandwich, as desired

## Cherry Pineapple Delight

Servings: 12

### Ingredients:

- 2 cups water, boiling
- 1 package (3 ounces) sugar-free gelatin, cherry or a preferred flavor
- ½ teaspoon cinnamon (optional)
- 1 can (20 ounces) pineapple chunks in juice, undrained
- 2 cans (11 ounces) mandarin oranges in water, drained
- 4 cups cold water

### Directions:

1. Wash hands and surfaces.
2. Pour boiling water into a large bowl. Add the gelatin and cinnamon (if desired) to boiling water. Stir for at least 2 minutes, until gelatin is completely dissolved.
3. Drain pineapple, reserving the juice. Add enough cold water to the juice to measure 1½ cups. Add the gelatin mixture and stir.
4. Refrigerate for about 45 minutes, or until the gelatin is slightly thickened (consistency of unbeaten egg white).
5. Add pineapple and oranges to the gelatin. Pour into 1½-quart serving bowl.
6. Refrigerate for 4 hours, or until firm.
7. Enjoy! Refrigerate leftovers immediately.



Adapted from USDA, <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cherry-pineapple-delight>



## Summer Fruit Smoothie

Servings: 4

### Ingredients:

- 2 cans (16 ounces each) pineapple, packed in juice\*
- 2 tablespoons lemon juice
- 1 pint frozen yogurt or fruit sherbet

### Directions:

1. Wash hands and surfaces.
2. Drain fruit, reserving 1 cup of the juice.
3. Puree fruit with reserved juice and lemon juice in a blender.
4. Add frozen yogurt in small chunks, blending until smooth.
5. Serve immediately in tall glasses, with straws.
6. Refrigerate leftovers immediately.

\*Note: Try using a variety of canned fruits to create more flavors

Adapted from Canned Food Alliance, <http://www.mealtime.org/meals-and-nutrition/recipes/library/summer-fruit-smoothie.aspx>

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<http://dss.mo.gov/fsd/food-assistance/food-stamp-program/>

## MEASUREMENT EQUIVALENTS

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at [missourifamilies.org](http://missourifamilies.org)

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