

Knowledge @ Noon

All about Kitchen Knives



Wednesday, September 21

12 p.m.

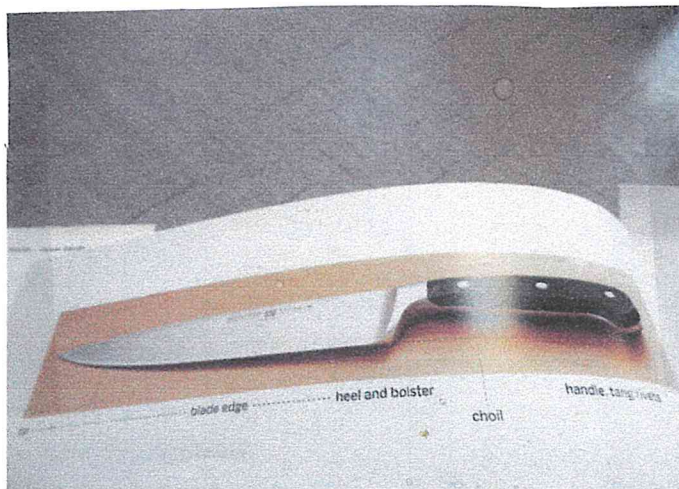
*913 North Pearl Street, Paola
(the old Sutherland Shopping Center)*

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Knife Skills

1. Parts of a knife

Lets start with the anatomy of a knife. From the tip to the hill is called the blade. The thick part is called the bolster. The back of the knife is called the spine. From the bolster to the end of the knife is the tang. This is where the handle is attached. The handle can be riveted on or molded on. The back of the bolster is called the finger guard.



2. Your knife kit.

So what kind of knives should we have. There are so many knives out there. Many places sell knife sets that give you an assortment. Some even comes in a knife block for storage. A lot of professional chefs say you should buy your knives individually. This way you can hold the knife and feel the weight and grip for comfort. This is fine but

can get real expensive. Well we should start out with a chief knife. This is the workhorse of the kitchen. A chef's knife can run up to 14" in length. The most common is the 8" chief knife.

A utility knife which can run up to about 7". These are good when a chef knife is too large.

And of course a paring knife for those small jobs in the kitchen.

Next a carving knife would be a good choice. These are for slicing and carving meat with a bone in it.

One last knife that should be in your kit is a scalloped knife. Which is good for slicing bread, bagels, most fruit and even cakes and many more uses.

There are also many specialty knives out that are designed for certain jobs. Today we will just talk about the most common knives.

3. Knife maintenance

The most important part of your knife is the blade edge. Your knife needs to be kept sharp. We can start with a steel. What I would like you to keep in mind is a steel does not sharpen.

A steel is used to true up the edge from use. What happens is the edge will roll while your cutting. After a while you will need to have your knife sharpened. Because your steel won't be able to bring back the edge.

To use a steel, first we need to know the angle that your knife is sharpened at. Most knives are sharpened at about 15-20 degrees.

Sometimes when you buy a knife it will come with a paper telling you what it was sharpened at, at the factory. You can also buy gauges to check the angle.

This is the easiest way to gauge your angle of your knife. And for the most part it will be close enough. Place the back of your knife 90 degrees to the steel. Now cut that angle in half. This will be 45 degrees. Now cut that in half again to 22 1/2 degrees. then go just a little more.

Now with the point up bring your knife down and back in a smooth motion coming down till the point comes off the steel. Do this on both sides. About 4 or 5 strokes will be enough. Remember your just touching up your knife not sharpening it.

To test your knife for sharpness there are different ways. First you can take your thumb and drag it across the blade. I did say across not down the length unless you don't want your thumb anymore. There should be a slight drag. Test your knife in 3 or 4 places, because depending

on how it was used it might need to be touched up in different places. An other way is to take a piece of 20 lb paper hold it up and draw your knife down and it should slice right through it. If it does then it will be sharp enough for about anything you will need it for. One last way which is what I use the most. Is in a bright light look down the blade and if you see any reflection then it needs to be sharpened. A sharp knife will not reflect light. It is like the knife is cutting through the light. Any dull spots you will be able to see them.

4. Sharpening

There are only 2 ways to get a knife sharp. One is to do it yourself or take it to someone who can.

First lets talk about sharpening stones. Again there are many. There are oilstones, water stones, and diamond stone. No matter what kind of stone you use you will need some kind of lubricant. The type of stone will tell you what kind of lubricant to use. All stones come in different grits. Water stones are soft and need more maintained. They need to be flattened once in a while. There are man made stones and natural stones. I use an Arkansas stone. Again when using a stone keep in mind the angle of your knife.

There are also different types of electric sharpeners out there. Some have a magnet to help hold your knife at the proper angle. With these you have to be careful and keep your knife moving. or it will grind away your blade.

Please keep your knife in good shape. There are some that don't like a sharp blade because they're afraid of it. But a dull knife is more dangerous with a dull knife you have to work harder which can cause fatigue.

5. Safety

One of my pet peeves is never ever put your knife in the sink. Two reasons they will bang against the sink and get dull. Or your reaching in hot soapy water trying to find it and get cut. Wash your knife right after you get done with it with hot soapy water rinse and then dry and put it away.

6 Storage

This brings us to storing your knives. First please don't store your knife in a drawer without a blade protector. Again this is a good way to get cut. The most common way is a knife block. A lot of time if you buy a set it will come with a knife block. There are also magnets that mount to the wall to hold your knives. I have one of these at the church. This way I can see them.

7 Cutting boards

The two most common cutting boards are wood or some type of plastic. Plastic cutting boards are more popular because they require less maintenance.

Wooden cutting boards come in three ways. End grain, which are easier on knives. edge grain and flat grain. The end grain boards are the most expensive.

With proper care your wooden cutting board should last a lifetime. After every use wash with hot soapy water and rinse and dry and put them away. Do not put them in the dishwasher, or let them soak in the sink. If you do they will start to crack and split. Your cutting board also needs to be oiled once in a while. This closes the pores. Use a food grade type of oil. If your board starts to get a lot of cuts in it you can give it a light sanding with about a 220 grit sandpaper. Then re-oil it.

8 Basic knife techniques

Holding your chef knife. Pinch your knife just in front of the bolster with your thumb and fore finger. The second joint of your index finger should be just above the spine of the knife. Make sure your finger is above the blade edge. Now curl your remaining fingers around the handle, with your middle finger against the finger guard.



Avoid clenching the handle like a hammer. Hold it firmly but don't be white knuckled. A firm but loose grip will keep you from getting fatigued. Also don't tense up your body either. Stay relaxed.

Remember your knife is not an axe. It is not designed to cut straight down. It is more like a hand saw using a push-pull motion.

9. The other hand

Ok now that we have the knife in our hand what do we do with the other hand? This hand is your guide hand. It's for holding the food, and for guiding your knife. There are many ways to hold your food depending on the shape and size.

Fingers closed



Fingers open



Fingers bunched



The no roll hold



The palm on top



The arch hold



Terminology

Knife Materials

carbon steel: Carbon steel is steel that contains a certain percentage of carbon, which determines the characteristics of the steel.

high-carbon stainless steel: High-carbon stainless steel is carbon steel that also contains chromium, giving it the best qualities of both carbon steel and stainless steel.

stainless-steel alloy: Often used in making cutlery, stainless steel is an alloy of iron that contains 10.5% or more of chromium. The alloy is able to resist tarnishing and rust.

Types of Knives

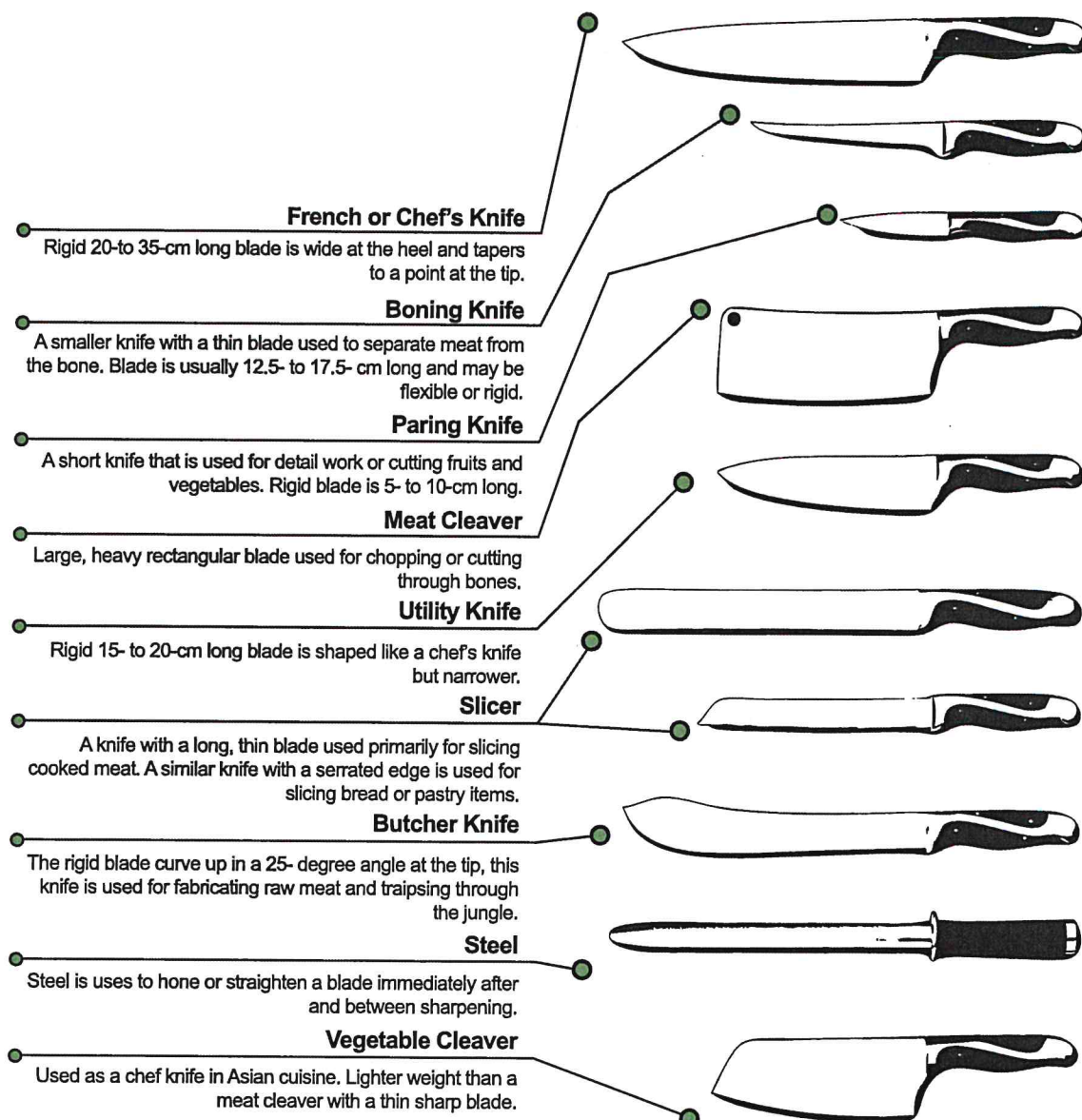
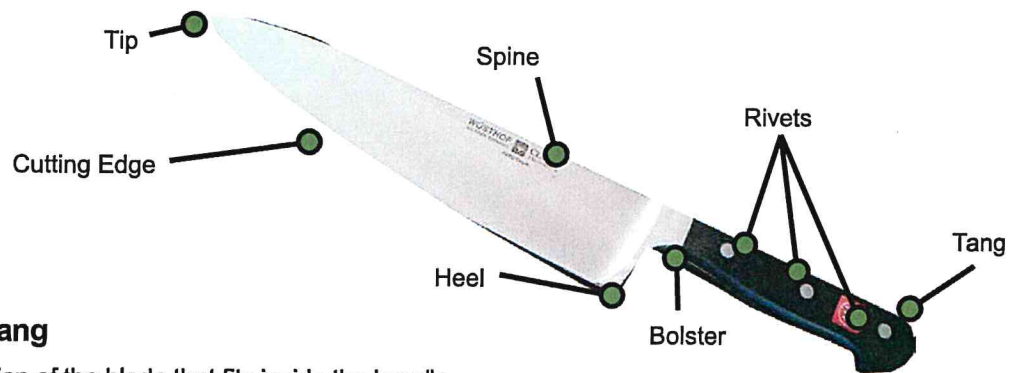


Figure 1—Types of knives

Knife Parts



The Tang

- a portion of the blade that fits inside the handle
- the best knives are made with a full tang running the length of the handle
- they also have a bolster where the blade meets the handle
- cheaper knives may have a $\frac{3}{4}$ length tang or a thin "rattail" tang
- a full tang is best because it provides support, durability and balance

Figure 2—Knife parts

Knife Cuts

- Large, medium, small dice
- Batonnet
- Chop
- Mince
- Shred

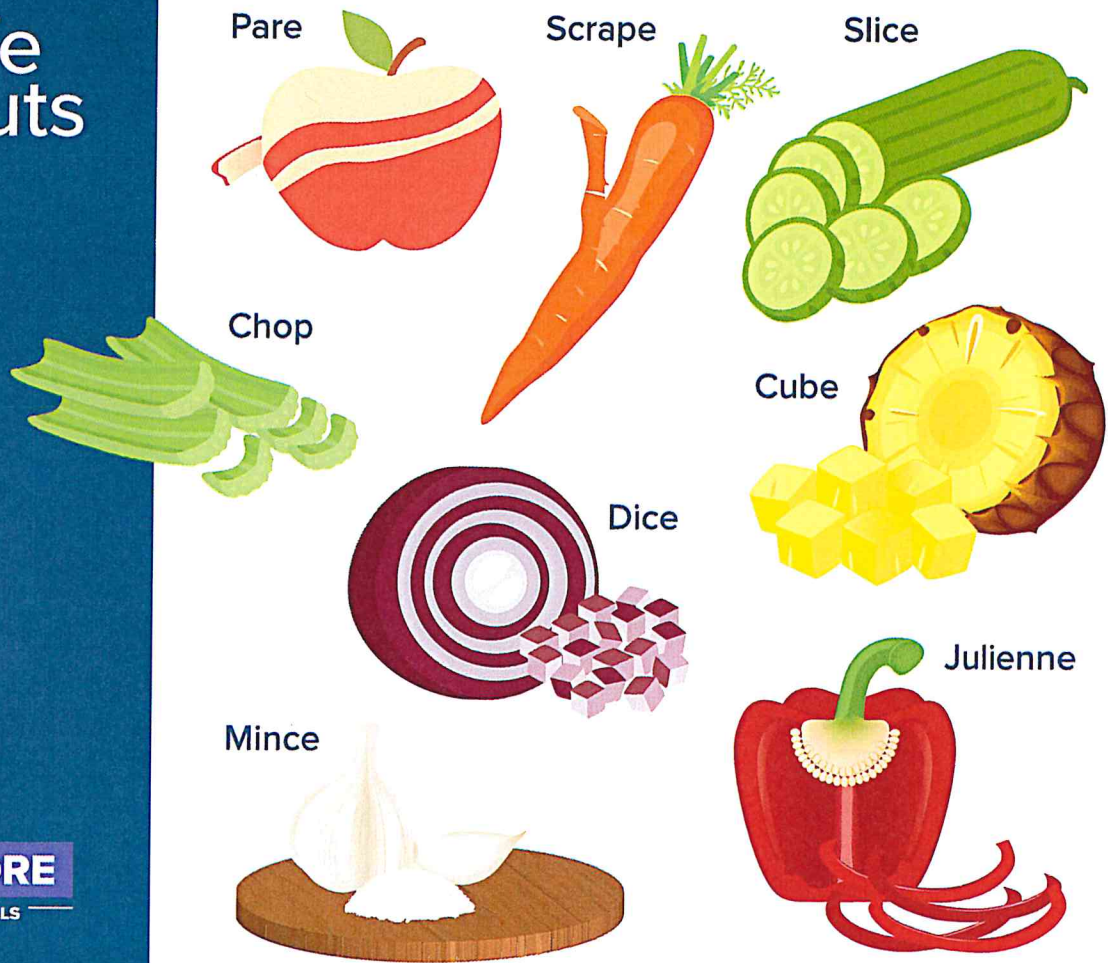


Figure 3—Knife cuts

Knife Cuts & Dimensions

Julienne



1 mm x 1 mm x 4 cm

Matchstick



2 mm x 2 mm x 4 cm

Baton



5 mm x 5 mm x 5 cm

Pommes Frites



1 cm x 1 cm x 7 cm

Pommes Pont Neuf



1.5 cm x 1.5 cm x 8 cm

Turned



Brunoise



2 mm x 2 mm x 2 mm

Small Dice



5 mm square

Medium Dice



7 mm square

Large Dice



1 cm square

Paysanne



1 cm x 1 cm x 2 mm

ita | YOUTH

EXPLORE

TRADES SKILLS

Figure 4—Knife cut dimensions

Estimated Time

2 70-minute classes

Recommended Number of Students

Up to 24

Facilities

Home Economics teaching lab and/or Culinary Arts teaching kitchen



HOW TO SHOP FOR A KNIFE

A chef's knife worthy of a prime place in your kitchen will effortlessly transmit force from arm to blade and feel comfortable and secure in your hand, even after extended use. Here: Three strategies for finding the right knife for you, plus eight different 8-inch chef's knives we evaluated.*

FORGET THE PERIODIC TABLE

Lots of knife makers trumpet their use of rare or premium metals like molybdenum and vanadium. But fear not if you bombed high school chemistry: The only term you really need to know is "high-carbon stainless steel," which is a mix of high-carbon steel and stainless steel. "This is the best blend for most home cooks," Lewis says. "You get the easy maintenance of stainless steel, which won't rust, but the benefits of carbon steel, which allows for a sharper edge." As for handle materials, synthetic and plastic are durable but tend to be the most slippery. If that's an issue for you, consider a knife with a metal handle and dimples (like the Global Classic, on the facing page) or one with a wood handle.

TRY BEFORE YOU BUY

One big conclusion from our testing is that people have different notions about how a knife feels in their hand. Dana Keester, our ergonomics expert, says this can affect everything from cramping to pressure points. So expect to experiment before finding a perfect fit. Shop at a store where you can try before

you buy, or one with a generous return policy so you can test a knife you buy at home. "Skip options with preformed grooves in the handle or specific spots to place your fingers or thumb," Keester says. "These rarely provide a comfortable grip."

CONSIDER THE BENEFITS OF A PRICIER KNIFE

Though CR's favorite knife costs only about \$40, you may find you prefer a pricier one. In general, what you get for more money is a higher ratio of carbon steel to stainless steel. Those knives tend to have softer blades, which means more frequent sharpening. But if you maintain yours with consistency, you'll come to value the benefits of a razor-sharp blade. A higher price is also more likely to get you a lifetime warranty or a commitment by the manufacturer to repair or sharpen your knife (often for a modest fee) if you send it in. "A family member chipped the tip of my Shun knife and I was able to mail it in for a repair," Lewis says, referring to a Japanese cutlery brand. "They ground it down and reformed the edge, and it was as good as new."

GREAT FOR EVERYONE

Henckels Premio 8-inch \$40

This knife combines a razor-sharp blade with a comfortable handle and weight. The result is a tool with the heft to plow through sweet potatoes and onions but that's light enough to finely mince piles of parsley without tiring your hand. Our ergonomics expert deemed it the best chef's knife of the eight we tested if you're buying one sight unseen, because it's the one most likely to suit a cross section of users.



DEBONING PICK

Wüsthof Classic 8-inch \$150

For those who favor old-school design, the Wüsthof Classic has seen only modest changes to its construction in the more than 200 years since the company originated. Like most traditional German knives, the Wüsthof provides serious heft—it's among the heaviest options here—with a blade forged from a single piece of high-carbon stainless steel. The weight helps with heavy tasks like cutting up a chicken, but it can also make the knife feel imbalanced depending on how you grip it.



PHOTO, PREVIOUS SPREAD: PROP STYLING: MIAKO KATOHI; FOOD STYLING: JAMIE KIMM; PHOTOS, THIS SPREAD: JOHN WALSH/CONSUMER REPORTS

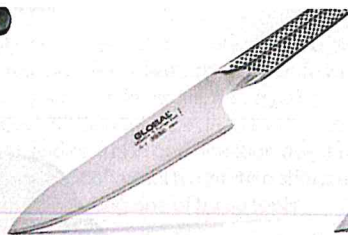
*Four testers and CR's in-house ergonomics expert scored each knife on 14 factors, and the writer, a trained chef, used each of the knives in his own kitchen to prep foods ranging from produce to poultry.



BUDGET BUY

KitchenAid Classic 8-inch Triple Rivet
\$35 for a three-knife set

A standout for the money, this knife clearly took design cues from traditional European knives like the Wüsthof. Some panelists felt its handle caused cramping, but it's hard to get nitpicky about such an inexpensive knife that tackles the basics with ease. One caveat: The very hard stainless steel blade may be difficult to sharpen once the factory edge becomes dull. Though recently discontinued, the knife is still available as part of a three-knife bundle.



EASY TO HANDLE

Global Classic 8-inch
\$125

This model features a Japanese-style blade, which is both thinner and lighter than European-style knives. It was a standout in our evaluation and may be especially suited to cooks who favor a pinch grip, where you grab the top of the blade with your thumb and index finger (see "How to Use a Knife," on page 50). It offered excellent force transmission, plowing through a variety of produce with ease, and testers noted that it resisted slipping, likely a result of the dimples in the metal handle.



A DECENT SLICER

Mercer Culinary Renaissance 8-inch
\$55

This relatively inexpensive full-tang knife with the look of traditional German cutlery chops effectively and received mostly positive remarks from our panelists. Those who grip knives farther back on the handle did find it unbalanced, and one complained that the handle design created a pressure point in their palm while cutting. Still, it's a decent choice if you like a traditional handle and aren't ready to invest in the Wüsthof.



CURVED-BLADE TROUBLE

Zyliss Control 8-inch
\$48 for a three-knife set

This knife, currently available only as part of a three-knife bundle, seems to encourage poor technique. A flat divot atop the handle provides a place to rest your thumb or index finger while cutting. Problem is, that's the wrong way to hold a knife. You should use a pinch grip or standard grip instead (see "The Safer Way to Hold a Knife," on page 50). Even worse, the curved blade makes straight, clean cuts more difficult.



FOR SMALLER HANDS

Mac Professional Series 8-inch
\$175

Drawing design elements from German and Japanese cutlery, the Mac features a full-tang design with a thinner, dimpled blade meant to release food easily. The thin, very sharp blade, while nice for finely mincing herbs, feels almost brittle when cutting through sweet potatoes or chicken—and may be best suited to users with small hands. Some panelists complained of cramping and an uncomfortable and slippery handle.



LOOKS GOOD BUT SLICES POORLY

Keemake Professional 8-inch
\$40

The Keemake is a beautiful knife with a wood veneer handle, and it can be had for a song. But it received some of the worst marks from our panelists for comfort. They also found force transmission to be downright lousy. The blade is sharp, but because the knife is unwieldy, cutting is still difficult.

3 knives you really need

MANUFACTURERS LOVE to bundle stuff you don't need with must-have items. And it's easy to be dazzled by those big 12-piece knife sets in their handsome maple blocks. But most of those sets are a waste of money, designed for a different era and filled with knives you'll rarely use. A carving knife, for example, once an essential tool for slicing your Sunday roast, will probably emerge from the block only around the holidays. And even then, it's just as easy to carve a turkey with a chef's knife. Here's all you really need.

1 A GREAT CHEF'S KNIFE

"A good chef's knife will cut about 95 percent of everything you need to cut in a kitchen," says Branden Lewis, a chef. "You're far better off putting your entire budget into one great chef's knife as opposed to blowing it on a big, mediocre set." A recent CR study supports his thinking: Participants said they use their chef's knives for everything from mincing herbs and slicing veggies to dicing tofu and even deboning and spatchcocking chicken. (Less than \$20 to \$200 and up.)

2 A SERRATED BREAD KNIFE

"The 5 percent of foods you can't cut with a chef's knife can be cut with a bread knife," Lewis says. Serrated or scalloped teeth can slice through delicate foods without exerting too much downward force to crush them. Among the foods that benefit from such treatment are crusty baguettes, soft loaves of white bread, and tomatoes. The Henckels Forged Premio (\$35) and Wüsthof Classic 8-inch (\$135) bread knives are solid choices that match two of our favorite chef's knives. (\$5 to \$60 and up.)

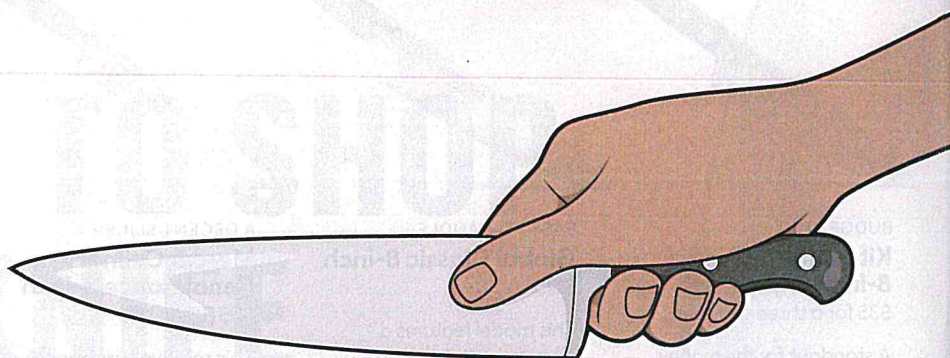
3 A SMALL PARING KNIFE

Though not essential, a 3- to 4-inch paring knife can be nice for small, fine tasks like cutting strawberries in half. (\$7 to \$95.)



HOW TO USE A KNIFE

The Consumer Product Safety Commission staff reports that an estimated 435,000 adults landed in an emergency room as a result of a cutlery mishap between 2016 and 2020. With the right cutting technique and the best sharpening and cleaning practices, you can significantly reduce that risk. And it will reduce your food prep time, making cooking so much easier.



THE SAFER WAY TO HOLD A KNIFE

Holding your chef's knife the right way maximizes control, improves speed, and minimizes the likelihood that you'll cut yourself.

THE PINCH GRIP The best approach is to use what professional chefs call a pinch or pincer grip, which provides the perfect blend of control and leverage. "Choke up on the knife so you're pinching the blade between your thumb and index finger," says Branden Lewis, a professor of culinary arts at Johnson & Wales University. "And your last three fingers are wrapped around the handle." Your index finger will be bent, not extended, next to the blade, and you should be pinching the blade just above the handle where it meets the blade.

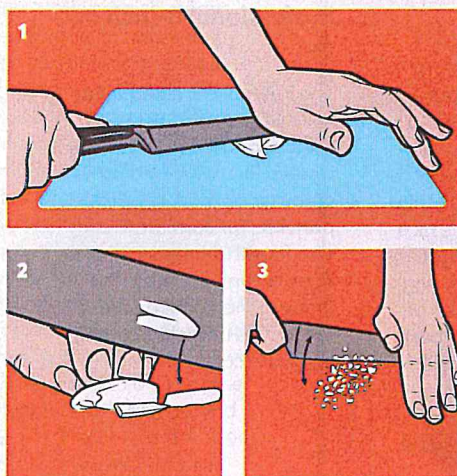
THE STANDARD GRIP If the pinch grip feels unnatural or unstable even with practice, try the so-called standard grip instead, where you wrap all five fingers around the handle. If a knife still feels unwieldy, consider downsizing from the standard 8-inch knife to a 6- or 7-inch one.

CONTROL YOUR DIGITS Never place your thumb or index finger on the back of the blade or on top of the handle, because it will cause you to lose some control. If you feel you need a finger to push the blade through food, it probably means your knife is overdue for sharpening.

ILLUSTRATIONS BY T.M. DETWILER (BELOW), BROWN BIRD DESIGN (ABOVE AND FACING PAGE)

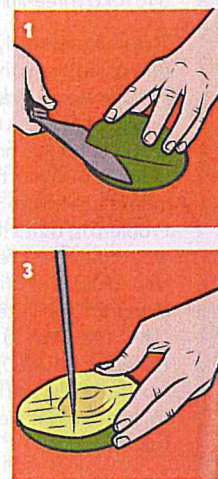
THE BEST CUTTING TECHNIQUE

Holding the knife correctly in your dominant hand, your nondominant hand should safely position foods as you cut. Curl your fingers so the tips are gripping the food and the portion of your fingers between the top and middle joints are parallel to the blade, with thumb and pinky tucked out of the way. That way, the blade's side simply rubs the flat portion of your fingers.



HOW TO CHOP GARLIC

1. On a cutting board, lay your chef's knife flat over a clove of garlic (peel on) and smash down with your other hand to break off the skin and flatten the clove. **2.** Slice across the entire flattened clove to get the pieces smaller. **3.** Rock your knife over the garlic until it's finely minced, with your nondominant hand on the back edge of the knife.



KEEP YOUR KNIFE SHARP

A sharp knife makes cutting not only easier but also safer. "With a dull knife, you're forced to exert more pressure, making it more likely that the knife will slip, leaving you prone to injury," Lewis says. If your knife feels dull, first try what's called "honing": Run the blade along a honing steel at the angle specified by the manufacturer. The sharp edge is fairly thin and can bend or curl in one direction over time. Honing can straighten it without grinding away a lot of metal to create a sharp edge. If honing doesn't do the trick, turn to sharpening using one of these tools.

MANUAL \$5-\$60

These handheld sharpeners have slots for guiding the blade. You start at the blade's base and pull through in one steady motion.

PROS: Easiest for beginners to use.

CONS: Relatively slow. (But that's not a problem if, as we recommend, you have only one or two high-quality knives to sharpen.)



BEST MANUAL SHARPENER
Chef's Choice Model 4643 \$60

ELECTRIC \$20-\$210

These devices sit on a countertop and have grooves for holding your knife at the correct angle as you drag it through.

PROS: Speedy; easy for beginners.

CONS: The sound of grinding metal can be a little intimidating at first, and if you don't pull the blade through smoothly and quickly, it can wear down too much in one spot.



BEST ELECTRIC SHARPENER
Chef's Choice Model 15XV 3-Stage
\$180

WHETSTONE \$10-\$90 and up

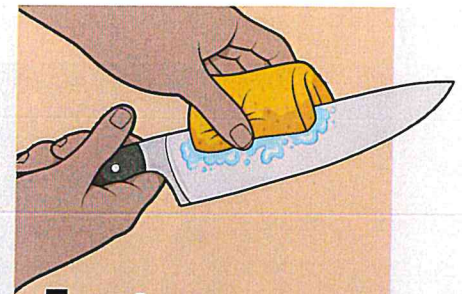
After soaking the stone in water for about 10 minutes, you drag your knife across it at a precise angle, taking care to do the same number of strokes on each side of the blade.

PROS: Can deliver superior sharpness. A tool called a bevel gauge (sold at hardware stores) can help you find the right angle.

CONS: Requires practice to do it correctly.



BEST WHETSTONE
Sharp Pebble Premium Whetstone
\$40



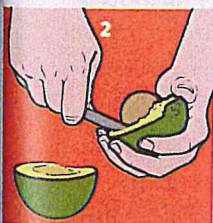
Treat your knife right

CLEANING YOUR KNIFE

Always clean it by hand. In a dishwasher, blades can easily bang into other items and get nicked. The very hot water and drying can wreak havoc on handles. And it's easy to cut yourself when pulling sharp knives from a tightly packed dishwasher. To wash by hand safely, hold your knife securely at the handle with the blade's tip facing away from you, fold the soft side of a soapy sponge across the blade, and push from base to tip.

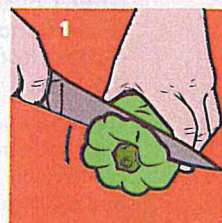
STORING YOUR KNIFE

Wood blocks and wall-mounted magnetic strips are both fine for storage. If you want your knives out of sight, consider a block designed to fit inside a kitchen drawer. Or if you're going to store them in a drawer with other kitchen tools, buy protective plastic sleeves made specifically for chef's knives. (The cardboard holder your knife came in is meant only for temporary use.)



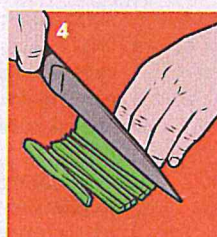
HOW TO SLICE AN AVOCADO

1. With the avocado on its side on a cutting board, make one long cut around the perimeter.
2. Pick up the avocado, twist to separate the two halves, and use a spoon to remove the pit.
3. Hold the avocado on the board with one hand while making cuts through the flesh to the peel, criss-crossing the cuts to form diamond-shaped pieces. The hand holding the avocado should never be directly under the knife.
4. Hold the avocado in your hand and use a spoon to scoop out the diced flesh.



HOW TO CUT UP A BELL PEPPER

1. Cut off the top and bottom of the pepper about a half-inch from the ends.
2. Stand the pepper upright and use the knife's tip to cut a small slit through the flesh on one side. Don't go deep enough to reach the seeds.
3. Unscroll and flatten the pepper, and lay it exterior side down on a cutting board. Remove the cluster of seeds and trim away the white residue.
4. With the exterior side facing the board, slice the flattened pepper into half-inch strips.



French Bread

1/2 C warm water
2 pkg. dry Yeast
1 T sugar
2 t salt
2 T shortening
1 C boiling water
1 C cold water
6 1/2 C flour

1. Mix first 3 ingredients and set aside.
2. Combine 1/4 C sugar, salt, shortening and hot water.
3. When shortening is dissolved, add cold water.
4. Add yeast and flour. Mix well.
5. Cover and stir every 10 min for 1 hour.
6. Roll half as for jelly roll. Pinch seam to seal
Cut 3-4 slashes on top.
7. Let rise until double.
9. Brush with beaten egg white.
9. Bake at 375 degrees for 40 minutes.

Recipe from Barbara Wilson, MFV

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	409
% Daily Value*	
Total Fat 4.3g	5%
Saturated Fat 1.1g	6%
Cholesterol 0mg	0%
Sodium 1747mg	76%
Total Carbohydrate 79.7g	29%
Dietary Fiber 3.1g	11%
Total Sugars 1.8g	
Protein 11.2g	
Vitamin D 0mcg	0%
Calcium 18mg	1%
Iron 5mg	28%
Potassium 144mg	3%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</i>	

Greek Salad

1 pkg. salad greens
1/2 med. cucumber. peeled and cut into chunks
1 c. ripe olives, sliced
2/3 c. Greek or Italian dressing
3 plum tomatoes, cut into chunks
1 4oz. pkg. crumbled Feta cheese
1/2 c. thinly sliced red onion

Toss greens, olives, tomatoes, onion, and cucumber in a large bowl. Drizzle with dressing.
Sprinkle with cheese. Makes 6 servings.

Recipe from Gayle Plummer, MFV

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	179
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4.3g	22%
Cholesterol 34mg	11%
Sodium 430mg	19%
Total Carbohydrate 11g	4%
Dietary Fiber 2.2g	8%
Total Sugars 6.2g	
Protein 4.5g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 2mg	9%
Potassium 202mg	4%
<i>*The % Daily Value (DV) tells you how much</i>	

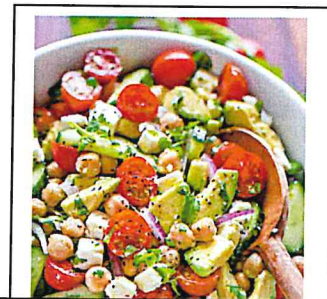
Chickpea Salad Recipe

Prep Time: 10 minutes Total Time: 10 minutes

Skill Level: Easy

Cost to Make: \$6-\$10

Servings: 6 as a side salad



Ingredients

- 3 Tbsp extra virgin olive oil
- 3 Tbsp lemon juice, from 1 large lemon
- 1 garlic clove, pressed or minced
- 1/2 tsp sea salt, or to taste
- 1/8 tsp black pepper
- 1 1/2 cups cherry tomatoes, halved
- 1 English Cucumber, halved and sliced
- 15 oz chickpeas, or garbanzo beans, drained, rinsed
- 1/2 medium red onion, thinly sliced
- 1 avocado, sliced
- 1/4 cup cilantro, chopped
- 4 oz feta cheese, diced

Instructions

1. Combine the dressing ingredients in a small bowl: 3 Tbsp olive oil, 3 Tbsp lemon juice, 1 pressed garlic clove, 1/2 tsp salt and 1/8 tsp pepper and whisk to combine (or shake them together in a small mason jar).
2. Combine remaining chickpea salad ingredients in a salad bowl, add dressing to taste (we used all of it) and toss to coat.

Recipe from Barbara Wilson, MFV

Nutrition Facts

Servings: 6

Amount per serving

Calories **458**

% Daily Value*

Total Fat 22.1g **28%**

Saturated Fat 5.7g **29%**

Cholesterol 17mg **6%**

Sodium 391mg **17%**

Total Carbohydrate 51.4g **19%**

Dietary Fiber 15.6g **56%**

Total Sugars 11.1g

Protein 17.9g

Vitamin D 0mcg **0%**

Calcium 188mg **14%**

Iron 5mg **28%**

Potassium 1004mg **21%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Whole Meal Salad

Serves: 1 | Serving Size: 1 salad

Ingredients

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables such as cucumber, frozen peas (thawed), onion, tomatoes, carrots, fresh mushrooms or bell peppers
- 1 egg, cooked and sliced
- 1 ounce chicken, beef, or pork (cooked and chopped) or a 1/4 cup canned beans, drained
- 1 tablespoon shredded cheese, chopped dried fruit, or chopped nuts
- 2 tablespoons low fat salad dressing

Directions

1. Arrange greens on large plate or bowl.
2. Add vegetables.
3. Add egg, meat, or beans.
4. Sprinkle with cheese, dried fruit, or nuts.
5. Drizzle dressing over top.

Tips

Pair the salad with a whole grain roll and cup of nonfat milk for a balanced meal.

Recipe from: University of Maine Extension

Nutrition Facts	
1 servings per container	
Serving size	1 salad(326g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 380mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 126mg	10%
Iron 3mg	15%
Potassium 285mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

TIMETABLE FOR COOKING HAM

NOTE: Set oven temperature to 325 °F. Fresh hams should be cooked to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F.

Note: These are approximate times for various cuts of ham:

Cut	Weight/lbs	Minutes/lb	Minimum Internal Temperature & Rest Time
SMOKED HAM, cook-before-eating			
Whole, bone in	10 to 14	18 to 20	145° and allow to rest for at least 3 minutes
Half, bone in	5 to 7	22 to 25	
Shank or Butt Portion, bone in	3 to 4	35 to 40	
Arm Picnic Shoulder, boneless	5 to 8	30 to 35	
Shoulder Roll (Butt), boneless	2 to 4	35 to 40	
SMOKED HAM, cooked			
Whole, bone in	10 to 14	15 to 18	Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F.
Half, bone in	5 to 7	18 to 24	
Arm Picnic Shoulder, boneless	5 to 8	25 to 30	
Canned ham, boneless	3 to 10	15 to 20	
Vacuum packed, boneless	6 to 12	10 to 15	
Spiral cut, whole or half	7 to 9	10 to 18	
FRESH HAM, uncooked			
Whole leg, bone in	12 to 16	22 to 26	145° and allow to rest for at least 3 minutes
Whole leg, boneless	10 to 14	24 to 28	
Half, bone in	5 to 8	35 to 40	
COUNTRY HAM			
Whole or Half. (Soak 4 to 12 hours in refrigerator. Cover with water and boil 20 to 25 minutes per pound. Drain, glaze, and brown at 400 °F for 15 minutes.			

Credit: Iowa State Extension

Melon Fruit Salad



Serves 6

Fruits and Vegetables: 1 cup per serving

Ingredients

- 2 cups watermelon, chopped
- 2 cups honeydew melon, chopped
- 2 cups cantaloupe, chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon honey*
- 1 tablespoon fresh mint, chopped

Directions

1. Wash and prepare fresh fruit and herbs.
2. Place fruit in a large bowl and add lime juice, honey, and fresh mint. Gently toss before serving.

Note

*Do not give honey to children under 12 months of age—they are at risk of infant botulism, which is a rare but serious form of food poisoning.

Nutrition Facts

Serving size: 1 cup; Calories: 70; Carbohydrates: 17 g; Fiber: 1 g; Fat: 0 g; Saturated fat: 0 g; Sodium: 20 mg

Recipe from UMass Extension

Sheet Pan Fajitas

Ingredients

- 1 pound of sliced boneless, skinless chicken breast
- 2 limes
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 teaspoon cumin
- 1/4 teaspoon pepper
- 1 tablespoon olive oil
- 2 large bell peppers, mixed colors, sliced into wedges
- 1/2 red onion, sliced into wedges (as a quick and convenient alternative, a bag of mixed frozen peppers and onions would also work well)

Directions

- Preheat oven to 450°F.
- To make the fajita mixture, in a container or ziplock bag, squeeze the 2 limes. Add the oil and spices. Toss in the chicken, peppers, and onions.
- Spread mixture out on a sheet pan. Bake for 10 minutes, then stir and continue to bake for 5-7 minutes more until the chicken is cooked through. Remove from oven.
- To serve, scoop fajita mixture into a tortilla and top with pico de gallo, guacamole and cilantro.

Recipe from Penn State Extension



Oven Baked Chicken Nuggets

Serves 4

Ingredients

- Non-stick cooking spray
- 1 egg » 2 Tablespoons low-fat milk
- 2 $\frac{3}{4}$ cups cornflakes, crushed
- 2 Tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
- $\frac{1}{4}$ cup fat-free dressing such as ranch or honey mustard, barbeque sauce, or ketchup for dipping sauce

Directions

1. Wash hands. Preheat oven to 400°F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Use a fork to whisk the egg and milk together in a small mixing bowl.
4. Place cornflakes in a plastic bag; crush finely. Add Italian seasoning to crushed cornflakes and mix well.
5. Dip chicken pieces in egg mixture, then put chicken into bag with cornflakes and shake to coat.
6. Put coated chicken on a baking sheet.
7. Place pan in oven and bake for 15 minutes.
8. Remove the baking pan from the oven.
9. Serve nuggets with dipping sauce of your choice.

Nutrition Information: Calories 190, Fat 3g, Sodium 160mg, Carbohydrate 14g, Fiber 0g, Protein 26g

Recipe Source: (<https://www.eatsmartmovemorenc.com/myesmm-recipes/>) *Eating Smart Moving More, North Carolina Extension*



Oven Fries

Serves 4

Ingredients

- Non-stick cooking spray
- 4 medium baking potatoes or sweet potatoes
- 2 Tablespoons vegetable oil
- Salt*

Directions

1. Wash hands. Preheat oven to 475°F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Cut potatoes into strips about ½ inch thick.
4. Measure oil into a plastic bag or bowl, add salt to taste. Add potatoes and toss to evenly coat with oil. Spread strips in a single layer on a baking sheet and place in preheated oven.
5. Bake at 475°F for 20 minutes. Take baking sheet out of oven and turn potato strips over.
6. Return to oven and continue baking for 15 more minutes.

*Try one or more of these seasonings: pepper, garlic powder, onion powder, chili powder, paprika

Nutrition Information: Calories 160, Fat 5g, Sodium 15mg, Carbohydrate 25g, Fiber 3g, Protein 3g

Recipe Source: [Eating Smart Moving More, North Carolina Extension](https://www.eatsmartmovemorenc.com/myesmm-recipes/)(<https://www.eatsmartmovemorenc.com/myesmm-recipes/>)

Nutrition Links Thrifty Tips

- Buy whole instead of precut vegetables.
- Lower the salt and oil by making your own chicken nuggets and oven fries.
- Make a double batch of chicken nuggets and freeze.

Learn more about cooking healthy on a budget!

Contact Nutrition Links to see if you are eligible for free nutrition classes: scan this QR code, call 888-778-3535 or email

nutritionlinks@psu.edu(<mailto:nutritionlinks@psu.edu>).