

SEASONED

NEWSLETTER



Welcome to Seasoned Newsletter #6. (If you missed the most recent one, it's [here](#).) In this issue we feature two super-simple recipes for chicken, one for breasts and one for thighs. They are delicious all by themselves, but since the chicken is mostly unadorned, you can also use any leftovers in other dishes, like chicken salad or tacos. (Check out our recipe for [Mexican Chicken Salad](#) at [seasonedmag.org](#).) There's also a kitchen trick involving leftover pasta, plus an ergonomic kitchen tool and stretching exercises for mind and body. Then, since we all love to snack, we give you a dozen ideas for quick, healthy snacks using cucumber slices.

Let's get started!



Crisp-Skinned Chicken

In this recipe a simple mixture of garlic, dried herbs, and lemon juice adds a lot of flavor to the chicken. After you toss the chicken with that mixture, the oven does the rest of the work. You start baking the chicken skin side down, then flip it to skin side up halfway through. This way, the fat from the chicken skin renders during the first part, and the direct heat of the oven gets the skin very crisp during the second part. You can easily cut this recipe in half, but if you make the full amount, leftovers will keep, covered and refrigerated, for up to 4 days.

HANDS-ON TIME: 20 MINUTES TOTAL TIME: 1 HOUR 20 MINUTES MAKES: 4 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil
- 2 garlic cloves, peeled and sliced
- 1 teaspoon dried rosemary, thyme, or basil
- Juice and grated zest of ½ lemon
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 pounds bone-in, skin-on chicken thighs (about 6), trimmed of fat and patted dry with a paper towel*

INSTRUCTIONS

1. Turn the oven on and set the heat to 425 degrees.
2. Put all the ingredients except the chicken in a large bowl and mix well. Add the chicken and mix until well coated.
3. Place the chicken skin side down in a single layer in a large ovenproof skillet or baking pan. Put the chicken in the oven and bake for 30 minutes.
4. Take the skillet or baking pan out of the oven and use tongs or a spatula to turn the chicken over very carefully, so the skin is on top.
5. Put the skillet or baking pan back in the oven and bake until the chicken is well browned and crisp, about 30 minutes more. Serve right away.

* **NOTE:** When handling raw chicken, it is very important that you wash your hands well after you touch it, before you touch anything else.



Honey-Mustard Glazed Chicken Breasts

This is a basic pan-cooked chicken recipe that we're fancying up with an optional glaze. If you want to use the chicken for something else—like to top a salad or pasta dish—you can simply skip the glaze.

HANDS-ON TIME: 25 MINUTES TOTAL TIME: 25 MINUTES MAKES: 2 SERVINGS



INGREDIENTS

- 2 teaspoons honey
- 1 teaspoon Dijon mustard (or whatever kind you like)
- 2 (4-ounce) boneless, skinless chicken breasts*
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1½ teaspoons olive or vegetable oil

INSTRUCTIONS

1. Put the honey and mustard on a plate and mix well. Set it aside.
2. Put the chicken breasts, smooth side up, on a cutting board, sprinkle with the salt and pepper, and cover with a large sheet of plastic wrap.
3. Using a mallet, the back of a skillet, or a rolling pin, pound the thick part of the chicken until it is the same thickness as the thinnest part. (This will help it cook quickly and evenly.)
4. Put a skillet on the stove, turn the heat to high, and add the oil.
5. When the oil is hot, carefully add the chicken and cook until golden on the outside and no longer pink on the inside, about 5 minutes per side.
6. Use tongs or a fork to transfer the chicken breasts to the honey-mustard mixture, and swirl them around until they are coated on both sides. Serve right away.

* **NOTE:** When handling raw chicken, it is very important that you wash your hands well after you touch it, before you touch anything else.

Or You Could

- **Make it herby:** Add 1 tablespoon chopped fresh rosemary, parsley, cilantro, or basil leaves to the glaze.
- **Make it spicy:** Add 1 teaspoon crushed red pepper to the glaze.
- **Make it citrusy:** Add the juice of 1 lime or ½ lemon to the glaze.

A Trick, a Tool, an Exercise

Reheat Pasta Evenly

Reheating sauced pasta seems straightforward, but it can get tricky. If you just put a bowl of pasta in the microwave, you're very likely to end up with pasta that is sizzling hot around the perimeter but still cold in the middle. For even warming, form the pasta into a doughnut shape (with a hole in the middle) on a microwave-safe plate.



Ergonomic Can Opener

Opening cans is one of the most difficult tasks for anyone with joint pain or a weakened grip. Ergonomic can openers are designed to make it easier. We like the Zyliss Lock 'N Lift model, which has a comfortable soft-touch grip and handle, a smooth-turning cutting mechanism, and a magnet to hold the lid once it's been severed.



Mind Stretcher

Q: You are driving a bus. At the first stop, two women get on. At the second stop, three men get on and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is gray, and it is raining outside. What color is the bus driver's hair?

A: Whatever color your hair is—you are the driver.



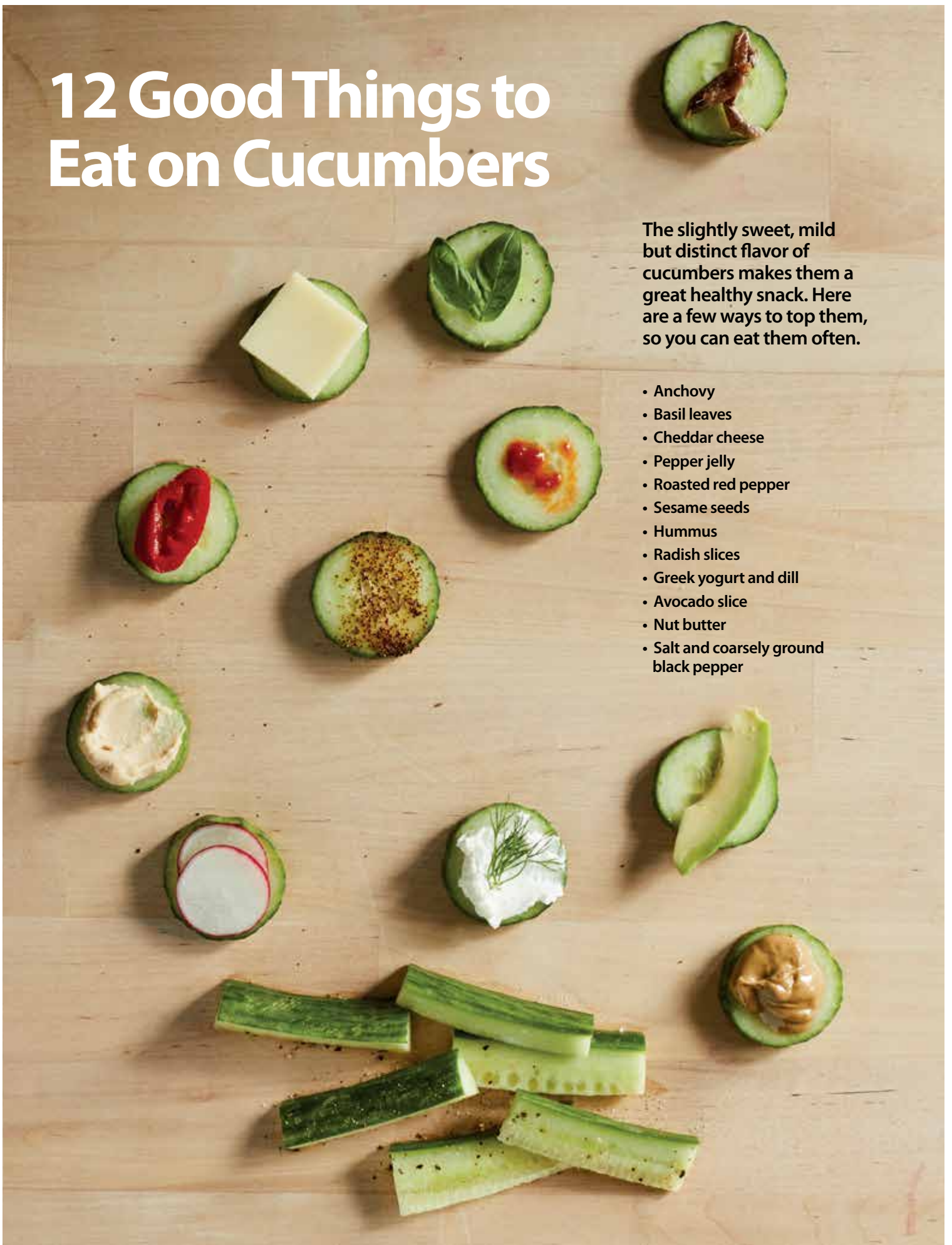
Staggered Stance

1. Standing to the side of a chair, put your feet together and your arms by your sides.
2. Step forward with your right foot and hold the position for 10 seconds.
3. Return to the start position and repeat 4 more times.
4. Repeat with the left foot.

12 Good Things to Eat on Cucumbers

The slightly sweet, mild but distinct flavor of cucumbers makes them a great healthy snack. Here are a few ways to top them, so you can eat them often.

- Anchovy
- Basil leaves
- Cheddar cheese
- Pepper jelly
- Roasted red pepper
- Sesame seeds
- Hummus
- Radish slices
- Greek yogurt and dill
- Avocado slice
- Nut butter
- Salt and coarsely ground black pepper



Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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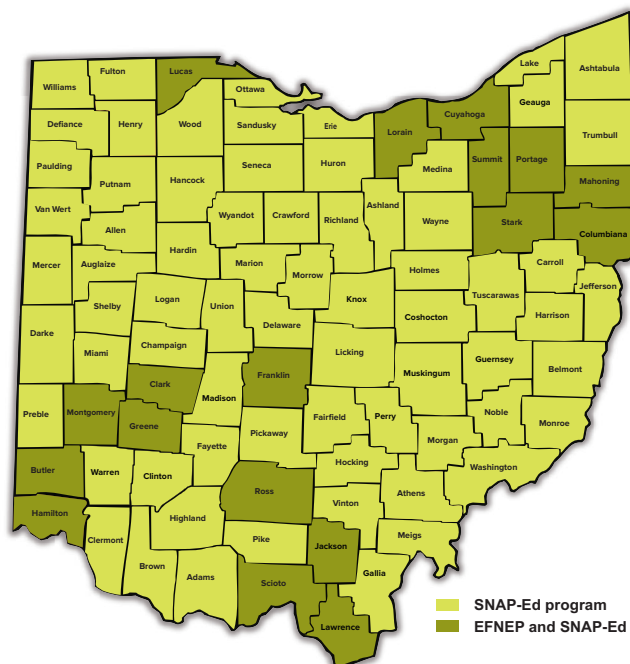
USDA Nondiscrimination Statement

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini
is packed with
B vitamins.

Visit CelebrateYourPlate.org for tasty,
healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).