



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

BETTER LIVING for *Texans*

Committed to serving Texans and to improving lives

Summer 2018
Victoria County

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Cool Ways to Stay Hydrated this Summer!

It is already starting off to be a very hot summer, and it is super important to stay hydrated!

Did you know that **20%** of our fluid intake comes from the foods we eat?!!

Here are some FUN ideas to incorporate HYDRATING fruits and vegetables into your day!

1. Start summer meals off with soup. Okay, it sounds like a crazy idea to eat/drink soup in the summer, but there are amazing cold soups to start off your meals! Try Gazpacho, Carrot Coconut Lime Soup, or a Chilled Blueberry Soup (<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/chilled-blueberry-soup>).
2. Blend up some cold, refreshing smoothies. Just put ice, low-fat milk and/or yogurt, plus your favorite fruits into a blender and blend until smooth. Do not forget to add in a little spinach or kale! (see smoothie recipe p.2)
3. Do you remember eating gelatin with fruit suspended in it? Bring back that sweet classic– just make your favorite flavor gelatin and add in your favorite fruits for an instant cool and sweet (and hydrating) treat!
4. Grill fruit or vegetables on skewers or on special grilling trays. Grilled fruit?! YES! Grilling fruit caramelizes the natural sugars in the fruits and gives them a totally different texture and such yummy flavor!
5. Try different colors in your salads– add a new fruit or vegetable and see how you like it! Be adventurous while hydrating, and also getting in your daily fruits and vegetables!
6. Use mashed avocado on your sandwiches instead of mayonnaise– it has the same creamy and rich texture as mayo and it also gives a new flavor. Plus, you will feel less guilty since you are eating something healthier!
7. Toss extra vegetables into casseroles or pasta dishes (peas and squash work great here!) If your kids don't really like vegetables, this is your chance to sneak some in. If you steam then blend up some yellow squash, no one should notice any difference in flavor when you add it to the spaghetti sauce or casserole!
8. If you don't like the taste of water, buy an infuser cup and flavor your water with any fruits, veggies, or herbs you choose. Some flavor combination ideas to try are: strawberry basil cucumber, raspberry lemon, pineapple ginger, and cucumber lavender.

Sources:

USDA Food Composition Database: <https://ndb.nal.usda.gov/ndb/nutrients/index>

<https://www.choosemyplate.gov/ten-tips-liven-up-your-meals>

Hydration: Water, the Forgotten Nutrient curricula from Texas A&M AgriLife Extension Service

“You don't have to cook fancy or complicated masterpieces– just good food from fresh ingredients.”

~Julia Child



The **Better Living for Texans** program provides free lessons for limited resource audiences on topics such as basic nutrition, food safety, and food budgets.

For more information please contact:

Texas A&M AgriLife Extension

Phone: (361) 575-4581

<http://agrillife.org/victoriacountyblt/>

Hot 'N Spicy Seasoning

Ingredients

- 1 1/2 tsp. white pepper, ground
- 1/2 tsp. black pepper
- 1 tsp. onion powder
- 1 1/4 tsp. garlic powder
- 1 TBSP basil, dried
- 1 TBSP thyme, dried

Directions

1. Wash hands and any cooking surfaces.
2. Mix all ingredients together. Store in airtight container.

Makes 32 servings

2 calories per serving

From: <http://www.whatscooking.fns.usda.gov>



Avocado Melon Smoothie

Ingredients

- 1 large ripe avocado
- 1 cup honeydew melon chunks
- 1 1/2 tsp. lime juice
- 1 cup fat-free milk
- 1 cup plain fat-free yogurt
- 1/2 cup 100% apple juice or white grape juice
- 1 TBSP honey

Directions

1. Wash hands and any cooking surfaces.
2. Cut avocado in half, remove pit.
3. Scoop out flesh, place in blender.
4. Add remaining ingredients; blend well.
5. Serve cold (keeps well in refrigerator up to 24 hours).

Makes 2 servings 320 calories per serving

From: <http://www.whatscooking.fns.usda.gov>

Tomatillo Salsa

Ingredients

- 1 pound tomatillos
- 1/2 cup yellow onion, finely chopped
- 2 serrano or other chiles, finely chopped
- 3 cloves garlic, peeled and minced
- 1 tsp. vegetable oil
- 1/4 tsp. salt
- 1 TBSP fresh lime juice
- 1/4 cup fresh cilantro leaves, chopped



Directions

1. Wash hands and any cooking surfaces.
2. Preheat oven to 450 degrees.
3. Peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
4. Place the husked tomatillos, onion, chiles, garlic, and oil in a baking pan. Stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
5. Transfer the mixture to a blender; add the salt, lime juice, and cilantro and puree.
6. Use to top fish or chicken, or serve with tortilla chips.

Makes 4 servings 181 calories per serving

From: <http://www.whatscooking.fns.usda.gov>

Texas A&M AgriLife Extension Service, Victoria County

528 Waco Circle, Victoria, Tx 77904

Phone: (361) 575-4581 Fax: (361) 572-0798

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