



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
scfcl website: <http://www.scfcl.com>

Leader Training Guide

Title

Low-Cost and Healthy Summertime Meals

Objectives:

1. Participants will learn proper food handling
2. Participants will learn some easy, summertime recipes
3. Participants will learn how to test for ripe fruit

Lesson Overview/Introduction:

Learning how to properly handle food can lower the chance of getting a food-borne illness. According to the Center for Disease Control, in 2016 there were 839 foodborne disease outbreaks which resulted in 14,259 illnesses, 875 hospitalizations, 17 deaths, and 18 food product recalls. Each year, there is an estimated 28 million people (1 in 6) that get sick from food eaten in the United States.

Lesson:

Safe Food Handling

https://www.fsis.usda.gov/wps/wcm/connect/18cece94-747b-44ca-874f-32d69fff1f7d/Basics_for_Safe_Food_Handling.pdf?MOD=AJPERES

Excellent handout from the United States Department of Agriculture (USDA) that not only discusses the right temperature to cook meats, it also goes over how to properly store those leftovers.

Easy Summertime Recipes

Mediterranean Tuna Salad

An easy salad that can be made from canned tuna. When choosing your tuna, make sure to get the light canned tuna and look for cans that are not dent or misshapen.



Nutrition Information per Serving:

(Based on tuna packed in water, $\frac{1}{8}$ teaspoon cayenne pepper, and $\frac{1}{2}$ teaspoon salt)

- Serving Size: 1 cup
- Vegetables: $\frac{3}{4}$ cup
- Fruits: 0 cups
- Calories: 124 calories
- Carbohydrates: 6 grams
- Fiber: 2 grams
- Protein: 15 grams
- Fat: 5 grams
- Sodium: 559 mg

Ingredients:

- 2 (5-ounce) cans of tuna packed in water or olive oil, drained and flaked
- $\frac{1}{2}$ cup minced carrots (approximately 2 carrots)
- $\frac{1}{2}$ cup minced celery (approximately 2 celery sticks)
- $\frac{1}{2}$ cup minced yellow bell pepper (approximately 1 small bell pepper – substitute with orange, red or green bell pepper if preferred)
- $\frac{1}{4}$ cup minced red onion (substitute with yellow or green onion if preferred)
- $\frac{1}{4}$ cup minced olives (substitute with pickles if preferred)
- 1 tablespoon olive oil
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon cayenne pepper (optional)
- Salt to taste (optional)

Directions:

1. In a medium size bowl combine the carrots, celery, bell pepper, onion, olives, tuna, and olive oil.
2. Season with black pepper, cayenne pepper, and salt. Mix well.
3. Serve as a sandwich on whole-grain bread, on top of salad greens, or alongside our [Olive Oil Toast](#).

Summertime Green Bean Salad

This is one of the best salads to make when the corn is really fresh. The easiest way to cook the corn is in the microwave. Cut off one end, microwave for 4 minutes, remove with hot pad – shake the corn out of the husk. (Tip: All of the silks should remain in the husk while cooking and you have perfectly cooked corn.) Even though the basil will get a little dark, this salad gets better the next day.



Nutrition Information per Serving:

(Based on ½ teaspoon salt)

- Serving Size: 1½ cups
- Vegetables: 1¼ cups
- Fruits: 0 cups
- Calories: 169 calories
- Carbohydrates: 14 grams
- Fiber: 3 grams
- Protein: 5 grams
- Fat: 11 grams
- Sodium: 41 mg

Ingredients:

- 1 pound (approximately 3 cups) green beans, washed and trimmed
- 1 pint cherry tomatoes, cut in half
- 2 ears corn, cooked and cut off the cob
- 4 ounces (approximately ⅓ cup) ricotta salata or feta, shredded finely or crumbled
- 3 tablespoons sherry vinegar
- 1 teaspoon Dijon mustard
- 4 tablespoons olive oil
- 1 cup packed basil leaves, cut into thin ribbons (chiffonade)
- Salt to taste

Directions:

1. Cook the green beans in salted water until just done – do not overcook. Chill well (approximately 15-30 minutes).
2. In a large bowl, combine the cherry tomatoes, corn, and green beans.
3. Add cheese to the vegetable mixture.
4. Make the vinaigrette by combining the vinegar and mustard then add the oil in a thin stream while beating.
5. Add the dressing to the vegetable mixture.
6. Top with the basil.
7. Salt to taste.

How to Test for Ripe Fruit

The Farmer's Market Almanac has a great guide on how to tell if a fruit is ripe or not.

Cantaloupes

These melons don't change color, or at least, the color doesn't change that much as it ripens. Unripe cantaloupes will have a slightly green tint to them, but it is often easier to tell a ripe cantaloupe from an unripe one by sniffing the melon. If it smells slightly sweet, it should be ripe, but if the sweet smell is strong, then it is probably over-ripe. Another way to tell, if you have several cantaloupes to compare, is by hefting them. A ripe cantaloupe will be heavier than a non-ripe one.

Watermelons

Watermelons can be tricky, but there are a few good ways to tell whether or not a watermelon is ready to be harvested. First, knock on the melon with your knuckles. If it is ripe, the melon should make a hollow sound. Also, look for the side of the melon that rested on the ground as it grew. Ripe melons should have a yellow spot, while melons that aren't quite ripe (and thus haven't spent as much time maturing on the vine) will have a white spot or no spot at all where the melon sat on the ground.

Peaches

How do you know when to pick your peaches? There are a lot of confusing and conflicting rules of thumb. The real way to tell if a peach is ripe is to look at the color. A ripe peach will have no hint of green around the stem, the side of the peach that faces the Sun should be a dusky red, and the side of the peach that faces away from the Sun will be yellow with just a hint of orange.

Pears

Pears are particularly confusing. You can't tell by feel, since ripe pears are just as hard as immature pears, and most pears don't change color with age. To tell if pears are ripe, give the stem a little nudge. If the stem is firmly stuck to the pear, then it isn't ripe. You can also tell by smell – ripe pears will give off just a hint of pear scent, while over-ripe pears will have a strong pear scent.

Lesson Summary: Learn how to properly handle food, some great summertime recipes, and how to tell if a fruit is ripe or not.

Suggested Activities: Prepare recipes and enjoy!

Suggested Materials: Knives, Bowls, Food (list provided), Cutting Boards

Lesson Prepared by: Shanna Sykes, Health Extension Agent

Lesson Review by: TBA

Sources/References:

https://www.fsis.usda.gov/wps/wcm/connect/18cece94-747b-44ca-874f-32d69fff1f7d/Basics_for_Safe_Food_Handling.pdf?MOD=AJPERES

<https://www.farmersalmanac.com/when-to-harvest-common-fruits-24924>

<https://www.cdc.gov/fdoss/annual-reports/index.html>

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- 1/8 teaspoon cayenne pepper (optional)
- Salt to taste (optional)

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