



The NMSD Monthly Morsel Nutritional Newsletter 3/14/21-3/21/21

Oven Roasted Hominy

6 servings: 1 ¼ c serving size

Ingredients

- 2 c hominy, drained and rinsed
- 1 tbsp garlic powder
- 1 tbsp chile powder of choice
- 1 tbsp olive oil

Preparation

Preheat oven to 400. In a bowl, whisk together seasonings and olive oil. Pour over drained, dried, hominy, and toss very well. Spread on baking sheet; Bake in the preheated oven, stirring every 10 minutes, until the hominy is crisp and dry, 40 to 50 minutes. Allow to cool to room temperature before serving.



Grilled Banana Bread Muffins

4 servings: 1 muffin each

Ingredients

- banana bread muffins, slightly hardened
- 1 tbsp butter, ¼ per muffins worth of slices
- 1 tsp sugar
- Vanilla yogurt
- 1-2 banana, sliced

Preheat broiler, or pull out a baking torch. Place banana slices on baking sheet, non-stick, or protected by parchment paper; liberally apply sugar evenly across banana slices. Slice banana muffins into 1-inch thick slices. Heat a medium skillet over medium-low heat, then add butter until just browning a little. Add banana muffin slices and toast well on each side. Place bananas under broiler to aid in the caramelization of the sugars, or use small baking torch. Brown the banana slices topped with sugar. Place muffin slices on plate, layer the banana pieces atop, and finish with vanilla yogurt. Add chopped walnuts if desired.

Tostadas Delgadas

8 servings: 1 tostada per serving

Ingredients

- 8 tostada shells, arranged on a non-stick baking sheet and lightly sprayed with oil.
- 4 cups refried beans (fat-free)
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp pepper
- 1 tsp cayenne pepper
- ½ tsp salt
- 2 cups lettuce (shredded)
- 1 cup tomatoes (diced)
- 2 cup cheese (grated)

Preparation

Preheat oven to 350. Place tostada shells in oven, just until browning around edges slightly. In a medium stove pot, combine beans, and ¼ c of water. Add seasonings. Stir well to combine, and heat until bubbling, and 165 degrees. Place ½ c of refried beans atop each tostada shell, then ¼ c of cheese for each, with ¼ c of lettuce, 1/8 of tomato. For an extra kick, try some hot sauce!

Panned Cabbage

2 servings: 1 c serving

Ingredients

- 1 1/2 teaspoons butter (or margarine)
- 4 c cabbage (finely shredded)
- 1/8 teaspoon salt
- pepper (to taste)
- 2 tablespoons water
- 1 tablespoon lemon juice

Preparation

Melt butter or margarine in a heavy saucepan or skillet. Add cabbage and sprinkle with salt and pepper. Add water. Cover pan with a tight-fitting lid to hold in steam. Cook over low heat until cabbage is tender (6 to 8 minutes), stirring occasionally to prevent sticking. Add lemon juice and serve.



Salsa Pinto Beans

8 servings: ¾ c serving

Ingredients

- 1 tablespoon olive oil (or canola oil)
- 1 onion (medium, chopped)
- 1 clove garlic (minced, or 1/8 teaspoon garlic powder)
- 4 c pinto beans, cooked, drained and rinsed
- 1 cup salsa

Preparation

Heat the oil in a skillet over medium heat. Add the onion and garlic and cook until tender. Stir in the beans and salsa. Cook for 10 minutes. Serve over rice, pasta, or baked potato or on a tostada shell.



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Use vinegar to get odors out of your microwave: place a small bowl with water and vinegar on low for 2 minutes and then wipe your microwave after.

