

## Recipes for commodity foods prepared, sampled

by Norma L. Simpson

The last day of August I joined with the Commodity Foods to provide Warm Springs folks with some samples of dishes that are made with commodity foods. The object of the tasting demonstrations is to show how to prepare the foods and dishes that they had never made. One father with his young son said he really liked to cook and was glad that we had recipes for the treats that they watched me prepare.

The recipes were selected because of the low level of fat, salt and sugar in casseroles and salad. These recipes were taken from the cookbook called QUICK & EASY COMMODITY RECIPES for Foods Distribution Program on Indian Reservations. These recipes were developed and tested by tribal members from 10 tribes, nutritionists, extension agents all over the USA. At the bottom of the recipes is the Nutrition Information for one serving. You have to be careful that you eat the size of the serving that is given. In case of the 1/2 cup serving of scalloped corn, you might be tempted to eat two servings which would mean that the sodium content would double from 245 milligrams to 490 milligrams. And the fat content would double from 15 grams of fat to 30 grams of fat. Try green beans or spinach vegetable choices to go along with traditional roots to add more nutrients and color to the menu.

In the case of the cold or hot macaroni and meat salad recipe, you would see 1 cup of the salad (or hot casserole) would double in fat, but 2 cups of this recipe is a lot to eat if you have other things with the casserole. We suggest that you try another vegetable like spinach or carrots to give the meal a balance

of nutrients and more color to tempt the family. To reduce the amount of salt, use green pepper instead of pickle or relish.

### Scalloped Corn

Makes 10 servings, 1/2 cup each

- 1 cup Dry egg mix
- 1 cup water
- 2 cans Cream-style corn
- 1 medium onion, chopped
- 1 cup rolled oats
- 2 tablespoons evaporated milk
- 1/4 teaspoon pepper
- 1. Turn oven to 350 degrees F.
- 2. Beat egg mix and water until smooth in a large bowl.
- 3. Add all other ingredients. Mix well.
- 4. Pour into lightly oiled baking dish.
- 5. Bake at 350 degrees F for about 1 hour, until the top is light brown.

If you cook the scalloped corn in the microwave, cook it for 2-3 minutes then stir the casserole so that the food will not dry out and curl in the dish.

Then cook for 9 minutes more. Test with a fork to see if the casserole has cooked in the center. If undercooked, try turning the microwave dish upside down and cook 2 minutes more.

Nutrition information for each 1/2 cup serving: Calories=113; Carbohydrates=10 grams; Protein=6 grams; Fat=8 grams; Sodium=245 milligrams.

### Cold or Hot Macaroni and Meat Salad

Makes 6 servings, 1 cup each

- 2 cups Macaroni, dry
- 1/2 can chicken or turkey or tuna
- 1 cup cheese, diced
- 1/4 cup celery, chopped
- 2 tablespoons onion, finely chopped.
- 1/4 cup evaporated milk

- 1 teaspoon prepared mustard
- 1/4 cup sweet pickle relish or chopped pickles
- 1/2 can green peas or whole kernel corn or carrots or 1-cup combination.

Using fresh, chopped green pepper in place of relish will reduce the sodium in this recipe.

1. Cook macaroni using directions on the package.
2. Drain meat. Rinse under hot water to take off extra fat. Drain again.
3. In a large bowl combine macaroni, meat, cheese, celery and onion
4. Blend salad dressing, evaporated milk, and mustard together in a small bowl.
5. Add to macaroni mixture. Mix well.
6. Gently stir pickle relish and drained peas into macaroni mixture.
7. To serve cold, chill in the refrigerator several hours. To serve hot, put into lightly oiled casserole dish. Bake at 375 degrees F for 30 to 35 minutes.

Nutrition information for 1 cup: Calories = 398; Carbohydrates = 43 grams; Protein = 22 grams; Fat = 15 grams; Sodium = 740 milligrams.



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EDUCATION THAT WORKS FOR YOU

## Booklet tells how to properly care for game meats

Hunters preparing to head to the field for the 1994 season can take a new reference booklet from the Oregon State University (OSU) Extension Service with them, reports Carolyn Raab, Extension foods and nutrition specialist.

"Big Game from Hunt to Home" gives detailed steps about caring for game in the

field as well as caring for the meat while it is being transported and preparing cuts for home use. Information about antelope, bear, deer and elk is included in the handbook.

"How the kill is treated in the field is the key to having good quality meat for the family," Raab stresses. "That's why over half of the publication is devoted to this topic. Meat from big game animals is a nutritious choice for family meals but only if the carcass is handled carefully and the meat is stored correctly."

Raab is co-author of "Big Game" with W. Daniel Edge, OSU Extension wildlife specialist, and Jan Busboom, Washington State University Extension meat specialist.

Photos illustrate various steps in handling the kill in the field as well as skinning, and cutting up the carcass. A chart shows expected yields of bone-in and boneless cuts from

field dressed weight.

In the section on preparing game meat, hunters and their families will find a chart showing calories, protein, fat and cholesterol in serving of cooked meat. The chart uses beef as a comparison meat.

There is also information about preparing the meat for the table, including marinating, cooking hints, and selected recipes. Information about preserving game meat by freezing, canning, and drying is also included.

Copies of "Big game from Hunt to Home," EC 1434, is available for \$2.75 by mail from Publications Order, Agricultural Communications, OSU Administrative Services A422, Corvallis 97331-2119. We need to charge for this publication in Warm Springs as well. We have a few other publications called "Boning out Your Deer" that are free.

## Publications offer helpful information to readers

by Norma L. Simpson  
Fascinating Facts

As you know, we receive several nutrition and health magazines in the OSU/Warm Springs Extension office. Each month I go through them to select articles that I think will help you to have a healthy life by the things that you can do at home. New knowledge gives you control over your healthy eating and can influence what others do about your food choices.

Restaurants Modify Menus  
The latest issue of the "University of California a Berkeley Wellness Letter" has two articles in the September 1994 issue. "Three out of four restaurant chefs have modified their menus over the past few years to offer healthier alternatives, according to a recent survey of 300 chefs across the county. About 86% have reduced the fat content of at least some of their entrees and appetizers;

72% have cut back on salt in all dishes; 54% are providing more vegetables with their entrees; and 67% are using more fruit in their desserts.

I think we all need to see that the foods we eat away from home will not tempt us to eat more than we need at each meal. Many restaurants will allow you to substitute fatty foods for more nutritious foods. I have found one restaurant which allows me to substitute the salad bar for the french fries. While I miss the fries, I feel so much better when I eat a spoon full of potato salad and 1 tablespoon of salad dressing on the greens rather than 3 tablespoons of dressing that many restaurants serve on the salad. Give it a try.

Do It Yourself Low-Fat Chicken  
It's true that the government requires growers and processors to live up to their labels. So if a label says "low-fat," the chicken should be low-fat. Given the price differential

for free-range chicken, however, you might be forgiven a little skepticism.

In any case, whether a chicken is high in fat or not, you needn't eat the fat. Most of the fat is in the skin and just under it and is easily removed. Unlike beef and pork, chicken meat is not marbled. Thus you don't have to depend on the grower. It's up to you to take the steps to get low-fat chicken: Don't eat the skin; Trim and discard all visible fat; Skim the pan juices and stock and discard the fat; Eat the white meat, not the dark.

Are free-range chickens worth the price, usually double that of regular chicken? Some people say they taste better. But these chickens are not better for your health than any other, and they're not more sanitary. They must be handled in the kitchen as carefully as any other. Raw chicken is often contaminated with salmonella and other bacteria, whether the birds roam free or not.

## "Light" cigarettes not really light

MYTH: Light cigarettes are "light"

FACT: If you think you are getting less tar, nicotine and carbon monoxide from "low-yield" cigarettes and have thus reducing your health risks, you are probably kidding yourself. The amount of tar and nicotine listed on the package has little to do with the amount a person inhales. The tobacco companies measure cigarette yields by using smoking machines, which take standardized puffs. However, people don't smoke that way, they usually compensate for the low yield by puffing more, inhaling deeper, and smoking the cigarette down to the filter. They may also smoke more cigarettes. For this

reason, the FTC is reexamining its methods for measuring compounds in cigarettes.

Thus studies have shown that there's little correlation between stated nicotine yields from various brands and the nicotine levels measured in the blood of smokers. In effect, smokers are able to get the same amount of nicotine, their "fix," no matter what brand they smoke. Recent Congressional hearings revealed that the tobacco companies manipulate nicotine yields in subtle ways to keep smokers hooked.

The notion that "light" cigarettes are safer has been shot down by a number of studies. For instance, 1989 study from Boston University found that women who smoked such cigarettes actually had a slightly higher risk of heart attack (the leading smoking-related illness) than those who smoked stronger brands.

"Light" cigarettes are just one more way the tobacco companies have misled the public over the years.

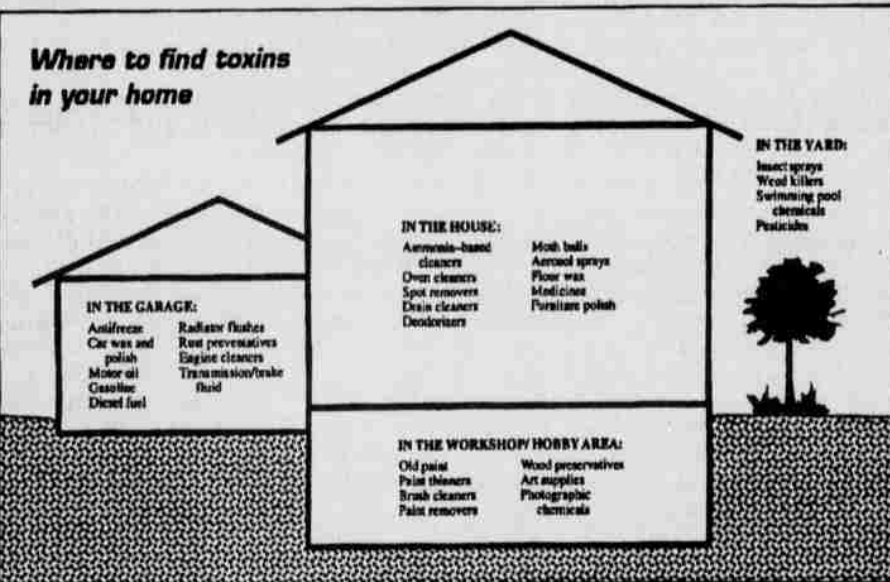
## Look in every corner for household hazardous waste

by Norma L. Simpson

On September 1, I ordered copies of "What is Household Hazardous Waste?" From the drawing in the publication you can see the hazardous wastes exist in many parts of the home, inside and out.

For more information, call your garbage hauler, your local government solid waste department, or the Oregon Department of Environmental Quality at 229-5913 or toll-free 1-800-452-4011. If you live in the Portland area, call Metro, 224-5555. Ask for household hazardous waste information.

The Department of Environmental Quality said they would also send some more detailed booklets. If you would like the pamphlet, give us a call at 553-2328



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## Stockman's Roundup: Market wisely



Bob Pawelek  
OSU Extension Agent  
Livestock and Range

### Wise Livestock Marketing

Not all horses and cattle are sold through the auction yard these days anymore. The stockman has various methods by which to market his stock. There are now satellite video auctions, where cattle are seen in the pasture and bids are placed by phone. Order buyers are also available, who buy direct from the ranch. This method is becoming popular, but it pays to be knowledgeable about the buyer, as well as the method of payment.

A cattle producer may wish to hang on to some of his steers and sell them as yearlings. This approach is called a "rollback," as more pounds of beef are sold, but at a slightly lower price than for weaner calves.

Horses are often bought and sold privately. This is a desirable option for many stockmen. However, some get non-payment problems in return. Reduce your risk by using a few

precautions: 1) ask for cash (obviously). 2) Verify the buyer's ability to pay by calling his bank. 3) Retain title to livestock until final payment is received. 4) Insist on other acceptable methods of payment, such as wire transfer, cashier's check, money order, letter of credit or cash.

When selling by private treaty, a personal check may be written. Make sure all pertinent information is on the check, including mailing address, phone number, and date of birth. It would be wise to jot down the auto license number if you accept a check from someone you've never done business with before.

Off The Subject  
The Oregon Cattlemen's Association will be meeting in Portland September 21-23, at the PDX Holiday Inn. The phone number to register is 731-3200.

Was asked to remind folks about using the corrals at the industrial site. You'll notice a new sign posted up there, "one week only." The Rockin' 4-H Club will be having its first meeting on Monday, September 12, 5:30 p.m. at the 4-H pasture on Tenino road. All are invited.

Some folks might be interested in getting the youth on the North End interested in Rocking' 4-H. We need volunteers.

Beginning in October, each Friday at noon we will be having lunch time classes for folks interested in livestock and range management. The classes will be at the Extension Office, and will include videos, discussions, guest speakers, and fun. Next issue will be a schedule of topics.

We will be doing the same at the fire hall in Simnasho some weekday evenings throughout the winter.

Congratulations to Clay Penhollow, former Extension Agent here. Clay was recently hired as a Planner for the Natural Resources Department. Welcome back Clay.

## Camp a huge success; appreciation goes to many

by Arlene & Crystal  
Getting ready for camp starts with:

- 1 - box of positive attitudes
- 1 - bag of smiles
- 3 - sacks of slices up humor
- 2 2/3 - bottles of patience

Well, Warm Springs 4-H Wilderness Enrichment Camp is over for another year. There were 53 happy campers up at Trout Lake. Kimiko Mitchell was the cook with David & Frank Kalama helping. A big thank you to the cooks at camp. Campers and camp staff did not go hungry.

Russell Charley restored the sweat house and everyone that wanted to sweat had that opportunity. Classes were well received by the campers they learned how to make chokers, teacher was Bob Speakthunder, Basket Making teacher Rose Mary Charley, learn new games with teacher Jay Walsh. Lots of swimming and getting dirty, playing in the sun all day.

Willie Sahme was in charge of swimming and helped with the new games. Also breaking of camp and loading the two ton truck on Sunday.

The Jr. Camp Counselors for this year: Lillian Heath, Derrick Palmer, Joseph Martinez, Nicole Charley, Violet Heath, Wendi Johnson, Jered Moses, Phyllis Shawaway and Candace Heath. THANKS for all your energy and hard

work. Each one of you contributed greatly to the 1994 Wilderness Enrichment camp success. See you next year.

5 Mile hike up Ollalie Butte led by Rick Krause and family. The hikes on Friday went very well. These are the hikers who make it up Ollalie Butte: Jered Moses, Jenny Langnese, Michelle Manion, Willie Danzuka, Tim Wajtusik, Violet Heath, Steven Krause, Monet Martinez, Phyllis Shawaway, Chasen Walker, Kyle Wells, Foster Sahme, Robert Allen, Louis Smith, Harold Blackwolf, James Wolf, Pasha Smith, CeCe Polk, Crisy Sanders, Falena Kentura, Joseph Martinez, Tashina Smith, Harley Andrews, Lula Smith, Kaliska Smith, David White, Angela Sanders & Frank Brunoe.

4 miles to Ollalie Lake: led by Russell Charley, Sue Ryan, Arlene Boileau. Penny Krause, Nicole Charley, Devery Arthur, Tony Fultz, Stuart Thomas, Robert Heath, Derrick Palmer, Shayla, Daleena, Shelly Tasheenan, WinnerJoe, Pete, Clara, Francine, Sheena Courtney, Jenna, Leanne, Jessica, Tricia, Julia, Wendi Johnson, Lillian Heath, Candace, Casandra, Colleen & Reed Danzuka.

A SPECIAL thank-you to all of the volunteer who help support this camp and take time to help the Youth of Warm Springs. Thanks to all of you Sue Ryan, Rick Krause, Mary Smith, our medical person who works at Mt. View Hospital, Clay Penhollow, Frank Brunoe, Ken & Heidi, Joe Winishut & Micky Boileau.

Also a big thank you to Community Health Promotion for all your help and support with the Warm Springs 4-H Wilderness Enrichment Camp.

A very big thanks to Jeff Sanders, Benny Heath, Howie Amett for helping load the 2 ton truck on Sunday with all the camp equipment.

### 4-H RAINBOW DANCERS

Arlene Boileau and Crystal Winishut would like to thank the Rainbow Dancers & Parents for doing a super job at the Oregon State Fair. There was several fans that came to watch the Rainbow Dancers and take pictures. We will be dancing at Suttle Lake September 3, 1994. The Rainbow Dancers have done a super job this summer. We are very proud to be working with you. I would like to send special thanks to Mary Ann Meanus and the Dry Creek drum for drumming for our group at the State Fair. The singing went very well. We would also like to dedicate the summer dancing to Verbena Greene, you are in our hearts and thoughts. We love you, Verbena Greene.

For the future Rainbow Dancers and parents, we will start fund raising for the Alaska trip during spring break of 1995. If your intentions are to go to Alaska, this will require a commitment on your part and a very dedicated amount of energy to raise the amount of finances that will be needed. There will be more information in the near future. If you have any questions call Crystal Winishut or Arlene Boileau at 553-3238/3229.