

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



USE THE MEATBALLS AS IS,
ADD TO PASTA, OR TOP A
SANDWICH.

THESE CAN BE PREPARED
AHEAD, REFRIGERATED, AND
THEN POPPED INTO THE
OVEN AT THE END OF A BUSY
DAY.

Stuffed Pork Meatballs

Ingredients:

- 1 egg, beaten**
- ¼ cup ketchup**
- ½ cup onion, chopped**
- ½ cup Italian- seasoned bread crumbs**
- 2 garlic cloves, minced**
- ½ tsp. salt**
- ½ tsp. pepper**
- 1 lb. ground pork**
- 16 (1/2 inch) cheese cubes**
Mozzarella or other
cheese of choice

Directions:

1. Preheat oven to 400°F.
2. Use foil to line a rimmed baking sheet and coat with a light layer of cooking spray.
3. In a large bowl- mix egg, ketchup, chopped onion, bread crumbs, garlic, salt, and pepper together.
4. Gently mix in ground pork and evenly incorporate into egg combination.
5. Divide pork mixture into 16 equal portions. Roll into a ball and flatten slightly.
6. Place a cheese cube in the center of each and firmly wrap meat around cheese.
7. Place meatballs on baking sheet and bake for 25 minutes, turning meatballs after 10 minutes and baking until no longer pink.

Eat what's in season...

Melon

Watermelon, honeydew melon, and cantaloupe are available in season from July through October. Their colors differ, nutrient profiles vary, but all provide a refreshing crisp texture to a meal or snack.

Watermelon has both seedless and seeded varieties, and can be round, oblong, or oval. They can be very small and sold as personal melons, found in 'icebox' size, medium, or large variety. The rinds, or protective outer layer, are either green, light green, or striped with both shades of green. The most common flesh color of watermelon is the well-known red/pink but they can also be yellow and orange.

Selection:

While trying to pick a watermelon, look for one of symmetrical shape and one that feels heavy for its size. The yellow spot that's seen on the outside of watermelons is where the melon has rested on the ground.

Storage:

Watermelon can be stored whole at room temperature. Once cut, the melon stores well for 5 days in an airtight container. This melon can also be frozen for up to 8-12 months, perfect to add to future smoothies, used as ice cubes in your orange juice, and added to fruit salads.

Important food safety tip:

Melons of any variety should be rinsed under cool running water or cleaned with a wet cloth or paper towel prior to cutting! This prevents the knife used to prepare the melon from dragging any bacteria from the outside through the flesh that will be eaten.

Breakfast Pizza

Ingredients:

Pizza dough of choice

15 oz. sausage gravy

2 Tbsp. Olive Oil

½ red bell pepper, diced

**½ med. sweet onion,
diced**

8 large eggs

½ tsp. pepper

**5 slices of bacon, cooked
and chopped
(if desired)**

**½ lb. ground sausage,
browned**

2 cups shredded cheese

Directions:

1. Preheat the oven to 425°F. Use cooking spray to coat a 10x15 rimmed baking sheet.
2. Spread pizza crust on baking sheet, pressing it evenly to reach the edges. Brush with olive oil and bake for 7 minutes.
3. In a medium skillet, heat butter over medium heat and add pepper and onion pieces. Sauté until onions are translucent.
4. In a bowl, whisk eggs together with pepper and pour over peppers and onions mixture. Cook and scramble eggs until slightly underdone.
5. When the crust is done with the pre-bake, spread sausage gravy evenly over the crust. Top with egg, vegetable mixture, and bacon. Then sprinkle evenly with cheese.
6. Return pizza to the oven and bake for 10-12 minutes, until all ingredients are hot and beginning to brown.

Side Dish Spotlight

Below are additional recipes for pizza making, breakfast creating, and using melons. Don't forget to view the nutrient profile on page four.

Homemade Pizza Dough:

Ingredients:

- 1 cup warm water, 100-110°F
- 2¼ tsp. active dry yeast
- 1 Tbsp. honey
- 2 tsp. salt
- 2 Tbsp. olive or canola oil
- 3 cups bread flour

In a large mixing bowl, stir together warm water, yeast, and honey. Let sit for 7-10 minutes or until bubbles begin forming in the mixture. The yeast is alive!

Add salt, oil, and 1½ cups of flour to combination and mix until flour is incorporated. Continue adding the remaining flour little by little until you reach desired dough consistency. The dough should remain slightly tacky but not so sticky that it sticks to your hands. Knead for 6 minutes. The dough should be smooth and the sides of the bowl should be clean.

Lightly grease the sides of the bowl and all over dough. Cover with plastic wrap and allow dough to rise for 1-2 hours. Remove and spread into desired pizza pan or stone!

This recipe makes enough for roughly two, 12-inch pizza crusts. Dough can be divided in two after kneading, sealed into airtight bags, and frozen for future use. Allow dough to come to room temperature and double in size before building a pizza. This will take roughly 6-8 hours.



Try
This!

Melon Coolers

Ingredients:

- 1 cantaloupe, cut into 1-inch cubes
- 2 ½ cups orange juice, cold
- crushed ice as desired
- Or
- 3 cups watermelon, cubed & seeds removed
- ½ cup orange juice, cold

Place melon cubes in a blender or food processor. Add 1/2 cup of orange juice and blend until smooth. Pour melon puree into a pitcher and stir in remaining orange juice. Serve over crushed ice in individual glasses.

Or

Place watermelon and juice in blender. Blend until smooth.

Grilled Cantaloupe

Ingredients:

- Cantaloupe, ripe with seeds removed
- ½ cup olive oil

Cut cantaloupe into wedges and remove the skin. Brush each wedge with olive oil and place on grill over medium heat. Cook for 10-12 minutes, turning the wedges every 3-4 minutes.

Pair watermelon, cantaloupe, and honeydew cubes with each other or try mixing them with a combination of the following - kiwi, cucumber, blueberries, feta cheese, mint leaves, lemon or lime juice, black pepper, basil, or cilantro.

Melons
continued...

Cantaloupe's North American variety is actually a muskmelon and has net-like covering around bright orange flesh. The European variety is lightly ribbed on the outside with skin that's more gray-green in color. Both varieties provide a sweet flavor.

Selection:

A ripe cantaloupe will be fragrant with sweet tones and look cream colored or yellowish between the netting pattern. To test the ripeness of these melons, press on the stem end of the melon. It should give in to a little pressure. Avoid melons with a bruised exterior or with stems still attached.

Use:

Unlike watermelon, seeds of cantaloupe can be easily removed prior to eating. Cut the melon lengthwise and use a sturdy spoon to scoop out seeds and strings from each half. The halves can be cut into wedges then slice away the skin and chop into desired size.

Storage:

Do not remove seeds from a cut portion you don't intend to use pretty quickly. The seeds help the melon retain moisture! Cut melon can remain in the refrigerator for 5 days while whole, uncut melons can remain at room temperature for 5-15 days depending on the melon's ripeness.



Nutrient Profile: Molybdenum

Molybdenum is an essential trace element that is naturally present in many foods. Your body uses molybdenum to process proteins and genetic material like DNA. It also helps break down drugs and toxic substances that enter the body. Deficiency of molybdenum is very rare in the United States. Most people are able to get enough from foods they eat regularly.

Food Source: legumes (peas and beans), whole-grain cereals, milk, milk products, dark green leafy vegetables

Hint: add these dark greens to top your breakfast pizza or mixed into your melon salad combinations!



Area 8 Health and Human Sciences Extension Educators can be found in Cass, Carroll, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

Facebook: <https://www.facebook.com/PurdueExtensionHealthandHumanSciencesArea8/>