



# Family Nutrition In Action

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## Keep it or Toss it?



Use this list to decide if you should keep or toss some common foods in your refrigerator. Once these foods are opened, do not keep them any longer than the amount of time listed.

- **Bottled gravy:** 3 to 5 days
- **Barbeque sauce:** 4 months
- **Cocktail sauce:** 6 months
- **Ketchup:** 6 months
- **Yellow or Dijon mustard:** 1 year
- **Pickles** (store bought): 1 year
- **Bottled marinade:** 2 years
- **Bottled hot sauce:** 5 years

SOURCE: CORNELL UNIVERSITY COOPERATIVE EXTENSION

For more information, contact your local County Extension Office:  
Maria Rometo—941-861-9804

## SPRING CLEANING? START WITH YOUR KITCHEN!



Springtime means “Spring Cleaning” for many families. This year, start with your fridge and pantry. A clean kitchen will save on food costs and keep you and your family safe!

### Cleaning and organize your pantry.

- ♦ Wipe selves with hot, soapy water. Dry with a clean cloth.
- ♦ Look at each item’s “use-by” date. Toss any expired foods.
  - \* The “use-by” date is a suggested date for the best quality of food.
  - \* Try not to keep canned foods for more than one year.
- ♦ Group common food items together for easy access in your pantry.
- ♦ To save money, place older items in front so they are used first.

### Go through your refrigerator.

- ♦ Wipe shelves down with hot, soapy water and dry with a clean cloth.
- ♦ Check for foods that should be thrown out once a week.
- ♦ Keep fresh chicken and ground meat up to 2 days, fresh meat up to 5 days, and most leftovers will keep 3 to 4 days.
- ♦ Avoid overfilling the refrigerator to keep foods at a safe temperature (40°F or below ).

### Tackle your freezer.

- ♦ When storing food in the freezer, label them so the oldest dates are used first.
- ♦ Avoid freezer burn by storing foods in a freezer bag and remove excess air.
- ♦ Avoid overfilling the freezer to keep foods at a safe, frozen temperature (0°F or below).

SOURCES: OHIO STATE UNIVERSITY EXTENSION,  
UNIVERSITY OF NEBRASKA LINCOLN



## THE CORNER STORE BLACK BEANS

Black beans are sweet-tasting with a soft texture. These beans are medium-sized, oval, with a matte black color. They also contain fiber, folate, iron, potassium and magnesium.

Did you know the black beans are a part of the protein group and vegetable group?

- **Canned black beans**  
Always drain and rinse canned beans before using them in a recipe. Unless canned without salt, canned black beans are higher in sodium.
- **Dry-packaged black beans**  
Follow package directions, discard the soaking water and rise beans before cooking them.

### MEAL IDEAS:

- Add black beans to salads, pastas or soups.
- Replace meat in recipes with black beans, such as bean enchiladas and quesadillas or black bean burgers.
- Mix black beans, corn, tomato and avocado together and enjoy with whole grain tortilla chips for a tasty snack.

### STORAGE:

- Store black beans in a covered container in the refrigerator.
- Use within 3 days or freeze and use within 6 months.

SOURCES: UNIVERSITY OF NEBRASKA LINCOLN, NORTH DAKOTA STATE UNIVERSITY EXTENSION

## Black Bean Burrito

Serving size: 1 burrito

Servings: 4

### Ingredients:

- 1 1/3 cups canned black beans, rinsed and drained
- 1 teaspoon canola oil
- 2 tablespoons white onion, chopped
- 1/2 cup tomatoes, chopped
- 4 corn tortillas
- 1/2 cup salsa
- 4 tablespoons non-fat yogurt, plain
- 2 tablespoons cilantro, chopped

### Steps:

1. In a bowl, mash beans with oil using a fork.
2. Add onion and tomatoes.
3. Microwave tortillas between two sheets of damp white paper towels on high for about 15 seconds.
4. Divide bean mixture between the tortillas.
5. Fold each tortilla to enclose filling.
6. Place on microwave-safe dish and spoon salsa over each burrito.
7. Microwave on high for 30 seconds.
8. Serve topped with yogurt and cilantro.

**Idea:** Try whole grain tortillas instead of corn tortillas.

SOURCE: UNIVERSITY OF FLORIDA  
RECIPE RESOURCE



### Nutrition Facts:

per serving  
Calories: 140  
Fat: 2 g  
Carbohydrates: 28g  
Sodium: 350mg  
Fiber: 6 g  
Protein: 6 g