

SEASONED

NEWSLETTER



Welcome to *Seasoned* Newsletter #3. (If you missed the most recent one, it's [here](#).) This issue features recipes for canned chickpeas. They are great because they're delicious, they're very healthy, and they can always be on hand in your pantry. Here we combine them with canned tuna for a salad and roast them for a quick, very tasty snack. And speaking of snacks—because we know that spending lots of time at home can create a pretty constant desire to snack—we've also thrown in a recipe for another healthy favorite, Cinnamon Pepitas (pumpkin seeds). Plus we've got kitchen tricks, balance exercises—and a culinary crossword. (DON'T peek ahead at the last page.)

Let's get started!



Tuna with Chickpeas

HANDS-ON TIME: 10 MINUTES
TOTAL TIME: 1 HOUR 10 MINUTES
MAKES: 2-3 SERVINGS (2½ CUPS)

This flavorful (and healthy) dish takes only 10 minutes to put together, but plan ahead—it needs to sit for at least an hour to let the flavors meld. The good news is that you can also refrigerate it for up to 3 days, so it's a great make-ahead meal. Check out the possible add-ins below.

INGREDIENTS

- 1 (5-ounce) can tuna in oil *
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 celery stalk, thinly sliced
- 3-4 scallions, greens and whites, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon red or white wine vinegar or lemon or lime juice, or more to taste
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

INSTRUCTIONS

1. Put all the ingredients in a medium-sized bowl and mix well. Taste and add more vinegar or citrus juice if needed.
 2. Cover and refrigerate at least 1 hour and up to 3 days.
- * If you prefer to use tuna packed in water, drain it and then add an additional tablespoon olive oil.

Or You Could

- Serve on a bed of lettuce, halved cherry tomatoes, and sliced celery.
- Stir in 1 tablespoon harissa, pesto, or olive paste.
- Add ½ English cucumber, thinly sliced, and/or 1 avocado, peeled, pitted, and cubed
- Roll up in a wrap for a satisfying sandwich.



Roasted Chickpeas

This easy-to-make snack really satisfies that urge to crunch. Chickpeas are full of protein and nutrients, so they give you lots of great energy too. Eat them by the handful or try them on a salad instead of croutons. Make sure that you dry the chickpeas very well so they get crispy in the oven.

HANDS-ON TIME: 10 MINUTES TOTAL TIME: 35-45 MINUTES MAKES: 4-6 SERVINGS

INGREDIENTS

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt
- $\frac{1}{4}$ teaspoon cayenne pepper (if you like spicy)

INSTRUCTIONS

1. Turn on the oven and set the heat to 425 degrees.
2. Put a double layer of paper towels on the countertop, pour out the drained chickpeas, and roll them around to dry them well.
3. Put the chickpeas on a rimmed baking sheet, add the oil, salt, and cayenne (if you like), and toss well.
4. Put the baking sheet in the oven and roast until the chickpeas are crunchy and golden brown, 25 to 35 minutes, stirring halfway through to make sure they cook evenly.
5. Remove the baking sheet from the oven and set aside to cool. Eat the chickpeas right away or store in a covered container up to 2 days.



Or You Could

If you want to change up the flavor, substitute curry powder, ground cumin, ground coriander, smoked paprika, or any other spice of your choice for the cayenne.

Cinnamony Pepitas

This delicious, healthy, hard-to-resist, and easy-to-make snack makes the most of raw green pumpkin seeds without their shells, also called pepitas.

HANDS-ON TIME: 5 MINUTES TOTAL TIME: 20 MINUTES MAKES: 1 CUP (4 SERVINGS)



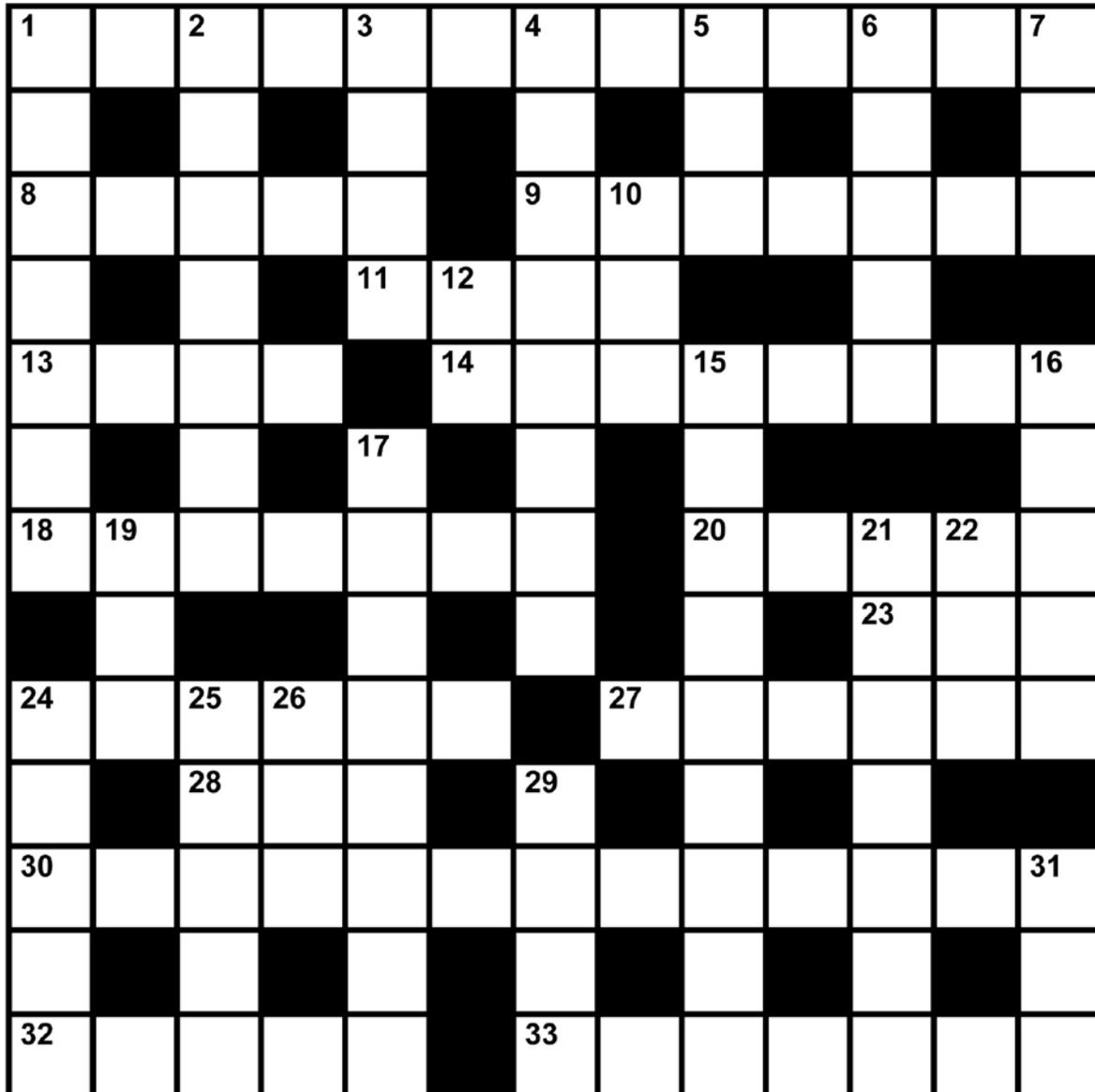
INGREDIENTS

- 1 teaspoon vegetable oil
- 1 cup green, hulled pumpkin seeds (pepitas)
- $\frac{3}{4}$ teaspoon kosher salt
- 1 teaspoon brown sugar
- $\frac{1}{2}$ teaspoon ground cinnamon

INSTRUCTIONS

1. Put a medium-sized nonstick skillet on the stove, add the oil, and turn the heat to low.
2. Add the seeds and salt and cook, stirring frequently, until the seeds just begin to turn light brown, 12 to 15 minutes.
3. Add the sugar and cinnamon and cook, stirring, for 3 minutes.
4. Serve right away or store in an airtight container up to 1 week.

CROSSWORD BY MYLES MELLOR



Across

- 1 Vital equipment for chopping things up in the kitchen, 2 words
- 8 Cook stove
- 9 Freestanding cabinetry in the kitchen to expand counter space
- 11 Word after bake or garage
- 13 Aroma hopefully
- 14 Puts away the dishes in the kitchen for example, 2 words
- 18 Porterhouse alternative
- 20 Bartletts and Boscs
- 23 Pecan or cashew
- 24 Expensive eggs used in appetizers

27 Word to describe the taste of something incredible!

- 28 Place to stay the night
- 30 They go round and round to mix the greens, tomatoes, nuts, feta cheese, etc.–2 words
- 32 Step
- 33 Popular cheese

Down

- 1 Orange root vegetables
- 2 Indian cuisine oven
- 3 Summer treats for the kids
- 4 Cooking on the BBQ
- 5 One of the O's in EVOO
- 6 Bacon features

- 7 Bro's kin
- 10 Observe
- 12 Temperature control, abbr.
- 15 Dishwasher or fridge, for example
- 16 Tomato concoction
- 17 It's used for draining pasta or washing salad greens
- 19 Savings account
- 21 Licorice-flavored seed
- 22 Depart quickly
- 24 Expenses
- 25 Fancy home
- 26 One ___ million, 2 words
- 29 Give details
- 31 Aristocratic title

GET MOVING



Exercise #1: Rock the Boat

Stand straight with your head level, your arms outstretched to the sides, and your feet hip-width apart. Put all your weight on your left foot and slowly lift your right foot up to the side. Hold that position for up to 30 seconds, then slowly lower your foot back to the ground. Transfer your weight to your right foot and repeat with your left leg. Start by doing this exercise five times per side.

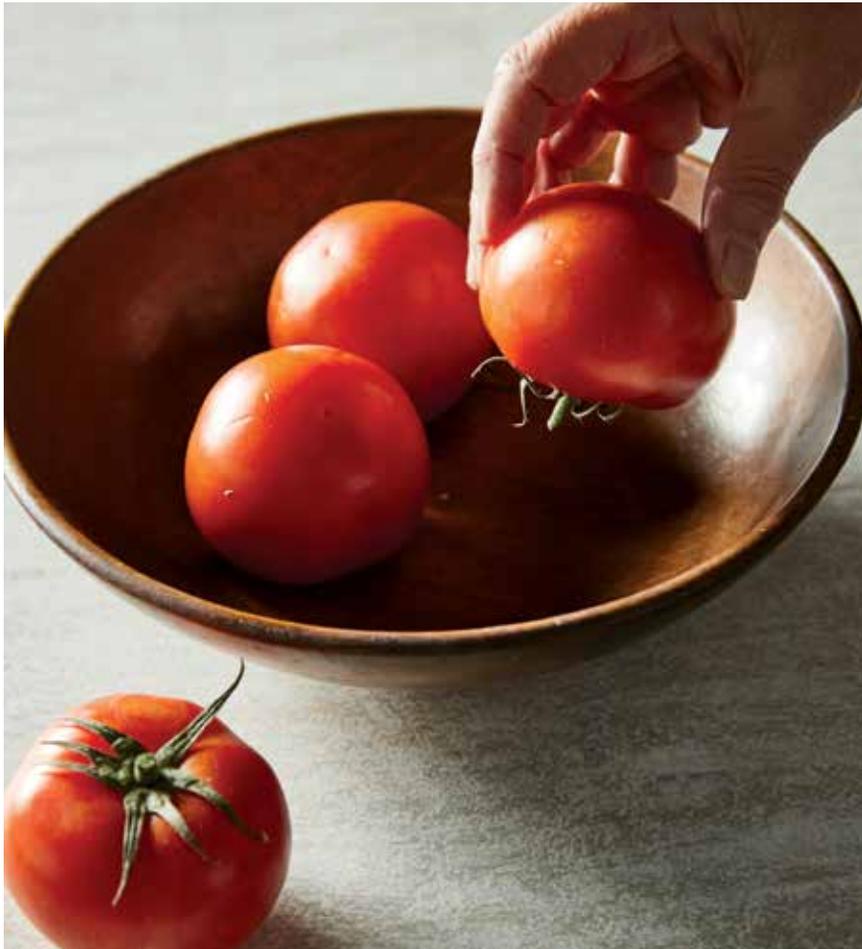


Exercise #2: Wall Push-ups

Stand an arm's-length distance in front of an empty wall. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body toward the wall. Gently push yourself back so that your arms are straight. Repeat this 20 times, if you can.

Kitchen Tips and Tricks

Sometimes it's not the big techniques, but the little tricks that count most in the kitchen. Here are a few we like that we learned either from experience or from other cooks.



Make Tomatoes Last Longer

Place tomatoes stem side down when you store them. That way, air and moisture won't be able to enter the stem scar, and they will last longer. Storing them at room temperature also makes them last longer.

Defrost Food Faster

The safest way to defrost meat (or anything else) is in the refrigerator. Unfortunately, this can take anywhere from 8 to 24 hours. But you can cut that time by about 30 percent by putting the food on an aluminum baking sheet or, even better, in a cast iron skillet, and putting that in the refrigerator. Metals are great conductors of heat and will draw energy from the surrounding environment into your frozen food. This works particularly well with meat, but will also work well with soups, stews, and anything else frozen flat.



Clean Cutting Boards

Bacteria can build up if you don't properly clean your wooden cutting boards. Cut a lemon in half and dip the cut side into coarse salt. Use it to scrub your cutting board clean, then rinse. (This is a good use for lemons that you have already juiced.)

Crossword key

1	C	U	T	T	I	N	4	G	B	O	A	R	D	7	S			
	A		A		C			R		I		I			I			
8	R	A	N	G	E			9	I	10	S	L	A	N	D	S		
	R		D			11	S	12	A	L	E				D			
13	O	D	O	R			14	C	L	E	15	A	R	S	U	16	P	
	T		O			17	C		I		P						A	
18	S	19	I	R	L	O	I	N			20	P	E	21	A	22	R	S
		R				L						L		23	N	U	T	
24	C	A	25	V	26	I	A	R			27	D	I	V	I	N	E	
	O			28	I	N	N		29	S		A			S			
30	S	A	L	A	D	S	P	I	N	N	E	R			31	S		
	T		L			E					C	E						I
32	S	T	A	I	R				33	C	H	E	D	D	A	R		

No Crust. All Taste.

Veggie Pizza Bites



Eggplant
is high in
antioxidants.



Visit CelebrateYourPlate.org for tasty, healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).