

# TABLETALK

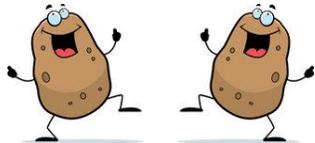
AUGUST, 2016 \* CHILD FOOD PROGRAM OF TEXAS \* P.O. BOX 5465 \* KATY, TX 77491 \* 281-395-7000



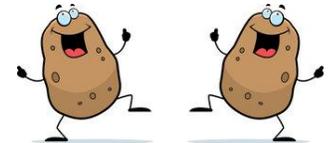
In April 2016, the *Happy Mealtimes for Healthy Kids* yearly training and Civil Rights were sent out with the due date of July 1<sup>st</sup>, 2016. If you've never received this packet, or have not yet completed them, it is important that you call the office immediately. July 1<sup>st</sup> has already come and gone, and both tests **should ALREADY** be in our office!



## LOOK!



# POTATOES!



Potatoes are actually **vegetables**, but they contain a lot of carbohydrates that make them more like rice, pasta and bread in terms of nutrition. But don't cut them from your diet just yet! Much like rice, wheat, and corn, the potato is an important part of your diet and contains a variety of vitamins and minerals that your body needs. After all, a potato is only 20% solid mass and 80% water, and once baked, an 8 ounce potato has 100 calories.

Ever notice the potatoes in your pantry have begun to *grow* shortly after you've bought them? That's because potatoes don't store very well after purchase, and unless you keep them in dark, cool places chances are they'll begin to sprout. To extend the life of a potato, don't store them in close proximity to onions, bananas, and other fruits as this will encourage them to grow faster. Keep them in a basket by themselves, or in a breathable cotton sack, and make sure they are totally dry.

### Did you know?



- The word *potato* comes from the Spanish word *patata*.
- Although it shares the same name, the sweet potato actually belongs in the same family as morning glories, while the white potato belongs to the same group as tomatoes, tobacco, chili pepper, eggplant, and petunias.
- Thomas Jefferson was the *first* to introduce "French Fries" to America when he served them at a White House dinner.
- In October 1995, the potato became the first vegetable to be grown in space.

## Don't be a Couch Potato!



As defined by the Merriam-Webster dictionary, a "couch potato" is someone who spends a lot of time sitting and watching television with little to no exercising.

### Chef Bob's Cookbook

### Mexican Breakfast Casserole



MEXICAN  
BREAKFAST  
CASSEROLE

Prep: 15 Min  
Cook: 1 hour  
Total: 1 hour 15 min  
Serves: 10 - 12

#### Main Ingredients

- 1 lb chorizo, cooked and crumbled (Mexican spicy sausage, no casings)
- 30 oz plain hash browns, frozen or refrigerated
- 1½ cup Mexican blend or taco blend shredded cheese (cheddar jack, if you can't find those)
- 2 cups chunky salsa (don't drain)
- 12 large eggs, lightly beaten
- 1½ tsp table salt
- 1 tsp ground cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp freshly ground black pepper
- Optional Garnish: thinly sliced green onions, chopped tomatoes, and extra salsa to serve

#### Directions

1. Preheat oven to 350F with rack on lower middle position.
2. Reserve ½ cup of the cheese and set it aside. In a large bowl, combine all remaining ingredients and stir to incorporate well. Transfer to a greased 9x13 baking dish. Top evenly with reserved ½ cup cheese. Bake uncovered for 1 hour or until cheese is bubbly and top is golden brown (if top starts browning too quickly, cover loosely with foil.) Garnish as desired. Serve while warm, with extra salsa if desired.