

Our Favorite Kitchen Hack Recipes

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Popcorn Delight

8 c. popped popcorn
3 c. corn chips, coarsely crushed
2 c. crispy corn puffs cereal
1 lb. white chocolate, chopped
2 c. candy-coated chocolate pieces

Combine first 3 ingredients in a large bowl. Place white chocolate in a glass bowl and microwave on high power for 2-3 minutes, stirring every minute until the chocolate melts. Drizzle over popcorn mixture, tossing to coat. Stir in candy-coated chocolate pieces. Spread mixture in a wax paper lined pan and chill for 30 minutes. Break into pieces and store in an airtight container. Yields 15 cups.

Million Dollar Dip

5 green onions, chopped
8 oz. cheddar cheese, shredded
1 ½ c. mayo
½ c. real bacon bits
½ c. slivered almonds

Put all ingredients in a bowl and mix until well combined. Chill for at least 2 hours before serving. Serve with your favorite cracker.

Cauliflower Fried Rice

Cauliflower, diced or processed in a food processor
Broccoli slaw mix
Eggs
Oil
Garlic powder, to taste
Salt, to taste
Pepper, to taste
Soy sauce, to taste

Add oil to pan and cook cauliflower until soft. Add broccoli slaw mix, cooking until desired tenderness. Sprinkle in garlic powder, salt, and pepper. Break eggs over mixture and cook until done, stirring throughout the pan. Before serving, pour a small amount of soy sauce over mixture and stir. Serve immediately.

Corn and Black Bean Salad

In season corn and tomatoes pack the greatest flavors, but this is a "go to" any time of year. Experiment with your favorite sauces and dressings.

1 (15-oz.) can of black beans, drained and rinsed
2 cups frozen corn, thawed
1 (15 oz.) can petite-diced tomatoes, if desired
¼ cup salsa

Combine all ingredients and refrigerate for at least 1/2 hour before serving to let flavors blend. Serve half the recipe as 2 side salads one night and pack the other half as your main dish salad for lunch the next day. Servings: 2 main dish salads or 4 side dish salads.

Sautéed Spinach and Mushrooms

1 T. olive oil
½ T. butter, optional
8 oz. sliced mushrooms, any type
10 oz. baby spinach, stems removed if preferred
1 tsp. garlic powder, or to taste
Salt and pepper to taste, optional

Melt butter and heat olive oil in skillet over medium-high heat. Add sliced mushrooms and garlic powder. Sauté about 3 minutes. Add spinach handfuls at the time to allow wilting and more space in the skillet. Turn the spinach several times as it wilts to incorporate mushrooms and seasoning. Makes 4-6 servings.

Chinese Baked Chicken

12-15 chicken tenders
1 T. oil, your favorite type
½ cup water
1/3 cup soy sauce
1/3 cup brown sugar

1 T. catsup
¼ cup apple juice
¼ tsp. crushed red pepper
2 cloves garlic, minced
1 green onion, chopped

Placed chicken pieces in a large zip-top bag. Mix remaining ingredients and pour over chicken. Seal bag, placed on a plate and refrigerator overnight. (The recipe can also be frozen for later use.) When ready to cook, arrange pieces in a large shallow baking dish with the marinade. Bake at 350°F for 30-45 minutes, basting once or twice. The time may be less depending on the size of chicken pieces. Makes 3-4 servings.

Wraps That Travel

Burrito-size flour tortillas
6-ounce package reduced-fat cream cheese
Dried chives

8-ounce package thinly sliced ham
8-ounces shredded Colby-jack cheese
Sliced olives

Lay tortillas on a flat surface. Using a knife or small spatula, spread cream cheese evenly over each tortilla, about 2 Tablespoons per tortilla. Sprinkle generously with dried chives. Spread slices of ham on top of tortilla. Add on cheese and olives. Roll up tightly. Wrap in foil or plastic wrap and seal. Chill for at least a couple of hours, preferably overnight. Remove wrap and enjoy whole- or slice the wrap into two-inch pieces to serve. Each tortilla makes about five pieces.

Tropikale Energy Smoothie (makes 2 smoothies)

2 medium bananas, peeled and sliced
2 cups fresh pineapple chunks, drained
6 strawberries with hulls removed

2 heaping cups kale
1 cup vanilla almond milk

(Make sure you have a strong, powerful blender that will blend up the kale and frozen fruit.)

On prep day: Place banana slices, pineapple chunks, and strawberries in a storage bag together and freeze.

On smoothie day: Add the frozen ingredients to the blender. Then, add kale and milk. Blend on high for at least 3 minutes or until smooth. Stir and scrape down the sides of the blender as needed.

Add more milk if the mixture is too thick. Serve and enjoy. Store any leftover smoothie covered in the refrigerator for up to 8-10 hours. Each serving has about 265 calories

Tropikale Energy Smoothie On-The-Go! (Pint Jars)

½ large banana, cut into slices
½ cup pineapple chunks, drained
3 strawberries with hulls removed

½-1 cup fresh kale
¾ cup almond milk

For each individual smoothie, you will need one clean pint jar with lid.

Place sliced bananas, pineapple chunks, and whole strawberries into pint jar. Push fruit down to where it only fills ¾ of the jar. Place lid and screw on band. **Do not fill past the shoulder of the jar!** Freeze.

To enjoy your smoothie: Remove jar from freezer. Take off lid and add fresh kale and milk. Blend the smoothie in the jar on “pulse” using the blade from your blender! When blended, grab a straw and enjoy!

The goal of the Be More campaign is to make the healthy choice- the easy choice!



This is a project of the Community Coalitions for Change (C3) Initiative in four West Tennessee Counties: Haywood, Humphreys, Lake, and Lauderdale.