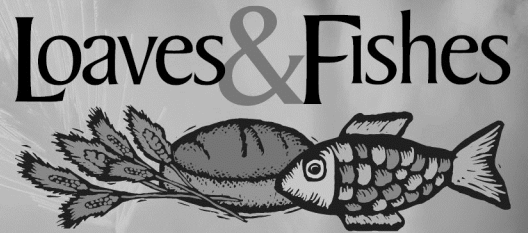


# NUTRITION To Go



FOOD PANTRY

Volume 3 ♦ Issue 6 ♦ June 2022

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Did you know? Now you can visit the pantry two times per month to pick up food.  
¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

## Microwave Magic: 5 ideas to try this month

Microwaves are perfect for reheating leftovers or boiling a single cup of water for tea. But they are even more versatile than you might think. Here are some outside-the-box microwave tricks to try!

1. **Quick meat defrosting.** If you forgot to put the ground beef or chicken in the fridge to thaw last night, defrosting meat in the microwave is food-safe, quick and easy. Remove meat from packaging and place in a microwave safe bowl. Use your microwave's defrost setting and the meat's weight to defrost.
2. **Tear-free onion slicing.** Microwave your onion for 30 seconds before you slice it. This helps break down the compounds that cause your eyes to tear up while slicing.
3. **Sanitizing sponges.** Kill the bacteria in your sponge or dish cloth using the microwave! Soak the sponge or cloth in a half cup of water. Then microwave on high for 2 minutes. Let it cool before removing from microwave, wring out and use!
4. **Squeezing more citrus.** Using fresh lemon, lime or orange juice in a recipe? Microwave citrus fruits for 10-15 seconds before squeezing. Heat helps soften the membranes of the fruit and allows you to squeeze out more juice.
5. **Helping dough rise.** On cooler days, it can be hard to find a good place for your yeasted dough to rise. You can put a mug of water in the microwave for 3 minutes. Then, quickly remove the water and place the dough inside the microwave to rise. This provides a warm and moist environment that is best for proving yeast dough.

## Microwave Safety

Always use microwave safe containers. Glass and ceramic are best. Do not use styrofoam, melamine, coated paper products or non-microwave safe plastics. If a plastic container can be used in the microwave it will usually have one or more of the microwave safe symbols shown here:

Let very hot foods sit for 1-2 minutes after heating before removing them from the microwave. Use oven mitts to remove hot items and prevent burns from steam or super-heated water. Also, make sure to cover foods during heating to prevent splatters. Clean the inside of the microwave and all door seals regularly.



## Seguridad de Microondas

Nunca usa plásticos en el microondas al menos que tiene uno de los símbolos arriba. Envases de vidrio o cerámico son mejores. Siempre usa guante de horno para sacar comida caliente del microondas. Limpia el microondas y los sellos de la puerta regularmente.



## Magia de Microondas: 5 ideas para este mes

Los microondas son perfectos para recalentar las sobras o hervir una sola taza de agua para el té. Pero son aún más versátiles de lo que piensas. ¡Aquí hay algunos trucos de microondas para probar!

1. Descongelación rápida de la carne. Si olvidó poner la carne molida o el pollo en el refrigerador para descongelar anoche, descongelar la carne en el microondas es seguro para los alimentos, rápido y fácil. Retire la carne del embalaje y colóquela en un recipiente apto para microondas. Usa la configuración de descongelación de tu microondas.
2. Rodajas de cebolla sin lágrimas. Ponga la cebolla en el microondas durante 30 segundos antes de cortarla. Esto ayuda a descomponer los compuestos que hacen que sus ojos se llenen de lágrimas mientras se cortan.
3. Desinfectar tu esponja. ¡Mata las bacterias en tu esponja o paño de cocina usando el microondas! Remoje la esponja o el paño en media taza de agua. Luego calienta en el microondas durante 2 minutos. ¡Déjelo enfriar antes de sacarlo del microondas, escurrir y usar!
4. Exprimir más jugo cítrico. ¿Usas jugo fresco de limón, lima o naranja en una receta? Microondas los cítricos durante 10-15 segundos antes de exprimirlos. El calor ayuda a suavizar las membranas de la fruta y le permite exprimir más jugo.
5. Ayudar a que la masa suba. En los días más fríos, puede ser difícil encontrar un buen lugar para que su masa de levadura se eleve. Puede poner una taza de agua en el microondas durante 3 minutos. Luego, retira rápidamente el agua y coloca la masa dentro del microondas para que suba. Esto proporciona un ambiente cálido y húmedo que es mejor para dejar que la masa suba.



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## Loaves & Fishes



FOOD PANTRY  
Neighbors Nourishing Neighbors

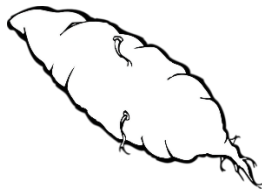
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For an easy, fast sweet potato, poke holes in it with a fork and season with salt & pepper. Microwave 1-2 small sweet potatoes on high for 5 minutes, then in 1-minute bursts until a fork easily pierces to the center of the potato.

Microwave corn in the husk for 3-5 minutes until tender. Remove husk and silk and serve!  
Cocina maíz en el microondas por 3-5 minutos hasta que esta tierna. Servir!



## Microwave-dried herbs

If you have basil, thyme, parsley, oregano, sage, mint, rosemary or other herbs growing around your home, you can dry them in the microwave to preserve them.

1. Line a microwave-safe dinner plate with two layers of paper towel. Pick leaves off fresh herbs and spread on the paper towel in a single layer.
2. Cover the herbs with a second paper towel or clean dish towel. For hearty herbs such as rosemary, thyme, or oregano, microwave on high for 1 minute, then in 20 second bursts, checking after each burst. More delicate herbs will need just 40 seconds, followed by 20 second bursts. When the herbs crumble in your hand, they are ready. If they still bend, keep going.
3. Once the herbs are dry you can store them whole or grind them into powder for spice mixes and rubs. Store in an airtight container in a cool pantry away from light. If stored properly your home-dried herbs should keep their flavor and color for several months.