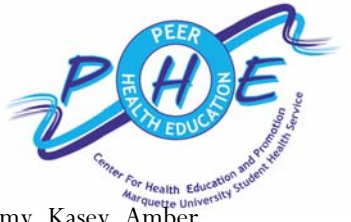


# February Kitchen Quickie

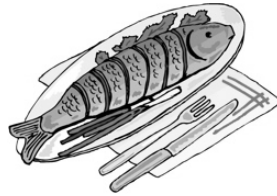


Jenny, Valerie, Colleen, Michele, Kathleen, Jennifer, Lauren, Lindsey, Molly, Sarah, Jessica, Amy, Kasey, Amber

Most people know that there are many health benefits of eating fish. With the upcoming season of Lent, there has never been a better time to start adding fish to the weekly menu. Fish can be grilled, steamed, broiled, roasted, poached, baked, sautéed, fried or cooked in a microwave. Here are a couple tips about purchasing and preparing fish.

### What Do I Buy?

Choose fillets that are moist and free of drying or browning around the edges. Look for firm fish that springs back when pressed gently with your finger. Use your nose. There should be no "fishy" smell. Fillets and steaks should be the same and have a fresh-cut, moist appearance with no browning or dryness around the edges



### How Do I Cook It?

Cook fish about 10 minutes per inch of thickness. You can tell that the fish is cooked when it is opaque in color. Another reliable "doneness" test is to check if the fish 'flakes'. Insert a fork or knife gently into the thickest part of the fish and twist. The meat should begin to separate along the natural lines.



Chocolate is a Valentine's Day essential. Celebrate the day while getting your daily nutrients by opting for fruit dipped in chocolate!

## Chocolate Covered Strawberries

### INGREDIENTS

- 16 ounces milk chocolate chips
- 2 tablespoons shortening
- 1 pound fresh strawberries with leaves

### DIRECTIONS

Insert toothpicks into the tops of the strawberries.

In a double boiler, melt the chocolate and shortening, stirring occasionally until smooth. Holding them by the toothpicks, dip the strawberries into the chocolate mixture.

Turn the strawberries upside down and insert the toothpick into styrofoam for the chocolate to cool.



### NUTRITION INFORMATION

Servings Per Recipe: 24  
*Amount Per Serving:*  
 Calories: 107  
 Total Fat: 6.4g  
 Cholesterol: 0mg  
 Sodium: 13mg  
 Total Carbs: 13.2g  
 Dietary Fiber: 0.4g  
 Protein: 1.4g

### Physiological Properties of Chocolate:

Chocolate contains a compound called theobromine. Scientists have recently discovered that theobromine has an anti-coughing effect superior to codiene, a compound commonly found in prescription cough medicine.

Chocolate also contains Phenylethylamine - An endogenous amphetamine often described as a 'love chemical.'

Recent studies have suggested that cocoa or dark chocolate may possess certain beneficial effects on human health. Dark chocolate is a rich source of flavonoids thought to possess cardioprotective properties.

February's recipes provided by [allrecipes.com](http://allrecipes.com)

In addition to Mardi Gras on Tuesday, February 20th, February is also National Hot Breakfast Month. Celebrate this great month by making some crepes and filling them with your favorite fruit, caramel, ice cream or cheese.

## Vanilla Crepes

### Ingredients:

- 1 1/2 cups milk
- 3 egg yolks
- 2 tablespoons vanilla extract
- 1 1/2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 5 tablespoons melted butter

### Directions:

In a large bowl, mix together the milk, egg yolks and vanilla. Stir in the flour, sugar, salt and melted butter until well blended.

Heat a shallow fry pan over medium heat until hot. Coat with vegetable oil or cooking spray. Pour about 1/4 cup of batter into the pan and tip to spread the batter to the edges. When bubbles form on the top and the edges are dry, flip over and cook until lightly browned on the other side and edges are golden. Repeat with remaining batter.



Servings Per Recipe: 12  
*Amount Per Serving*  
 Calories: 144  
 Total Fat: 6.8g  
 Cholesterol: 69mg  
 Sodium: 163mg  
 Total Carbs: 15.8g  
 Dietary Fiber: 0.4g  
 Protein: 3.4g

