

Pack a Protein Punch

Animal protein, such as lean beef, is a *complete* high-quality protein that contains all the amino acids your body needs to build and maintain muscle mass.

There are many ways you can incorporate essential amino acids and lean protein in your diet.

- Add lean ground beef to scrambled eggs, along with sliced fresh peppers and onions, to create a delicious omelet.
- Enjoy a lean protein lunch by adding sliced grilled beef sirloin, skinless chicken breast or a hard-boiled egg to your salad.
- Looking for a kid-friendly snack? Serve meatballs on a stick with a side of marinara for dipping.
- On your next road trip, pack a bag with string cheese, trail mix and flavored milk for a protein-fueled pick-me-up.
- Want to spice up your mac 'n' cheese? Add 95 percent lean ground beef to macaroni and cheese for dinner.



© 2007, CATTLEMEN'S BEEF BOARD AND NATIONAL CATTLEMEN'S BEEF ASSOCIATION

“Green Beef”: Sustaining the Environment

Did you know that livestock production in the U.S. only accounts for 2.8% of greenhouse gas emissions? Grazing cattle is a good use of land which is not suitable for growing crops and actually offers benefits in battling erosion, invasive plant and wildfires. Eighty-five percent of the land where cattle graze cannot be used to grow crops. In areas where erosion is an issue, foraging animals like cattle can help stabilize the soil and promote expanded growth of grasses. According to the Center for Agricultural Science and Technology, the return of manure and urine to the soil increases both soil fertility and organic matter content which can decrease erosion.

Producers know that protecting the environment now will protect their family's future for generations to come. Many cattle ranches and farms are family operations that have been handed down through generations. The traditions of caring for animals and the land are handed down as well.

For America's beef producers the land is their livelihood and legacy to future generations of cattle producers. Good management of natural resources on farms and ranches across the country isn't a choice!

Kathy A. May

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



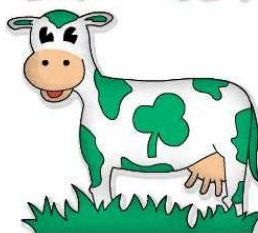
Kathy May
Dallas County Extension Agent
Family & Consumer Sciences
(870) 352-3505 kmay@uarex.edu

Check out these *Egg-cellent* Food Safety Tips

- ✓ Pick up eggs at the end of the shopping trip to reduce the time out of refrigeration.
- ✓ Store eggs in the original package in the coldest part of the refrigerator.
- ✓ Eggs will keep up to a year in the freezer. Beat whole eggs until just blended, pour into a freezer-safe container, seal and label with the number of eggs and the date. Thaw in the refrigerator when you are ready to use.
- ✓ Cook egg dishes like quiche or casseroles to 160 degrees. Use a meat thermometer to check the doneness.
- ✓ Never eat raw eggs. That includes cookie dough and cake batter.
- ✓ When a recipe calls for raw eggs, like Caesar salad dressing, use a liquid pasteurized egg or egg substitute.

The U of A Cooperative Extension Service offers this newsletter to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status or any other legally protected status and is an Affirmative Action/Equal Opportunity Employer. Persons with disabilities requiring alternative means for communication of program information (large print, audio tapes, etc.) should notify the Extension Office as soon as possible.

Celebrate St. Patrick's Day with BEEF!



Celebrate the way the Irish do with a traditional Corned Beef Brisket Dinner. Just add some cabbage, small potatoes and for a little extra good luck Shamrock-shaped cookies.

CORNED BEEF TIPS:

- Be patient! Cook it slow in a pan with a tight-fitting lid.
- Do not boil, it will make it tough!
- It isn't necessary to turn corned beef during cooking.
- Don't overcook! Cooking too long makes dry and stringy brisket.
- Slice the brisket across the grain into thin slices.

HOME-STYLE CORNED BEEF WITH DILLED CABBAGE

2 ½ - 3 ½ lb. boneless corned beef brisket
 ¼ c. honey
 1 T. Dijon-style mustard



Dilled Cabbage: 1 head cabbage (2 lb.), cut into 8 wedges;
 3 T. butter, softened; 1 T. Dijon-style mustard;
 1 ½ tsp. chopped, fresh dill.

1. Heat oven to 350 degrees. Place corned beef brisket and 2 c. water in stockpot. Bring just to a simmer; do not boil. Cover tightly and cook in 350 degrees oven for 2 ½ - 3 ½ hours or until fork-tender.
2. About 20 minutes before brisket is done, steam cabbage 15-20 minutes or until tender.
3. Remove brisket; trim fat. Place on rack in broiler pan so surface of beef is 3"-4" from heat. Mix honey and 1 T. mustard. Brush top of brisket with ½ of glaze; broil 3 min. Brush with remaining glaze; broil 2 min. or until glazed.
4. Mix butter, 1 T. mustard and dill; spread on hot cabbage. Carve brisket diagonally across the grain. Serve with cabbage.

Makes 6-8 servings.

Travelling around Arkansas soon?

If so, you might want to check out the Top 5 burger joints in Arkansas according to AY (About You) Magazine

- ✓ **The Purple Cow**
Two locations- Little Rock and Hot Springs.
- ✓ **Buffalo Grill**
Two locations in Little Rock.
- ✓ **Feltner Brothers**
Located in Fayetteville
- ✓ **Cheeburger Cheeburger**
Located in Little Rock
- ✓ **Hjem Restaurant**
Located in Fayetteville (Wagyu beef burger)

Did you know?

Wagyu means Japanese cow. The meat from wagyu cattle is known for its marbling characteristics and quality, and demands a high price. In the United States, Japanese Wagyu cattle have been bred with Angus cattle.