

SPRINGTIME – VEGETABLES, SALADS AND MORE

SPRING is a time for gardening, salad luncheons, yard work, fresh asparagus and rhubarb. Following you will find information that will help with all of these aspects of spring. Enjoy the season, Jan Temple



NUTRITION SUPER STARS – TOP 10 VEGETABLES

If you are planting a vegetable garden this year, you may want to include these Top 10 Vegetables in your selection. They earned their rating by providing at least 20 percent of the recommended dietary intake for 1 or more of the nutrients. Vegetables not included in this chart can still be part of a very healthy diet.

Vegetable	Vit. A (RE)	Vit. C (mg)	Fiber (g)	Folacin (mcg)
1. Spinach 1 cup raw	376	16	1	109
2. Brussels Sprouts ½ cup cooked	56	48	3	47
3. Winter Squash ½ cup cooked	363	10	3	29
4. Pumpkin ½ cup canned	2,691	10	1	15
5. Sweet Potato ½ cup canned	1,929	7	4	Unknown
6. Tomato 1 raw	77	24	1	18
7. Cauliflower ½ cup raw	1	36	1	33
8. Carrot ½ cup raw	1,547	5	1	8
9. Broccoli ½ cup raw	68	41	1	31
10. Green Pepper ½ cup raw	32	45	1	11
Recommended Dietary Intake (RDI)	1,000	60	25	200
20% of RDI	200	12	5	40

ASPARAGUS: a springtime delicacy. Signs of quality: firm yet tender spears; purple or green tips that are closed and compact; and straight stalks. One pound serves 3-4 persons as a side dish. Wrap stalks in a damp paper towel and store in the crisper drawer to preserve flavor and vitamin C.



BURNING MORE THAN DAYLIGHT

Work in the garden, yard and spring house cleaning can burn some calories. Use these numbers for inspiration. In addition to getting your chores done, you'll



also be getting some exercise!

Chore

	Calories Burned/Hour (for a 150 pound person)
Mopping/sweeping	220
Painting	135
Scrubbing floors	400
Vacuuuming	175
Washing windows	250
Gardening (digging and hoeing)	460
Gardening (planting & weeding)	300
Mowing grass (push-type mower)	400
Trimming hedges (manual clippers)	325
Washing/polishing car	225

NUTTY ASPARAGUS SALAD - Four 1 cup servings

Fruits, vegetables and nuts make this a unique salad.



SALAD: 1 pound fresh asparagus, steamed for about 5 minutes (until tender-crisp) and chilled

1/2 cup chopped walnuts
2 grapefruits, peeled and separated into

sections

3 cups salad greens

DRESSING: 2 Tbsp. olive oil or salad oil
2 Tbsp. raspberry vinegar or wine vinegar
2 Tbsp. fresh lemon juice
1 1/2 tsp. brown sugar

Freshly ground black pepper to taste

Cut cooked asparagus into 1-inch lengths. Place in a salad bowl. Add the walnuts, grapefruit sections, and greens. In a small bowl, combine all the dressing ingredients. Add the dressing to the salad just before serving.

ASPARAGUS SESAME - Makes six 1/2 cup servings

1 1/2 pounds fresh asparagus (or use 2-10 pkg. frozen)
1 4-ounce can mushroom pieces, drained

1 Tbsp. margarine
2 tsp. lemon juice

1 Tbsp. grated Parmesan Cheese
1 Tbsp. toasted sesame seeds

Salt and pepper to taste

Cook asparagus until tender crisp. Add mushrooms, margarine, and lemon juice. Cook until heated through. Place in a serving bowl. Sprinkle with Parmesan cheese, sesame seeds, salt and pepper.

These next two salads can be prepared in a hurry. Both use yogurt for the dressing—a great way to get a little extra calcium into your diet.

APPLE BROCCOLI SALAD (4-6 servings)

2 apples cored and chopped

3 cups raw broccoli slaw (available pre-shredded in the produce section of the supermarket)

1/4 cup chopped walnuts

1 Tbsp. chopped onion

1/3 cup raisins

1/2 cup vanilla low-fat yogurt (more if desired)

Mix all ingredients together. Serve chilled.

TROPICAL BROCCOLI SLAW – (5 large servings)

4 cups broccoli slaw (available pre-shredded in the produce section of the supermarket)

1 cup (8 oz. can) pineapple tidbits, drained

1 1/3 cups (11 oz. can) mandarin oranges

1/4 cup sliced almonds

2 cups pineapple or Pina Colada flavored yogurt



Combine all ingredients. Serve chilled.

Rhubarb is botanically a vegetable, but in the USA we use it as a fruit. You will find many recipes using it in sauces and pies. The following recipe uses orange juice and sugar free gelatin as the sweetener. Makes a low fat, low sugar dessert that's sure to please.

RHUBARB CRUNCH (8 1-cup servings)

6 cups chopped rhubarb

1 pkg. sugar free raspberry gelatin

1/2 cup orange juice

2 tsp. vanilla

2/3 cup flour

1/3 cup oatmeal

1/2 cup brown sugar

1 tsp. cinnamon

2 Tbsp. margarine

Preheat oven to 350 °F. Combine rhubarb, gelatin, vanilla, and orange juice in a 9-inch square baking dish. Use a pastry blender in a small mixing bowl to combine all remaining ingredients until they are crumbly. Spread crumbs over the rhubarb. Bake for 45 minutes uncovered, just until bubbly. Cool and serve. Use vanilla nonfat yogurt, vanilla ice milk, or vanilla frozen yogurt as a topping.

TOFU

Tofu is a cheese-like food made by curdling fresh soy milk, much like cottage cheese is made from cow's milk. It contains a wealth of nutrients and is easily digested. Research on the soybean is still in progress, but preliminary data show that adding soy protein to the diet can lower cholesterol levels and reduce the risk for heart disease. The next two recipes use tofu.

PRIMO VEGGIE PASTA (4-6 SERVINGS)

2 tablespoons vegetable oil

1 pound bag California Mix frozen vegetables

1 cup fresh asparagus tips

Fresh chopped parsley, garnish

1 pound pasta

Sauce:

1/2 package (10.5 ounce) lite silken tofu

1 cup skim milk

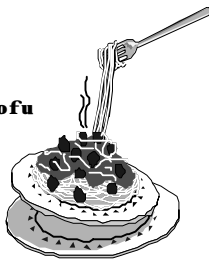
1/2 teaspoon salt

1/2 teaspoon dry mustard

1/4 teaspoon Worcestershire sauce

1/8 teaspoon white pepper

3/4 cup shredded Parmesan cheese



Combine all sauce ingredients in a blender. Transfer to a microwave safe container and heat on medium high power (80%) for about 3 minutes. Stir. Heat another 2 minutes on medium (50%) power. Set aside. Prepare pasta as directed on package. Sauté all vegetables except asparagus in a large skillet or wok. Steam asparagus for 1-2 minutes on high in

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microwave. Mix together and serve.

CHOCOLATE SILK DESSERT Yield: 10 servings

Crust:

1/4 cup margarine, melted

1 1/2 cups graham cracker crumbs

3 tablespoons honey

Mix ingredients and press onto bottom and sides of a

9-inch springform pan. Press up sides to a height of

1 inch. Bake at 350 degrees for 8 minutes. Let cool

and then chill. OR—use a commercially prepared

graham cracker pie crust.



Filling:

1 1/2 cups semi-sweet chocolate chips

2 1/2 cups extra firm silken tofu

3 tablespoons honey

Heat chocolate chips over low heat until melted, stirring often OR melt in the microwave. Set aside.

In a food processor, blend tofu until smooth. Add honey and blend until mixed. Add melted chocolate

chips and blend until creamy. Pour filling into chilled pie crust. Place in refrigerator until firm.

Per serving = calories: 351; protein: 6.6 grams;

Carbohydrates: 10.4 grams; Total fat: 7.1 grams; Saturated

fat: 5.8 grams; Cholesterol: 6.4 mg.; Sodium 175.5 mg.

Sources

♦ Iowa Soybean Promotion Board—Creative Cooking with Soy

♦ More Lean and Lucious Cookbook, Bobbie Hinman and Millie Snyder, Prima Publishing

♦ Jane Brody's Good Food Book, Bantam Books

♦ All-American Low Fat Meals in Minutes by M.J.

Smith, DCI Publishing

♦ Too busy to exercise? By Porter Shimer, Quebecor Publishing.

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