

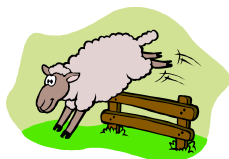
MARCHING INTO SPRING

Will March come in like a lion or a lamb? Either way, you will have fun with these lion and lamb face vegetable snacks. Enjoy experimenting with tofu to make the lamb face. It's an excellent source of low fat, no cholesterol protein. Several studies are showing that persons who frequently consume soyfoods have lower rates of many types of cancer and lower rates of heart disease.



LION -- Combine **8 ounces cream cheese** with **1 cup grated carrots** and **1 tablespoon orange juice**. Place mixture in the center of a plate spreading to about 1/4 inch thick. This will be the lion's face. Make the hair for the lion by sprinkling 1/2 cup or more of grated carrots all around the edge of the face. Make whiskers from **celery**. Use **frozen peas** for eyes; **raisins** for the nose. Serve with **low fat crackers** or **assorted vegetables**.

LAMB -- Blend **12 ounces low fat, firm silken tofu** in a food processor. Option: If you're not ready to try tofu, use low fat sour cream instead of the tofu. Add one package **Ranch® Dressing Mix** and combine until well blended. Chill until flavors are blended. Spread mixture in the center of a plate to a thickness of about 1/4 inch. To make it look like a lamb, place **cauliflower florets** around the edge of the plate to be like fleece. Use clusters of **raisins** for the eyes and half of a **cherry tomato** for the nose. Serve with **fresh vegetables**.



BUNNY WITH A BOW TIE -- Make two **peanut butter sandwiches** using white sandwich bread. Cut a large round circle from the center of each sandwich. One circle will become the face of the bunny; the other will be the ears and bow tie. Use **jellybeans** to decorate the bunny sandwich; attach with **peanut butter**. Use **string cheese** for the whiskers.



In honor of St. Patrick's Day, many will have corned beef and cabbage. But don't save cabbage just for St. Patrick's Day. It's an inexpensive source of Vitamin C as well as fiber. This information will help you purchase, store and prepare cabbage.



CABBAGE –

PURCHASE – Solid, heavy heads are the most desirable. The stem should not be dry or split. Note that once cabbage is cut, it starts to lose its vitamin C. Thus you may want to avoid halved or quartered head of cabbage even if they are well wrapped. Two pounds of cabbage will serve 4 to 6 people as a side dish. A 2-pound head will yield about 10 cups of shredded raw cabbage.

STORAGE – It's very important to keep cabbage cold to retain its vitamin C. An uncut head of cabbage put in a perforated plastic bag will keep at least 2 weeks in the crisper drawer of the refrigerator. Once the cabbage is cut, cover the cut portion with plastic wrap and use the remainder within 1-2 days. Apply lemon juice to the cut surface to decrease the discoloration from oxidation.

PREPARATION – Wash cabbage just before using. If the cabbage turns black when you cut it, it could be a problem with your knife. For best results, use a stainless steel knife.

Boiling Cabbage: Cook cabbage quickly, in a large quantity of water, in an uncovered pot to minimize the pungent smell. Other pointers: avoid an aluminum pot as it will make the smell worse; drop a whole, unshelled walnut or a slice of bread into the water to reduce unpleasant odors. Preserve the vitamin C by adding cabbage to boiling water. Cook quarters for 10-15 minutes; shredded cabbage 3 to 5 minutes.

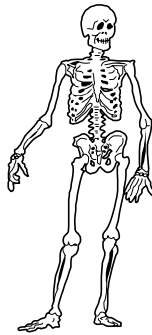
Steaming Cabbage: This is the best cooking method for preserving the color, nutrients and texture of the cabbage. Place quartered, sliced, or shredded cabbage in a pan with 1/2 inch of boiling water. Cook quarters 10-15 minutes; shredded 5-10 minutes.

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CALCIUM - Are you meeting your daily goal?

The 1997 calcium guidelines advise higher amounts than past recommendations for men and women. In fact, these new recommendations are higher than those in the Food Guide Pyramid or on food labels. The new guidelines indicate that most adults need 1,000 mg of calcium per day. Since the ability to absorb calcium decreases with age, adults over age 50 need 1,200 mg of calcium per day. For more information about calcium, contact your county Iowa State University Extension office and ask for: "Calcium & Vitamin D—What you should know" Pm 1753, cost 50¢.



"COST" OF CALCIUM -- To get 1000 mg of calcium (the daily recommendation for 19-50 year olds)

Food	Quantity for 1000 mg	Dollar Cost	Calorie Cost
Flavored Yogurt	2 1/3 cups	\$1.22	725
Fat Free Milk	3 1/3 cups	\$0.71	280
2% Milk	3 1/3 cups	\$0.75	408
Whole Milk	3 1/3 cups	\$0.73	515
Calcium-fortified OJ	3 1/3 cups	\$1.15	370
Ice Cream	5 2/3 cups	\$4.50	1535
Cottage Cheese	7 1/4 cups	\$5.73	1315
Almonds (~ 4 cups)	12 1/2 oz.	\$4.38	2200
Broccoli	14 cups	\$3.87	254

Resources utilized:

The Wellness Encyclopedia of Food and Nutrition, Sheldon Margen, M.D., and the Editors of the University of California at Berkeley Wellness Letter, Random House, Inc. ISBN 0-929661-03-6

Caterpillar Scramble & Cantaloupe Boats, by Noreen Thomas, G&R Publishing Co, ISBN 1-56383-066-3

In order by dollar cost (least to most expensive)	In order by calorie cost (fewest to most calories)
Fat Free Milk	Broccoli
Whole Milk	Fat Free Milk
2% Milk	Calcium-fortified OJ
Calcium-fortified OJ	2% Milk
Flavored Yogurt	Whole Milk
Broccoli	Flavored Yogurt, low fat
Almonds	Cottage Cheese, low fat
Ice Cream	Ice Cream
Cottage Cheese	Almonds

LEMON COLESLAW – If you use pre-shredded coleslaw that is available in the produce section of the supermarket, this is a really fast and healthy salad. Courtesy of Pat Anderson, ISU Extension Nutrition Field Specialist.

- 4 cups shredded cabbage
- 1 cup (8 oz. can) pineapple tidbits, drained
- 1 to 2 cups lemon flavored yogurt

Combine all ingredients. Serve chilled. Serves 4 large or 8 small servings.

TROPICAL BROCCOLI SLAW – A quick way to combine several foods rich in calcium into one flavorful dish.

- 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. Serves 5 large or 10 small servings

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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