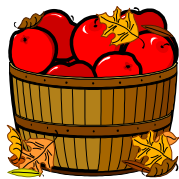


AUTUMN – APPLES, PUMPKINS, AND MORE

Food for Fitness and Fun October 2001

PICK A BETTER SNACK & ACT

OCTOBER featured produce items for the Pick A Better Snack and Act Campaign include:



- Snap or Snow Peas
- Grapes
- Carrots
- Jicama
- Apples

Receive information about the produce and the Snack and Act Bingo card by contacting an Iowa State University Extension Office or from the web:

www.extension.iastate.edu/food/

Return completed Snack and Act Bingo cards to:

Pick a Better Snack
P. O. Box 1913
Iowa City, IA 52244

BUSY COOK'S APPLE SUNDAES Serves 6-8

6 large tart apples, cored and cut into chunks

1 cup golden raisins

2/3 cup apple juice

2 Tablespoons sugar

2 teaspoons cinnamon

Dash allspice

Fat-free frozen vanilla yogurt

Granola



Combine first 6 ingredients in a microwave safe dish. Cover and cook at full power 6-8 minutes or until apples are tender. Serve warm or cold over frozen yogurt.

Garnish with granola if desired.

Adapted from Taste of Home's 2000 Quick Cooking Annual Recipes, Reiman Publications

HARVEST PUMPKIN SMOOTHIE

2 cups (1# can) canned pumpkin puree

½ cup firmly packed brown sugar

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

½ cup orange juice

1 quart nonfat frozen vanilla yogurt



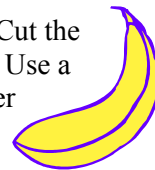
Combine all ingredients with a blender until smooth. To make it extra festive, serve from a carved-out pumpkin.

Adapted from Healthy Treats and Super Snacks for Kids, Penny Warner, Contemporary Books, ISBN 0-8092-3628-1

SURPRISE GHOSTS (MAKES 2 GHOSTS)

Make a banana an exciting snack.

Peel a banana and cut it in half cross-wise. Cut the banana in half again—this time lengthwise. Use a plastic drinking straw to scoop out the center of the banana. Convert a plastic snack bag into a decorator bag. You will want two bags—one filled with peanut butter the other filled with chocolate frosting. (OR: use chocolate flavored peanut butter available in some locations.) Use scissors to cut a small hole in the corner of each bag. Squeeze a thin strip of filling into each half of the banana. Put the two halves of banana back together and stand it on the cut end. Make a face on the ghost using small pieces of chocolate candy (the pointed end will stick right into the banana). It will look like a regular banana until you bite into the surprise inside!



FUZZY PUMPKINS

Sounds unusual to mix carrots and cream cheese, but it's surprisingly good tasting AND fun – especially in October!

Combine 8 ounces cream cheese with 1 cup grated carrots and 1 tablespoon orange juice. Spread this mixture on round snack crackers or mini bagels. Make the pumpkin fuzzy by sprinkling extra grated carrot on top. Make a stem and face with celery pieces.



MONSTER TEETH

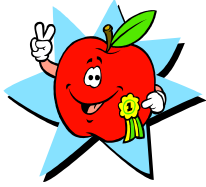
Use a russet potato OR try jicama (the Mexican potato featured this month) to make this 'edible disguise.'

Cut a rectangle about the size of a large domino from a piece of raw potato or peeled jicama. Cut teeth shapes into the lower half of the 'domino'. You are now ready to place this strip of potato between your lip and gums and make scary faces. When finished using as 'teeth', enjoy as a low-fat snack!

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APPLE CIDER WARNING



Reminder: The U.S. Food and Drug Administration issued a regulation in 1998 requiring that a warning statement appear on the label of fruit and vegetable juice products that have not been

pasteurized. The regulation was prompted by an outbreak of E. coli 0157:H7 in apple cider that resulted in the death of one child.

Iowa Cider producers are implementing good manufacturing practices to reduce the risk of contamination. However, to be safe, cider consumed by children and senior citizens that has not been pasteurized should be heated to 160 to 180 degrees F for 30 seconds. The cider can then be drunk warm or cooled in a clean container and consumed cold.

HEALTHIER HALLOWEEN TREATS



Are you ready for trick or treaters? Here is a list of fun surprises that won't decay their teeth or displace healthy foods from their diets.

Food Items

Fun Fruits: Use stickers to decorate fruit for Halloween.

Green apples and oranges can be decorated like a jack-o-lantern

Raisins in individual boxes

Granola bars

Cartons of fruit juice

String cheese that is individually wrapped

Packages of low-fat crackers with peanut butter or cheese filling

Sugarless gum

Small tubs of puddings that require no refrigeration

Single-serve packets of low-fat popcorn that can be microwaved later.

Non-Food Items

Pencils or erasers

Stickers

Wrap a quarter with a white napkin to form a ghost.

Party favors--balloons, horns, etc.

Coins (Caution: choking hazard for very young children)

Trading cards

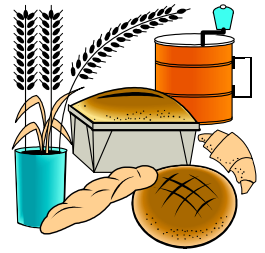
Movie, restaurant or ice cream store coupons

Adapted from Communicating Food for Health, October 2001

GO FOR THE *W*Whole Wheat Pasta They'll

Eat

Whole wheat pasta offers more fiber, calcium, copper, magnesium, manganese, B-vitamins and zinc, but it is difficult to make palatable, especially for people who are used to "the white stuff." Here are some tips to try:



- Make sure the water is at a full boil before adding the whole wheat pasta. This will keep it from getting mushy.
- Undercook the whole wheat pasta slightly. Most package directions use cooking times for the regular white pasta and this is too lengthy. Communicating Food For Health test kitchens found that 7-8 minutes is adequate for whole wheat spaghetti.
- Finish cooking the whole wheat pasta in the sauce. The best results come from undercooking the pasta in the water, mixing it with the sauce and microwaving with the sauce for about 3-6 minutes to finish it. The pasta will absorb some of the sauce and have a nice flavor and texture, very similar to the "white stuff."
- Add vegetables or beans to your pasta sauce. These add nutrients and fiber to the pasta dish; they also add a nice color contrast to the appealing natural look of whole wheat pasta.
- Use a thick pasta sauce. Using a thick sauce will help hide the darker color of the pasta. To make the pasta sauce thicker, add a little tomato paste.
- Use a generous amount of pasta sauce. Whenever possible you should choose a low-sodium version. Try to find one with less than 300 mg of sodium per half-cup serving or make your own by adding Italian seasoning to no-salt-added tomato sauce.
- Use a small amount of grated Parmesan cheese on the top of the whole wheat pasta. Herbs such as marjoram, basil and oregano taste really good too.
- Experiment with different brands of whole wheat pasta to find the one you like. Don't give up just because you don't like the first one you try.



Taken from: Communicating Food for Health, October 2001

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

and justice for all

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