

WARMING WINTER FOODS – JANUARY '02

Pick A Better Snack & Act

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

- Mango
- Orange
- Peppers
- Cucumber



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

CANNED AND FROZEN PRODUCE

Contrary to popular belief, canned and frozen fruits and vegetables can be good sources of nutrients. In some instances, frozen and canned produce may actually deliver MORE of a particular nutrient. Frozen spinach, for instance, typically contains 80 percent more beta-carotene, an antioxidant, than fresh spinach, which can lose nutrients during shipping and display. Similarly, processed tomato products contain a higher level of the antioxidant lycopene than fresh tomatoes. Levels of vitamin C are increased when ascorbic acid is added to both frozen and canned produce to preserve color. Another advantage of frozen and canned produce is that it reduces preparation and cooking time. Take advantage of these products to make sure you get plenty of fruits and vegetables into your diet.

BUYING CANNED & FROZEN PRODUCE

- Look for “reduced sodium” or “no salt added” on the label of canned vegetables.
- Choose canned fruit packed in its own juice with no sugar added.
- Find plain frozen vegetable medleys without sauce; add your own seasonings at home.
- Buy packages of frozen vegetables in which the contents move freely; they are less likely to have lost nutrients through thawing and refreezing.

Adapted from American Institute for Cancer Research

IOWA STATE UNIVERSITY
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Helping you become your best.

SPINACH AND CHEESE ENCHILADAS

This recipe uses both frozen and canned products. If available, use no-salt-added tomato products.

- 1 carton (15 ounces) reduced fat ricotta cheese
- 16 oz. package frozen, chopped spinach, thawed, drained
- 16 oz. package frozen corn, thawed and drained
- 2 cups (8 oz.) shredded part-skim mozzarella cheese, *divided*
- 2 eggs
- 10 fat-free flour tortillas (8 inches)
- 1 can (14 ½ oz.) diced tomatoes w/jalapenos, undrained
- 1 can (8 oz.) tomato sauce
- 1 teaspoon dried basil
- ¼ cup grated Parmesan cheese



In a bowl, combine ricotta, spinach, corn, 1 cup mozzarella and eggs. Spoon a generous half cup of mixture on each tortilla; roll up tightly. Place, seam side down, in a 9x13x2 inch baking dish coated with nonstick cooking spray. Combine tomatoes, tomato sauce and basil; spoon over tortillas. Sprinkle with Parmesan and remaining mozzarella. Bake uncovered at 375°F for 35 minutes or until heated through. **Makes 10 servings.**

Adapted from Quick Cooking, Jan./Feb. 2001, Reiman Publications

CHICKEN SOUP FOR A COLD – YES!

According to research conducted at the University of Nebraska by pulmonologist Stephen Rennard, M.D., and his colleagues, chicken soup can relieve the stuffed nose, coughing, and congestion that occur when the body is fighting a cold. The following is from the January 2002 issue of *Consumer Reports on Health*. “Here’s how it works: When a cold is present, infection-fighting cells called neutrophils are drawn to the airways to destroy the virus that’s responsible. As they kill viruses, they trigger inflammatory responses that start the cascade of reaction that make cold sufferers feel rotten. In the test tube, chicken soup prevents too many neutrophils from congregating; in theory that could reduce cold symptoms. A bowl of soup should also make people feel better by reducing dehydration and nourishing.

Using a vegetable filled chicken-soup recipe from the grandmother of Rennard’s wife, Barbara, researchers found that both the chicken stock and the vegetables, tested separately and together, had neutrophil-blocking abilities. Leaving the vegetables in the soup is optional.”

Answers to Fiber Quiz: 1. 25-35grams, 2. 14-15 grams, 3. 5 plus age, 4. 10-25 grams, 5. 1 ½ cups cooked, 6. 4-8 grams, and

LAB-TESTED CHICKEN SOUP

1 large stewing or roasting chicken, (about 5 lb.)
5-6 carrots, sliced
3 onions, peeled and diced
3 parsnips, peeled and diced
1 small sweet potato, peeled and diced
3 stalks celery, sliced
One-half bunch parsley, minced
Wash the chicken and place it in a large soup pot. Cover with an inch of water, bring to a boil, and skim foam. Add all vegetables but parsley and celery. Simmer covered for 1 ½ hours. Add celery and parsley. Cook 45 minutes longer; skim fat. Remove the chicken, skin, bone, and dice it, and return the meat to the soup. Season to taste. This makes plenty of chicken soup; the surplus can be frozen.



Source: Consumer Reports on Health, January 2002

FIBER – SOLUBLE/INSOLUBLE

Research shows that we need both soluble fiber (found in beans and oats) to lower cholesterol and insoluble fiber (in wheat bran, whole grains) to prevent cancer.

CHECK YOUR FIBER KNOWLEDGE: ANSWERS ON PAGE 1.

- 1) How much fiber should adults get each day?
- 2) How much fiber do most adults actually get per day?
- 3) How much fiber do kids need a day?
- 4) How much soluble fiber should you get each day to lower your cholesterol?
- 5) How much oatmeal do you need to each daily to lower your cholesterol?
- 6) How much fiber is in ½ cup navy, black or kidney beans? 1 cup brown rice?

PECAN PRALINE OATMEAL

This oatmeal will remind you of pecan pralines!

2 cups rolled oats
4 cups fat free milk or water
2 teaspoons vanilla extract
4 Tablespoons reduced calorie pancake syrup
Fat-free whipped topping
1 Tablespoon roasted pecan pieces
Place oats and milk or water in a microwave safe container. Microwave on full power until thick and bubbly, about 4 minutes. Stir in vanilla. Pour oatmeal into 4 individual serving dishes and top each with one Tablespoon syrup, a dollop of whipped topping and a pinch of pecan pieces. Serve hot. Note: If a thinner consistency is desired, add more fat free milk.



Adapted from *Communicating Food for Health*, January 2002

BANANA-ORANGE MUFFINS MAKES 12 MUFFINS

1 cup plain nonfat yogurt
¾ cup mashed ripe banana (about 2)
2 egg whites
2 Tbsp. vegetable oil
1 ½ teaspoons grated orange peel
1 cup raw oatmeal
½ cup oat bran
1 cup all-purpose flour
1/3 cup firmly packed brown sugar
1 tsp. baking powder
½ tsp. baking soda
½ tsp. ground cinnamon
1/3 cup raisins



Heat oven to 400°F and lightly spray a muffin pan with cooking oil spray or line with muffin cups. In large bowl, combine yogurt, banana, egg whites, vegetable oil and orange peel. Stir well then add the rest of the ingredients. Mix until all is incorporated but do not over mix. Scoop mix into muffin pan, dividing equally. Bake until a toothpick comes out clean, about 15-20 minutes. Allow to sit for 2 minutes then remove from pan. Cool on wire rack.

Source: *Communicating Food for Health*, January 2002

EASY BLACK BEAN SOUP SERVE 6

It's hard to believe that something so easy could taste so good AND be good for you. For even more fiber, serve over a cup of brown rice!

1 large onion, chopped (fresh or frozen)
1 Tbsp. olive oil
1 cup carrots (2), chopped (fresh or frozen)
1 bell pepper, chopped (fresh or frozen)
4 cloves garlic, chopped
4 cups water
2 tsp. vegetable broth powder
½ cup bottled salsa
2 tsp. ground cumin
1 tsp. oregano
3 cups cooked black beans, undrained



Sauté onion in oil. Add carrots, bell pepper and garlic and sauté a minute or two longer. Add water, salsa, cumin, oregano, vegetable broth powder and black beans. Bring to boil, reduce heat, and simmer until veggies are tender, about 15 minutes. Puree soup in blender in batches (or use a handheld blender and puree it right in the pot). Adjust seasonings. Serve hot.

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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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