

# FOOD FOR FITNESS AND FUN

October 2004

This month I'm sharing ways to experience the autumn flavors of apples and pumpkins. There are also fall party food suggestions for a variety of ages. Enjoy! **Jan Temple**

## PUMPKIN CHOCOLATE CHIP MUFFINS

2 cups all purpose flour	1 egg
2 cups sugar	¼ cup egg substitute
1 cup whole wheat flour	15 oz. can solid-pack pumpkin
1 ½ tsp baking powder	½ cup unsweetened applesauce
1 ½ tsp cinnamon	¼ cup canola oil
½ tsp salt	1 cup chocolate chips
½ tsp baking soda	
½ tsp ground nutmeg	



In a mixing bowl, combine the first eight ingredients. In another bowl, combine the egg, egg substitute, pumpkin, applesauce and oil; stir into dry ingredients just until moistened. Stir in chocolate chips. Coat muffin cups with nonstick cooking spray; fill two-thirds full with batter. Bake at 400° for 18-22 minutes or until toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. Yield: 2 dozen

**Nutrition analysis:** 1 muffin: 156 calories, 3 g fat (.5 sat), 9 mg cholesterol, 119 mg sodium, 30 g carb, 2 g fiber, 3 g protein. Adapted from *Light and Tasty*, Oct./Nov. 2003, Reiman Publishing.

## CHEESY BEAN DIP

- 1 ½ cups (6 oz.) shredded reduced-fat Mexican cheese blend
- 1 ½ cups (6 oz.) shredded reduced fat cheddar cheese
- 1 can (16 oz.) fat free refried beans
- 1 can (10 oz.) diced tomatoes and green chilies
- 1 pkg. (8 oz.) reduced fat cream cheese, cubed
- ½ cup reduced fat sour cream
- 1 Tablespoon taco seasoning



In a bowl, combine the cheeses, set aside 1 cup for topping. Add beans, tomatoes, cream cheese, sour cream and taco seasoning to the remaining cheese; mix well. Transfer to a 2 quart baking dish coated with nonstick

cooking spray; sprinkle with reserved cheese. Bake uncovered at 350° for 20-25 minutes or until bubbly around the edges. Serve warm with tortilla chips and vegetables.

**Nutrition analysis:** For 2 Tablespoons – 51 calories, 3 g fat (2 g sat), 9 mg cholesterol, 193 mg sodium, 3 g carb, 0.6 g fiber, 3 g protein.

Source: *Light and Tasty*, Oct/Nov 2001, Reiman Publications.

## BAKED CORN CHIPS

- 1 package corn tortillas
- Salt, optional



Immerse tortillas one at a time into water. Drain briefly, and then lie flat. If desired, sprinkle tops with salt. Cut each tortilla into 8 wedges. Cover a nonstick cookie sheet with tortilla wedges, salt side up – do not overlap, but may be close together. Bake at 400° for 4 minutes. Turn with spatula and bake an additional 3 minutes. Caution: They switch from golden to black VERY quickly. Store baked chips in an airtight bag.

**Nutrition analysis:** 8 chips: 57 calories, 0.6 g fat (<0.1 sat), 0 cholesterol, 42 mg sodium, 12 g carb, 1 g fiber, 1 g protein.

## APPLE TORTE

3 Tbsp. margarine, softened	½ teaspoon nutmeg
1 cup sugar	½ teaspoon salt
Egg substitute equal to 1 egg	3 cups diced apples
1 cup all-purpose flour	3 Tbsp. chopped walnuts
1 teaspoon baking soda	1 teaspoon vanilla extract
½ teaspoon cinnamon	

In a mixing bowl, cream margarine, sugar and egg substitute. Stir together dry ingredients; add to creamed mixture (batter will be very thick). Stir in the apple, nuts and vanilla. Spread into an 8-inch square baking pan coated with nonstick cooking spray. Bake at 350° for 35-40 minutes or until cake tests done. Serve warm or cold. Garnish with apple wedges if desired. Yield: 9 servings

**Nutrition analysis:** 1 serving – 211 calories, 6 g fat (1 sat), 0 mg cholesterol, 327 mg sodium, 38g carb, 3 g protein. Adapted from *Lowfat Country Cooking*, ISBN 0-89821-210-3

## JACK-O-LANTERN SANDWICHES

- Whole Wheat English Muffins, toasted -2 halves
- OR use whole grain bagels, split and toasted
- 2 slices processed American cheese



Cut eyes, nose and mouth out of each cheese slice to create a jack-o-lantern face. Place a carved cheese slice on each muffin or bagel half. Broil or microwave just long enough to melt cheese.

**Nutrition analysis:** 1 serving – 100 calories, 3 g fat (2 sat), 8 mg cholesterol, 336 mg sodium, 14g carb, 5 g protein.

## FESTIVE ORANGE PUNCH

- 1 gallon low fat frozen vanilla yogurt or ice cream
- 1 quart orange juice, chilled
- 1 liter sugar free lemon-lime soda, chilled

Combine frozen yogurt and orange juice in a punch bowl; stir well. Add soda just before serving.

**Nutrition analysis:** 8 ounce serving – 214 calories, 3 g fat (1.6 sat), 16 mg cholesterol, 125 mg sodium, 40g carb, 7 g protein.

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## CRITTER CREATIONS

Transform whole wheat English muffins or bagels into edible critter craft creations. It's great party fun.

Suggested supplies/ingredients:



Whole wheat English muffins or bagels  
Peanut butter and/or cream cheese  
Sliced cheese and string cheese  
Pretzel sticks or Chinese noodles

Vegetable choices:	Fruit Choices
Carrots: baby, grated, crinkle	Banana slices
Grape tomatoes	Apple slices
Jicama sticks	Pear slices
Peppers: green, red, yellow	Grape halves
Cucumber rounds	Berries
Olive slices	Raisins; dried fruits

Provide each participant with a plastic knife, sturdy plate and half of a muffin or bagel. Set out the bowls of toppings. Let each choose toppings to create a critter. Award prizes and then enjoy eating.

## PUMPKIN PUDDING – HOT AND COLD

### HOT PUDDING –

15 oz. can solid pack pumpkin  
12 oz. can evaporated skim milk  
¾ cup sugar  
½ cup reduced fat baking mix  
Egg substitute equal to 2 eggs  
1 Tbsp. margarine, melted  
2 ½ tsp. pumpkin pie spice  
2 tsp. vanilla extract  
Non-dairy whipped topping, optional



In a large bowl, combine the first eight ingredients. Transfer to a slow cooker coated with nonstick cooking spray. Cover and cook on low for 6-7 hours or until a thermometer reads 160°. Serve in bowls with whipped topping if desired. Yield: 6-8 servings

**Nutrition analysis:** 1 serving – 179 calories, 3 g fat (0.8 sat), 2 mg cholesterol, 190 mg sodium, 33g carb, 6 g protein.

Adapted from *Quick Cooking*, Sept./Oct. 1999, Reiman Publications.

### COLD PUDDING –

8 oz. light vanilla yogurt  
1 cup canned pumpkin  
¼ teaspoon ground nutmeg  
½ teaspoon ground cinnamon

Combine all ingredients in a bowl; stir until smooth. Refrigerate until serving. Yield: 4 servings

**Nutrition analysis:** 1 serving – 80 calories, 1 g fat (0.6 sat), 4 mg cholesterol, 46 mg sodium, 14 g carb, 3 g protein.

Adapted from *Taste of Home*, Oct./Nov. 1998, Reiman Publications



## ARE YOU A VICTIM OF BLT?

BLT Quiz – Answer true or false to each question:

1. I often eat other people's leftovers.
2. I eat snacks out of the bag instead of putting one portion in a bowl.
3. I like to sample items from stores.
4. My pantry is stocked with crackers, cookies, chips and other foods high in fat and/or sugar.
5. My office has bowls of candies just waiting for the taking.
6. I don't really eat a lot of fruits or vegetables on a regular basis.

If you answered true to one more of these questions, you may be consuming more calories than your body needs. This can result in excess body fat.



The **bites**, **licks** and **tastes** are all the hidden foods we put into our mouths throughout the day when we are really not that hungry. Some examples are:

- Standing at the refrigerator and grabbing a piece of cheese
- Going to the pantry and eating cookies and crackers
- Eating chips out of the bag while watching TV or sitting at the computer



- Sampling baked goods and deli treats at the grocery store
- Eating leftovers instead of saving them for another meal
- Sampling while cooking and baking
- Finishing out the ice cream in the bottom of the container after eating a large portion
- Stopping at the desk with the bowl of M&M's and taking a handful – or two

All these behaviors are sabotage for losing weight according to Jeanette Esposito, CHWC, Cape Coral, FL. Snacking on the wrong kinds of foods, especially when you are not hungry, is not a good idea. Here are better behaviors:

- Eat a good breakfast every day (whole grain cereal, fat free milk and fruit)
- Snack on plenty of fruits and vegetables.
- Eat a diet higher in fiber and lower in fat and refined foods to feel fuller on fewer calories.
- Keep track of what you eat and beware of BLT temptations.



Source: *Communicating Food for Health*, September 2004

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