

FOOD FOR FITNESS AND FUN

January - 2007

I will continue my goal of giving ideas to eat more fruits, vegetables, whole grains, legumes and low fat dairy products in 2007. Enjoy! Jan

SPANISH CHICKEN LENTIL SOUP-YIELD-6

2 Tbsp. olive oil	Black pepper to taste
2 C. sliced onions	Water
1 crushed garlic clove	1 C. brown lentils
8 oz. boneless, skinless chicken breast, cubed	3 C. hot cooked brown rice
1 15 oz. can diced, no-salt added tomatoes	3 Tbsp. sliced green onions
Pinch dried thyme	3 Tbsp chopped fresh parsley



Heat oil in a large soup pot over medium-low heat. Sauté the onions until soft, about 6 minutes. Add the garlic and chicken and cook briefly, about 4 minutes. Add tomatoes, thyme and black pepper plus enough water to cover. Bring to a boil and then add lentils. Cover the pot and cook until lentils are tender, about 20-30 minutes. Add more water as needed. The consistency should be thick. Serve each cup of soup with a half cup of rice on the side and garnish with green onions and parsley. Each 2 cup serving: 359 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 32 mg cholesterol, 77 mg sodium, 50 g carbohydrate, 13 g fiber, 24 g protein.

Source: Communicating Food for Health, January 2007

KITCHEN MAKEOVER

These tips will launch your 2007 better health resolution.

- Eliminate bottled salad dressings and choose vinegar or lemon juice with a little olive oil.
- Add color to your meals by choosing a variety of fresh vegetables.
- Use butter and other saturated fats sparingly.
- Eat sweet potatoes for fiber, vitamins, nutrients and color.
- Choose water or a low sugar alternative to soft drinks.
- Eat a plate of fresh fruit at the end of a meal for a healthful dessert.



- Add more fish and legumes to your menu.
- Plan ahead! Create a weekly menu that limits processed foods.

Source: Communicating Food for Health, January 2007

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SAVORY WARM BEVERAGES



These savory beverages will add some spice to your life and allow you to enjoy health benefits of culinary herbs.

ROSEMARY - It is valued for its phytochemical rosmarinic acid, which is a potent antioxidant.

Rosemary Lemon Tea

1 tsp. rosemary	1 slice lemon
1 cup water	

Add rosemary and lemon slice to 1 cup of boiling water; steep in a covered container for 10 minutes.

BASIL – Basil contains antimicrobial compounds that may inhibit the growth of disease causing bacteria. As a tea it is best combined with tomato.

Basil Tomato Tea - Try this savory drink on a cold day.

¼ teaspoon basil	½ C. low sodium tomato juice
Dash garlic powder	½ C. vegetable broth

Heat the basil and garlic in the vegetable broth until boiling (1 minute in the microwave). Add tomato juice. Serve in tea mug or bowl.



CLOVES – Oil from cloves may play a role in regulating glucose metabolism. Try this spicy tea to relax or as a calcium treat!

Spiced Tea Latte

1 cup skim milk	½ tsp. sugar
Pinch: cinnamon, allspice, cloves	1 tea bag

Place milk, spices and sugar together in a coffee mug and stir well. Add the tea bag and microwave on medium power until hot, about 2 minutes. Allow to steep for a few minutes, discard tea bag; serve.

BAY LEAVES – To make a broth with bay leaves



you need to simmer it slowly for 20-30 minutes because it takes time for the flavor to permeate the food. Be sure to remove bay leaves before serving!

Vegetable Broth - Try this as a beverage for lunch with a sandwich or with crackers for a snack.

3 quarts water	1 bay leaf
2 onions, sliced	¼ tsp. thyme
2 cloves garlic	¼ tsp. rosemary
1 C. chopped tomatoes	1 stalk celery

Combine all ingredients and bring to a boil. Reduce heat to a simmer and cook for 1 hour. Remove bay leaf and celery stalk before serving.

STILL TIME TO 'LIGHTEN UP IOWA'



Participants in "Lighten Up Iowa" can choose to focus on weight loss, on increasing physical activity or on both through a team approach that creates a positive, supportive environment. Lighten Up Iowa begins Jan. 10, 2007. For more information and registration visit: www.lightenupiaowa.org

ENJOY OATMEAL – ANYTIME

Oatmeal is too nutritious a food to just eat for breakfast. You can also eat oats in a slice of bread or in a bowl of soup. Oatmeal offers an impressive array of health benefits:

- **Reducing cholesterol levels.** Eating 1 1/2 cups of cooked oatmeal a day (from 3/4 cup dry oatmeal) provides enough *beta glucan* (a soluble fiber found in oatmeal) to significantly reduce cholesterol levels in the blood.
- **Maintaining blood glucose levels.** The soluble fiber in oatmeal slows the rate of glucose absorption into the bloodstream. This is especially important for people with diabetes.
- **Lowering blood pressure.** A recent study found that when adults whose hypertension was controlled by medication ate enough oatmeal and oat cereal every day to get 11.7 g of oat fiber (roughly 3 servings); there was a significant drop in blood pressure. Their cholesterol levels also dropped.

CHUNKY TOMATO VEGETABLE SOUP- SERVES 4

This tasty and filling soup is perfect for lunch or dinner.

1/2 C. rolled oats	2 C. low sodium tomato juice
1 Tbsp. oil	2 C. chicken broth
1 medium onion, chopped	1/4 tsp. dried basil
1 medium carrot, chopped	1/4 tsp. ground black pepper
2 cloves minced garlic	

Put the oats in a heavy saucepan. Stirring frequently, toast them over moderate heat until they start to turn darker. Move the oats to a bowl and set aside. Heat the oil in the same saucepan and sauté the onion, carrot and garlic until the onion softens. Stir in the remaining ingredients, including the toasted oats. Simmer until the oats are tender – about 15 minutes. Serve hot.

Each serving: 121 calories, 4 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 272 mg sodium, 19 g carbohydrate, 3.5 g fiber, 3 g protein.

Source: *Communicating Food for Health, January 1999 and 2003*

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and justice for all

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STRAWBERRY-BANANA SMOOTHIE – SERVES 1

1/2 cup orange juice	1 banana, sliced
1/2 cup frozen strawberries	1/4 C. rolled oats
6-8 oz. strawberry low fat (or nonfat) yogurt	

Combine all ingredients in blender until smooth.

Each serving: 383 calories, 3 g fat, 0.6 g saturated fat, 0 g trans fat, 3 mg cholesterol, 144 mg sodium, 80 g carbohydrate, 8 g fiber, 16 g protein.

WHOLE GRAIN MUFFINS TO GO!

Make the large batch of dry muffin mix and store it in the refrigerator to bake muffins a dozen at a time. Ounce for ounce, these contain 100 less calories and 2 more grams of fiber than a bagel.

DRY MIX FOR 3 DOZEN WHOLE GRAIN MUFFINS:

1 1/2 C. rolled oats	1/2 cup all purpose flour
1 C. oat bran	1/2 cup sugar
4 C. whole wheat flour	3 Tbsp. baking powder
1 C. ground flax seeds ¹	1 tsp. baking soda
1 cup wheat germ	

¹May substitute equal parts ground oatmeal and wheat germ for flax.

Place dry ingredients in a large bowl and mix well. Store in a large sealed container in your refrigerator until you are ready to bake muffins.

FOR ONE DOZEN MUFFINS:

2 C. fat free milk	3 1/3 cups dry mix (above)
1 tsp. vanilla extract	1/2 cup frozen blueberries ³
1/4 cup pureed prunes ²	(add last)

²Use baby food or buy in the baking aisle.

³Use other small bits of fruit – peach, raspberries or diced apples.

Preheat oven to 375°F. Spray nonstick muffin pan with cooking oil spray or use paper liners. Place the liquid ingredients in a large bowl and mix well. Add the dry mix and stir until thoroughly blended. Fold in the fruit last. Scoop muffins using a third cup measure. Bake immediately for 18-20 minutes. The muffins are done when a toothpick inserted in the middle comes out clean. Remove pan from oven and turn muffins onto a rack to cool.

Each muffin: 150 calories, 3 g fat, 0.3 g saturated fat, 0 g trans fat, 0.8 mg cholesterol, 179 mg sodium, 28 g carbohydrate, 5 g fiber, 6 g protein.



TIPS FOR SUCCESS:

- Measure the dry ingredients carefully.
- Bake muffins in center of preheated oven.
- Remove muffins from pan promptly to avoid soggy bottoms.
- Freeze muffins when completely cool.

Source: *Communicating Food for Health, January 1999 and 2003*