

# FOOD FOR FITNESS AND FUN

January - 2008

To start the New Year, I've included some mealtime tips and recipes for you to try. Enjoy! Jan Temple

## FILLING UP ON FEWER CALORIES

Here are meals that will fill you up and not out. These are all made of whole ingredients with minimal processed foods and are low in fat, high in fiber and low in calorie density. They are easy to make and delicious to eat!

### BEST BREAKFASTS

1. Cooked oatmeal with skim milk, banana
2. Large bowl of fruit, light nonfat yogurt, 1 slice whole wheat toast, 1 teaspoon light margarine
3. Cream of wheat with skim milk, peeled orange
4. Smoothie made with skim milk, orange juice and fresh fruit; 1 slice whole wheat toast with 1 teaspoon light margarine
5. Breakfast parfait made with light non-fat yogurt, sliced fruit, rolled oats
6. Omelet made with equal parts vegetables and egg whites (use nonstick pan and a light spray of cooking oil), side of fresh fruit

### BEST LUNCHES

1. Split pea soup, large salad, whole grain lowfat cracker(s)
2. Minestrone, large salad, small whole grain roll
3. Vegetarian chili, large salad, baked tortilla chips
4. Large salad, lowfat tuna or chicken salad, 1 slice whole wheat bread or 1 small bread stick
5. Baked potato, large green salad
6. Chicken Caesar salad with dressing on the side (dip tines of fork in dressing)
7. Vegetarian burger with lettuce, tomato, onion, ketchup – served open face (only half the bun), orange juice

### BEST SNACKS

1. Baked sweet potato with 1 teaspoon light margarine and sugar free maple syrup
2. Baked potato with 1 teaspoon light margarine and 2 Tablespoons fat-free sour cream
3. Yogurt with fresh strawberries and 1 Tablespoon fat-free whipped cream
4. 1 cup cooked oatmeal with skim milk and raisins
5. Sliced banana topped with light chocolate syrup



6. Lowfat whole-grain cracker with 2 Tablespoons tuna salad
7. Fresh Fruit: Apple; Pear; Orange; Mango or Kiwi
8. Carrots with fat-free ranch dip
9. Whole-wheat pita, hummus



### BEST DINNERS

1. Thai: Fresh spring rolls with large salad and side of steamed rice, vegetarian stir-fry with brown rice, shrimp and vegetables with rice, hot green tea
2. Japanese: Vegetables or salmon sushi roll with large green salad, hot green tea
3. Italian: Minestrone soup or pasta fagiolo soup with large green salad; pasta primavera or spaghetti pomodoro with large green salad
4. Chinese: Vegetarian stir-fry with brown rice (can also add chicken breast or shrimp)
5. Middle Eastern: Greek salad (dressing and feta cheese on side) with hummus and pita bread, mujaddarah (lentils with brown rice) with large green salad
6. American: Baked half chicken breast without skin, salad, corn
7. Seafood: Baked, broiled or grilled fish, baked potato or rice, steamed vegetables or large salad

Source: *Communicating Food for Health, January 2003*

## PEASANT SOUP – SERVES 4

Try this low calorie, quick, easy to prepare vegetable-rich soup

1 teaspoon olive oil	1/2 teaspoon oregano
1 onion, sliced thin	1/2 teaspoon dried basil
3 Cups chicken or vegetable stock	1/2 teaspoon garlic powder
1 Cup potatoes, sliced thin, leave peel on	Black pepper to taste
1 Cup carrots, peeled and sliced	2 Cups spinach leaves, ready to serve

Heat a large soup pan over medium high heat. Add the oil and sauté the onion over medium high heat. Add the broth, potatoes, carrots and seasonings. Bring to a boil then lower heat to simmer. Cook until the potatoes are tender, about 15 minutes. Add the spinach and cook briefly. Serve hot.

Each 1-1/4 cup serving: 94 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 18 mg cholesterol, 219 mg sodium, 11 g carbohydrate, 3.5 g fiber, 7 g protein.

Source: *Communicating Food for Health, January 2001*

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## PEAS FOR THE NEW YEAR

Many people believe that eating black-eyed peas on New Year's Eve will guarantee prosperity for the coming year. It's thought that each pea represents a gold or silver coin. The more you eat, the more fortune you will acquire. I cannot comment on the monetary value, but I do know that eating lots of black-eyed peas may help bring you lots of good health for the coming year!

### THEY'RE GOOD FOR YOU

Black-eyed peas are full of fiber, packed with protein and low in fat. They are an excellent source of folic acid and a good source of potassium, iron and thiamin. They even pack a little phosphorus, zinc, niacin and B6.

### THEY'RE VERSATILE

Black-eyed peas are mild in taste, with a faintly nutty flavor. They can be steamed and served as a side dish, on their own, seasoned with pepper and a little garlic. Try steamed black-eyed peas seasoned with cumin and curry powder and some shredded kale for an Indian-style dish. Black-eyed peas cooked with collard greens and onions is a popular dish in Kenya. Add cooked, cooled black-eyed peas to chicken, turkey, tuna or tofu salads, as well as to macaroni or potato salad. One of the beans in a four-bean chili should be the black-eyed pea.

### COOKING SUCCESS TIPS

Black-eyed peas are available fresh, frozen, dried and canned.

**Fresh black-eyed peas** are seasonal, usually available in the spring, but also in late December. Look for fresh black-eyed peas in the produce or refrigerated sections of the market. Fresh peas are moist and chewy and can be added to green, pasta or rice salads without cooking. To preserve their refreshing taste and texture, add fresh black-eyed peas to hot dishes, such as steamed rice or soups, about five minutes prior to the end of cooking.

**Frozen black-eyed peas** need only be steamed or microwaved for about five minutes. There is no need to thaw them before cooking. Drain them quickly to maintain their texture.

**Dried black-eyed peas** don't have to be soaked before cooking. Just rinse them and cook them slowly with lots of water, no salt needed; it should take only 20-30 minutes.

**Canned black-eyed peas** require minimal heating. Add canned black-eyed peas to hot rice or soup right before serving.

Whichever style of peas you choose be sure not to overcook them. Plan on serving black-eyed peas immediately after cooking, if possible. That will ensure maximum nutrition, taste, and texture.

## HOPPIN' JOHN - SERVES 8

2 teaspoons vegetable oil	Pinch red pepper flakes
1 Tablespoon minced garlic	6 Cups water
1 Cup chopped onion	1 Cup brown rice
1 lb. dried black-eyed peas	1/2 Cup chopped parsley
1/2 lb. diced turkey ham	Black pepper to taste
1 bay leaf	



1 – Heat oil in large pot over medium-high heat. Add onion and garlic and sauté until golden.

2 – Add black-eyed peas, diced turkey ham, seasonings and water

and bring to boil.

3 – Add rice and parley and return to boil. Lower heat, cover tightly and simmer until peas and rice are tender, about 30 minutes.

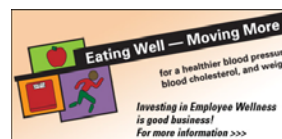
4. Season with pepper to taste and serve hot.

*Each serving: 313 calories, 3 g fat, <1 g saturated fat, 0 g trans fat, 8 mg cholesterol, 158 mg sodium, 53 g carbohydrate, 7 g fiber, 18 g protein.*

*Source: Communicating Food for Health, January 2002*

## EAT WELL/MOVE MORE

Interested in a healthier blood pressure, blood cholesterol and weight? If so, resolve to make 2008 the year to make it happen. Iowa State University Extension has developed a series of 8 lessons that will help groups of individuals (worksites, organizations, churches, etc.) improve their health.



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