

FOOD FOR FITNESS AND FUN

May - 2008

This month we'll focus on quick, healthy meals that are reasonable in sodium content. Enjoy! Jan Temple

STRAWBERRY-RHUBARB-PINEAPPLE SAUCE WITH ANGEL FOOD CAKE

Dad and the children can make this treat for Mother's Day! Use fresh or frozen fruit and don't forget - the yogurt is great for everyone's bone health.



8 oz. can crushed or tidbit pineapple – do NOT drain	Few drops red food color (optional)
1 lb fresh rhubarb, cut in 1/2 inch pieces (~ 3 cups) or 16 oz. frozen	Angel Food Cake – purchased or home baked
1 cup sliced strawberries – fresh or frozen	Lemon yogurt – reduced or fat free

In a medium saucepan stir together pineapple, rhubarb, and strawberries. Bring to boiling; reduce heat and simmer about 5 minutes or until rhubarb is tender. Stir in food color if desired. Serve warm or cover and refrigerate about 3 hours until chilled. To serve: Slices: place slice of cake on individual serving plate, top with sauce; add dollop of yogurt. Layered: Cut or tear individual cake portion into bite size pieces. Layer cake and sauce in a tall glass; top with yogurt.

Each 1/4 Cup Sauce: 18 calories, 0.1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0.9 mg sodium, 4.5 g carbohydrate, .8 g fiber, 0.3 g protein.

MEXICAN LASAGNA – SERVES 10

Try this easy entrée for Cinco de Mayo!



16 oz. fat-free ricotta cheese	16 corn tortillas
16 oz. reduced fat ricotta cheese	52 oz. low-sodium pasta sauce (2 jars)
1 tsp. garlic powder	1 cup shredded light mozzarella cheese
1 tsp dried oregano leaves	

Preheat oven to 350 degrees F. Mix ricotta and seasonings in bowl. Layer lasagna in this order in a 9" x 12" pan: sauce, tortillas, ricotta filling (repeat). End with sauce on top; then sprinkle with mozzarella cheese. Cover the lasagna with foil and bake for one hour in the oven or until heated through. Allow lasagna to stand for 5 minutes; then cut into 10 pieces and serve hot.

Each serving of Mexican Lasagna: 354 calories, 9 g fat, 4 g saturated fat, 22 mg cholesterol, 392 mg sodium, 47 g carbohydrate, 6 g fiber, 19 g protein.

Source: Communicating Food for Health, Spring 2005

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WAR ON SALT

(MAY IS HIGH BLOOD PRESSURE EDUCATION MONTH.)

On average, how many teaspoons of salt does an adult in the U. S. consume yearly?

- 183 teaspoons (5 cups)
- 365 teaspoons (8 cups)
- 524 teaspoons (11 cups)



The answer is C representing 3,300 mg of sodium a day or about 1 1/2 teaspoons. Of that, 10 percent is naturally occurring in food; 75 percent is added to food during processing and manufacturing and 15 percent is discretionary (we add it during cooking and eating food). In the above quiz, b) 365 teaspoons (8 cups) represents 2400 mg per day which is the amount the Nutrition facts Food Label uses; and a) 183 teaspoons (5 cups) represents 1500 mg or the reduction that lowered blood pressure the most when used with the DASH (Dietary Approaches to Stop Hypertension) study.

Adapted from Pat Anderson, ISU Extension Nutrition FS

BEST QUICK MEALS

In a survey conducted by Communicating Food for Health, information was collected from over a hundred food and nutrition professionals to find suggestions for quick meals. Here are the most popular meals that were listed over and over again:



- and broccoli served with a side salad
- Pasta and a salad
- Burritos with beans, rice, lettuce and tomato
- Soft vegetarian tacos
- Lowfat veggie omelette made with egg white or egg substitute
- Broiled fish with veggies and rice
- Broiled or baked chicken with veggies and potato
- Chicken or Turkey Stew
- Skillet dinners with ground turkey or lean beef
- Salads – this was actually one of the most popular items mentioned in the survey
- Stir fry dishes with frozen stir fry veggies, rice and lean protein

Source: Communicating Food for Health, May 2007

SPINACH BEAN ORZO — SERVES 5

This entrée is a “Best Quick Meal”. Note the sodium content is less than the total calories. This could help win the “War on Salt”. Plus, it may get you out of a cooking rut and become a new “quick” favorite!

10 oz. can low-sodium broth – beef or chicken	1/2 cup orzo or small whole wheat pasta
14 oz. can diced tomatoes – no salt added	1 teaspoon Italian dry herbs
1 15 oz. can cannelloni beans	Garlic powder to taste
1 10 oz. box frozen spinach	Black pepper to taste

Combine all ingredients in a medium sized sauce pan and heat over medium-high heat until mixture comes to a boil. Lower heat to simmer and cook until pasta is done, about 10 minutes. Serve with optional grated parmesan cheese over the top and a side of fresh fruit.



Each 1 1/4 cup serving: 316 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 49 mg cholesterol, 248 mg sodium, 60 g carbohydrate, 5 g fiber, 13 g protein.
Source: Communicating Food for Health, May 2007

THREE WEEK PLAN FOR BETTER MEALS

There is no time like the present to improve your eating habits. Little steps can lead to big changes.



Week 1: Better Breakfast

Day 1: Choose a **high-fiber cereal** for breakfast. Look for one with at least 5 grams of fiber per serving (like bran flakes, shredded wheat, raisin bran, Grape Nuts, All Bran, oatmeal).

Day 2: Enjoy **light yogurt and fruit** to start your day.

Day 3: Try **whole wheat toast** with a little jam and a sliced apple.

Day 4: Make a bowl of **oatmeal** with raisins and top with skim milk.

Day 5: Add a sliced medium **banana** to your high fiber cereal.

Day 6: Mix 1/4 cup dry **oatmeal** with 1/2 cup nonfat plain yogurt and some fruit, such as berries. Stir and enjoy.

Day 7: Enjoy **cereal** and then grab an orange to go as a mid-morning pick-me-up.

Week 2: Lighter Lunch

Day 1: Have a cup of black bean **soup** for lunch.

Day 2: Choose a baked **potato**. Top with nonfat sour cream and salsa.

Day 3: Enjoy a large green **salad** with vegetables and chick peas and whole wheat bread.

Day 4: Bake a **sweet potato** and enjoy with a large, lowfat salad.

Day 5: Bring in a leftover **pasta** dish from the night before.

Day 6: Try a lowfat **tuna** salad on one slice of whole grain bread with a side of carrots.

Day 7: Eat a leftover **rice** dish such as lentils and rice, broccoli stir fry or chicken with rice.

Week 3: Super Supper

Day 1: BBQ **chicken** tenders with peas and low-fat mashed potatoes

Day 2: Warm up a cup of turkey **chili** with beans. Add a side salad to complete the meal.

Day 3: Wrap 1/2 cup fat-free refried beans, chopped tomatoes, shredded romaine and nonfat sour cream in a **tortilla**.

Day 4: Serve **stir-fried veggies** and chicken over brown rice.

Day 5: Make a delicious **pasta** dish with fresh vegetables.

Day 6: Grill **fish** and serve with brown rice and fresh veggies.

Day 7: Bake delicious low-fat **lasagna** and serve a few times this week for lunch and dinner.

Shop Well

- Buy fresh **fruits** for snacks and to eat in place of drinking juice or soda.
- Chop and store raw **veggies** such as broccoli, carrots, cauliflower and celery for snacking.
- Keep high-fiber **cereal**, oatmeal, brown rice and whole grain pasta on hand.
- Stock canned beans and dry lentils to add to soups, rice and pasta.
- Make sure you have **lettuce** and veggies on hand so you can eat a large tossed salad daily.
- **Potatoes** are great for baking for meals and snacks.



Source: Communicating Food for Health, March 2008

Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County
Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;
Web Site: <http://www.extension.iastate.edu/food>

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