

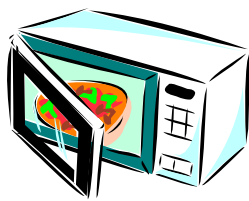
As the temperature rises outside, let's have "Cool Cookin' in the Kitchen" and take advantage of seasonal produce. You'll also want to make note of recommended sources of food preservation information. Enjoy! Jan Temple

COOL COOKIN' IN THE KITCHEN

With the current economy, no one wants to spend extra energy dollars cooling a hot kitchen. But what can you fix for dinner without using the oven? Plenty! Here are some suggestions to get you thinking.

Equipment: Use these appliances instead of the oven to keep your kitchen cool. Remember that rice and pasta may be cooked in the microwave rather than heating a large pot of water on top of the stove.

- Microwave
- Slow Cooker
- Outdoor BBQ Grill
- Toaster Oven
- Clam Shell Grill
- Stove Top for quick items
- Other – waffle iron; electric fry pan



Ingredients:

- **Fruits and Vegetables** – in the summer we eat many of these raw or with minimal cooking. They are both refreshing and nutritious.
- **Protein** – There are many choices for protein.
 - ✓ Canned chicken, meat, or fish require no heating
 - ✓ Canned beans – drained and rinsed (add to a lettuce or pasta salad to stretch or substitute for other protein); hummus; nut butters (i.e. peanut, hazelnut) are great if allergies aren't an issue).
 - ✓ Eggs – cook on top of the stove, in an egg cooker or even in the microwave. If they will be added to a salad they would be chopped up anyway so just scramble and cook in the microwave.
 - ✓ Dairy products – Cottage cheese, yogurt, and aged cheese are cool and quick. Cottage cheese and yogurt pair well with fruits or vegetables to make a quick meal. Just combine cheese and fruit with whole grain crackers or bread and a green salad and you have a meal!

Cooking Method:

- **Cook once; serve twice.** Cook extra pasta, rice or potatoes - enjoy hot the first day and make the leftover into a salad. Roast or grill extra meat or chicken one night; enjoy the leftovers in a salad or sandwiches another night; OR freeze for later use.

WHOLE MEAL PASTA SALAD - MAKES 4 SERVINGS

This is quick, colorful flavorful and cool – a real summer winner!

1 16 oz. package Pasta Primavera frozen veggies	1 15 oz. can black beans, rinsed and drained
2 Tablespoons water	1/2 cup low fat shredded cheese
1/3 cup reduced fat Italian dressing	Optional: Leftover cold, meat, cubed

Combine Primavera with water in a microwave safe container. Cook at full power for 7 minutes. Drain. Stir in dressing and drained beans. Chill several hours.

Before serving, stir in cheese and cubed meat if desired.

Each 1 cup serving without meat: 214 calories, 6 g fat, 2.3 g saturated fat, 0 g trans fat, 10.3 mg cholesterol, 472 mg sodium, 30.6 g carbohydrate, 6 g fiber, 10.5 g protein. Cost/svg = \$.81

LOW-FAT PEANUT WRAP – MAKES 1 SERVING

If you like the flavor of peanut butter, but want to cut the calories, try 'diluting' it with applesauce. Try it in this simple sandwich.

2 Tablespoons applesauce	1 tortilla
1 Tablespoon peanut butter	1/2 banana, sliced

Mix together applesauce and peanut butter. Spread mixture on tortilla. Top with sliced banana. Roll. Serve.

Each wrap: 260 calories, 10.8 g fat, 2.4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 278 mg sodium, 36.5 g carbohydrate, 3.8 g fiber, 7.4 g protein. Cost/svg = \$.50



CHICKEN PACKS – 4 SERVINGS

Assemble up to a day in advance; refrigerate until ready to heat. Beef or pork burgers and assorted vegetables may also be used.

1 boneless, skinless chicken breast	1 cup carrot sticks
1/4 cup barbeque sauce	1 cup thin potato slices
1 cup green pepper strips	1 cup thin onion slices

Place 1 Tablespoon sauce in the center of each of 4 squares of heavy duty aluminum foil. Top the sauce with 1/4 chicken breast, and 1/4 cup of each vegetable. Bring together corners of foil; crumple to seal. Bake in 350°F toaster oven for 35 minutes OR cook on the outdoor grill or campfire.

Each pack: 265 calories, 4.3 g fat, 1.2 g saturated fat, 0 g trans fat, 96 mg cholesterol, 278 mg sodium, 18 g carbohydrate, 3.3 g fiber, 37 g protein. Cost/svg = \$.83

SPARKLING RED COOLER - SERVES 3

This blender drink will be a favorite with all ages.

- 6 oz. lemon yogurt – fat and sugar free
- 6 oz. raspberry-lemonade flavored sugar free drink
- 6 oz. sugar free lemon-lime soda

Combine yogurt and drink in blender. Add soda. Serve.

One Cooler: 30 calories, 0.1 g fat, .1 g saturated fat, 1 mg cholesterol, 50 mg sodium, 5 g carbohydrate, .3 g fiber, 2.5 g protein. Cost/svg = \$.31



BEETS – SWEET, LOW CALORIE GEMS

In Midwest gardens, beets are ready for harvest. These beautiful colored vegetables are nutritious as well as good to look at. While they boast the highest sugar content of any vegetable they are only 75 calories for one cup cooked. Other notable nutrients in one cup:

- Fiber – 3.4 grams
- Potassium – 519 mg
- Iron – 1.3 mg (17% RDA/AI)
- Folate – 136 mcg (34% RDA/AI)



Eaten when young and tender, the leaves of the beet are a nutrition powerhouse and quite easily added to a green tossed salad. Beets are one vegetable that retain their full flavor when canned as well as eating fresh. Peak months for fresh beets are June to October. But, if you have access to fresh beets, try some of the serving suggestions listed.

In addition to the most common red bulb beets, you may wish to explore other varieties: *Chioggia* – will look like a candy cane on the inside having both red and white stripes. They are to be at the top of the sweetness scale. *Golden* – are carrot colored on the inside and will not bleed when cooked, but they are also not as sweet as other varieties. *White* – in appearance they may be confused with a turnip. They are at the bottom of the sweetness scale.

What to look for: Smooth, round, hard beets with an unblemished surface and a thin root (at least 2 inches long) attached. You will also want some of the top (1/2 inch) or the leaves still attached to retain color when cooking. If the leaves are attached and you wish to eat them, look for small, crisp, dark green leaves. Avoid soft, shriveled beets with fat roots.

Storing: If you purchased baby beets, they may be stored in tact for one or two days before eating. For mature beets, cut tops off before storing leaving at least one inch of stem attached. Do not wash before storing. Refrigerate roots up to 3 weeks in a plastic bag.

Preparing: You may cook beets in the microwave oven to avoid heating up the kitchen. Begin by gently scrubbing and rinsing the beets. Leave the inch of stem and root in tact. Place 1 pound (~ 4 medium beets) of beets in a microwave safe casserole with 1/4 cup of water and cook on full power for 10 minutes. Drain. Cool. Trim off root and stem; slip skins. Leave whole, slice, or dice. **FMI:**

http://www.panen.psu.edu/SNAP/material/beets/beet_newsletter.pdf

MICROWAVED PICKLED BEETS - SERVES 6

Most recipes for pickled beets are sized for canning 7 quarts or more. Here is one that only makes 6 servings. In addition to enjoying these as a side dish, try them on sandwiches as a lower sodium substitute for dill pickles.

1 medium onion, sliced	1 cup sugar
1 Tablespoon water	1 cinnamon stick
1 lb. cooked or canned beets, drained, 1/4 inch thick slices	2 whole cloves (optional)
3/4 cup vinegar	

Place onion and water in 1 quart casserole. Cook on full power for 2 minutes. Add remaining ingredients. Cook on full power in microwave for 4 to 5 minutes or until mixture boils. Chill. Serve cold.

Each 1/2 cup serving: 181 calories, 0.2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 61 mg sodium, 44 g carbohydrate, 2.2 g fiber, 1.6 g protein. Cost/svg = \$.30

Source: Adapted from Amana TouchmaticII Radarange Cookbook

BEET, BEAN AND APPLE SALAD – SERVES 4

1 lb. cooked or canned beets, drained, diced ~2 cups	1/4 cup diced onion
2 cups cut green beans, cooked or canned and drained	1/3 cup reduced fat vinaigrette dressing
1 large apple, cored and diced	



Combine beets, beans, apple and onion in a serving bowl. Drizzle with dressing. Toss and marinate for one hour in refrigerator. Serve cold.

Each 1/2 cup serving: 70 calories, .4 g fat, .1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 365 mg sodium, 17 g carbohydrate, 4.5 g fiber, 2.2 g protein. Cost/svg = \$.44

FOOD PRESERVATION RESOURCES

If you plan to do any food preservation this gardening season, be sure you are using **current** information. The following are research-based information sources.

ISU EXTENSION HOME FOOD PRESERVATION RESOURCES

www.extension.iastate.edu/healthnutrition/food/preservation

ISU EXTENSION ANSWERLINE

800-262-3804 OR www.extension.iastate.edu/answerline

NATIONAL CENTER FOR HOME FOOD PRESERVATION

<http://www.uga.edu/nchfp/>

SO EASY TO PRESERVE (UNIVERSITY OF GEORGIA)

<http://www.uga.edu/setp/> OR www.soeasytopreserve.com

USDA COMPLETE GUIDE TO HOME CANNING

<http://foodsafety.cas.psu.edu/canningguide.html>

BALL BLUE BOOK

<http://www.freshpreserving.com/>



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and justice for all

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