



Food and Fitness



October 2008

It's tailgating time!! Food and football have long been paired for fall festivities. In fact, "gridiron" – the nickname for the football field – comes from a grate used for grilling food. So, if you will be grilling your "pigskin" make sure you plan a good defense go keep harmful food borne bacteria from sending guests to the locker room.

Meat and poultry cooked on a grill often browns very fast on the outside, so check using a food thermometer to be sure they are cooked thoroughly. Cook hamburgers, sausage, and other ground meats to an internal temperature of 160° F and ground poultry to 165° F. Beef, veal and lamb steaks and roasts may be cooked to 145° F, for medium rare. Poultry breast meat should be cooked to 170° F and dark meat to 180° F. All cuts of pork should reach 160° F, Pack your thermometer!!!

When packing your cooler, be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating ready- to-eat food.

If you are bringing hot take-out food, eat within 2 hours of purchase. To keep food like soup, chili, and stew hot use an insulated container. Fill the container with boiling water, let it stand for a few minutes, empty, and then put in the piping hot food. Keep the insulated container closed to keep the food hot (140° F or above) for several hours. No matter who you are rooting for, make certain you have a good "game plan" to keep food safe.

Be Picky in the Aisle

Go easy on your choices of the ready to eat snacks you buy (such as potato chips or cookies). Prepackaged foods are usually higher in calories and fats

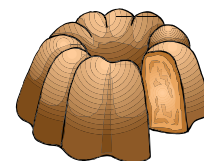
and often more expensive. For the price of a large bag of chips and box of cookies you may be able to buy all of the following items:

- 2 pounds of apples
- 1 pound of bananas
- 1 pound of carrots
- 3 pounds of potatoes
- 1 pound of peppers

Pumpkin Apple Cake

Yield: 24 servings, 1 slice each

- 1 package (1 pound, 2.25 ounces) white cake mix
- 1-16 ounce can pumpkin
- 1 teaspoon cinnamon
- 2/3 cup apple juice
- 3 eggs
- 1 teaspoon vanilla



1. Combine cake mix, pumpkin, cinnamon, apple juice, and eggs in large mixing bowl. Beat at medium speed for 2 minutes.
2. Pour into greased and floured 12-cup bundt pan or a 9x13 cake pan.
3. Bake in preheated 350 ° F. oven for 24-40 minutes or until wooden pick inserted in cake center comes out clean.
4. Cool 10 minutes then invert onto wire rack to cool completely.

This is an ideal cake to bake in cans and give for gifts. Cans should be well-greased and filled 2/3 full. It is best to use smooth sided cans and cans without a lead seam. Baking time for cans:

- 18—ounce can: 45 minutes or until done
- 16-17 ounce can: 40 minutes or until done
- 6 ounce can: 30 minutes or until done

White Pumpkins

Casper, and other white-skinned pumpkins are edible. However, it is questionable how the baking quality of the white-skinned varieties compares to "pie" pumpkins.

For Questions About...

Polk County
Congregate Meals
515-286-2062

Commodity &
Supplemental Foods
515-286-3655

Nutrition, Food
Preparation &
Food Safety
ISU AnswerLine
1-800-262-3804

We get questions

Does pumpkin pie need refrigeration? If pumpkin pie is made from commercially canned pumpkin, it doesn't need to be refrigerated until after it is cut. If the pie is made from home prepared pumpkin, then it should be refrigerated after cooling.



How do I prepare pumpkin from my garden so that I can make pumpkin pie?

To prepare a mature pie pumpkin for pulp/puree, wash and cut it in halves. Scoop out the seeds and fibers, rub the cut surface with a shortening and place the halves cut side down on a baking sheet. Bake in a moderately hot oven (350°F) until tender when pierced with a fork right through the skins (45 to 60 minutes for a smaller pumpkin, longer for larger thicker). Scoop out the flesh and press through a potato ricer strainer sieve, or food mill. It may be put through a blender or food processor.

To use fresh pumpkin for recipes calling for canned pumpkin, place mashed pumpkin in a strainer over a pan and let drain about 30 minutes to remove excess liquid. Then evaporate this juice by boiling to almost nothing, and mix with the pureed pulp for superior flavor and consistency for pie-making.

Pumpkin is a rich source of vitamin A in the form of beta-carotene. This nutrient plays a role in good vision, healthy skin, a strong immune system, and bone and teeth development. Pumpkin is also a good source of fiber and potassium. When added to baked goods, pumpkin not only adds nutrients, but moisture and color as well.

Drying and Roasting Pumpkin Seeds

Drying seeds and roasting seeds are two different processes.

To dry: carefully wash pumpkin seeds to remove clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in a dehydrator at 115° to 120° F. for

1 to 2 hours, or in an oven on warm for 3 to 4 hours. Stir frequently to avoid scorching.

To roast: take pumpkin seeds and toss with oil and or salt and roast in a preheated oven at 250° F for 10 to 15 minutes.

Healthy Snacking

For snacks in packages, look at the "Nutrition Facts" label. Choose those that have less than 5 grams of fat in a serving.

Fresh Cider

If you purchase fresh cider you should refrigerate it immediately after purchase, or freeze it for extended storage.

Unheated cider should not be served to children under 5 years of age or to elderly adults with compromised immune systems. These individuals have increased risk of severe symptoms in case of E. coli contamination.

Out Dated Cake Mixes, Are They Safe?

Out dated cake mixes aren't necessarily unsafe, but they can produce poor product. The baking powder that leavens the cake gets old and doesn't perform well. Flavor can be affected, too. The longer the past date the mix is, the more likely there will be a difference. A mix that is only a month or two past date may be worth using. A mix that gets beyond the date by more than a couple of months should simply be replaced with a new mix.

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