

To Your Health

March 2010

Recipes Galore!

Everyone is always interested in new recipes, aren't they? Between the internet and TV cooking shows, plus all the 'usual sources' there are an abundance of places to get recipes. ISU Extension's Spend Smart Eat Smart website is also a source for great recipes. Why should you try ours?

- They contain ingredients you probably have on hand.. and not too many of them!
- They are cheap to make and don't take a lot of time.
- They are nutritious. Our recipes promote eating fruits, vegetables and whole grains. Additionally they are not too high in sugar, fat or salt.

The Spend Smart Eat Smart website also has short videos to see the actual recipe being

prepared. The featured recipe this month on the Spend Smart website is Ham and Brown Rice. Delicious! Check out all the recipes at:

<http://www.extension.iastate.edu/foodsavings/>

Ham & Brown Rice

Makes 6 servings (1 1/2 cups each)

Cost: \$4.75 for whole recipe/
\$0.79 per person



Ingredients:

- 1 14-ounce can low sodium chicken broth
- 2 1/2 cups cooked chopped ham
- 1/2 teaspoon minced garlic
- 1 1/2 cups uncooked instant brown rice
- 1/2 teaspoon ground black pepper
- 2 cups frozen peas
- Optional: 2 tablespoons grated Parmesan cheese

Directions:

1. In a skillet, combine broth, ham, and garlic. Heat to boiling.
2. Stir in rice and black pepper. Reduce heat to a simmer, cover and cook for 10 minutes.
3. Uncover; add peas and cook about 4 minutes more until rice is tender and peas are hot.
4. Sprinkle Parmesan cheese on top if desired. Serve immediately. If desired, this recipe is easy to double and freeze, so you'll have extra for a future meal.

Nutrition information per 1 1/2 cup serving: 310 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 1160 mg sodium, 35 mg cholesterol, 43 g carbohydrate, 4 g fiber, 3 g sugar, 22 g protein, 20% vitamin A; 10% iron; 25% vitamin C; 4% calcium

Nutrition From the Ground Up March National Nutrition Month



March is a great time of the year to make a few small changes to eat healthier. With spring just around the corner (we hope!) we may be inspired to eat a little better and be a bit more active. Nutrition Month 2010 encourages us to **Eat from the Ground Up**. What does that mean?

- **Focus on fruits and veggies.** Take a good look at how many fruits and vegetables you are currently eating. Add one fruit or vegetable a day to one meal or snack.
- **Look locally.** Although our Farmer's Markets in Iowa are not operating yet, make a plan to find out where they are in your area and set a goal to buy local this spring, summer and fall. To find out where Farmer's Market's are check out <http://idalsdata.org/IowaData/farmersMarket.cfm>
- **Make calories count.** The foods with the lowest calories aren't always the healthiest choices. When choosing between all the options of 'What to eat' choose foods with the most vitamins and nutrients. To figure out how many calories you need to achieve a healthy weight, visit www.mypyramid.gov

- **Test your taste buds:** Expand your horizons! Try a new fish, whole grain, vegetable or fruit you've never eaten. Add one new healthful choice to your grocery list each week. Make shopping an adventure and get your children to help.
- **Trick yourself with treats.** A healthful diet doesn't have to mean you are depriving yourself. Snacks can be part of healthy eating. Fruit, yogurt, and nuts are all good snack options. Craving a dessert? Have a small portion and savor every bite!

Adapted from The American Dietetic Association, www.eatright.org

Remodeling the Kitchen?

If your community center, church or any community kitchen is thinking about remodeling, ISU Extension has a resource that can help you think through the plan. Updating a community kitchen is different from a home remodeling project. This new publication from ISU Extension can help your organization with these 6 steps to Successful Kitchen Remodeling:

1. Define how the kitchen is used
2. Consider general layout and design
3. Establish a budget
4. Draw a draft layout
5. Discuss project with contractor or builder
6. Monitor construction.

You can view or print the publication from the ISU website:

<http://www.extension.iastate.edu/Publications/PM2071.pdf>

Or ask for PM 2071 *Remodeling Community or Church Kitchens* at your local county ISU Extension office.