

PICK A BETTER SNACK – ON THE GO!

April

Week One –

On the Go – With Artichokes!



Artichokes are a guilt-free food! One large artichoke contains only 25 calories, no fat and is a good source of vitamin C, dietary fiber, foliate and magnesium.

Look for artichokes that are heavy for their size, compact and firm with a soft green color. Avoid any that look wilted, moldy or significantly discolored. An artichoke must be cooked (boiled, steamed, microwaved, or sautéed) before eating. After washing and removing the lower petals and stem, an artichoke can be cooked quickly in the microwave. Place it upside-down in a microwave-safe bowl and cook on high for 6-7 minutes in ¼ cup of water.

Wash. Cook. Eat. (how easy is that?)

Take Artichokes With You!

Garlic Dip for Artichokes Makes 4 servings

- 1 cup plain lowfat yogurt
- 1 Tablespoon *each*: chopped parsley & chopped chives
- 2 teaspoons chili sauce
- 1/2 teaspoon garlic powder
- 1/8 teaspoon pepper

Combine all ingredients. Blend well. Refrigerate until serving. Serve with cooked artichokes.

Grilled Artichokes Serves 4 as entrée; 8 as side dish

- 4 artichokes
- 1/2 cup roasted garlic teriyaki sauce
- 1/2 cup balsamic vinegar
- 1/2 cup olive oil
- 2 Tablespoons chopped garlic
- 2 Tablespoons minced ginger

Artichoke Preparation: Slice artichoke tops off crosswise. Trim stems, cut off thorns, and discard lower leaves. Rinse under cold, running water. Cook artichokes in microwave – see directions above. Drain artichokes, and cool. Cut each artichoke in half lengthwise, and in half again making 4 quarters. Cut out the fuzzy center along with any purple tipped petals.

Marinade: In a large bowl, combine remaining ingredients. Add artichokes to marinade, coating all sides of the artichoke. Marinate artichokes at least 1 hour or overnight for optimum flavor. Remove artichokes, reserving marinade, and place cut side down on a grill over a solid bed of medium coals or gas grill on medium. Grill until lightly browned on the cut side, about 5 minutes. Turn over and grill until petals are slightly charred. Warm marinade before serving if using as a dip or sauce. Makes 2 cups marinade.

Week Two –

On the Go – With Avocado!



The avocado is the highest fruit source of vitamin E. It is also cholesterol free, high in fiber and recent research findings show that its phytochemicals may help fight heart disease and cancer!

Unlike most fruits, avocados don't start to ripen until they are cut from the tree. A ripe avocado that is ready to eat will be firm, but yield to gentle pressure when squeezed in the palm of your hand. Place unripe avocados in a paper bag with a banana or apple to hasten ripening. Store ripe avocados in the refrigerator. Avoid bruises and hard or soft spots and pulp with dark spots or streaks. All varieties of avocado have green skins; the Hass avocado will have a purplish-black skin color. To eat, slice the avocado in half length-wise or cross-wise and twist the two halves apart. Use a spoon to remove the pit. The skin can be peeled off, or the flesh can be scooped out with a spoon.

Wash. Pit. Peel. Eat. (how easy is that?)

Take Avocado With You!

- Mash an avocado with a fork and spread it on a sandwich instead of mayonnaise.

Avocado Fruit Salad Makes 8 servings.

- 1 package mixed baby greens (10 oz)
- 1 can 11 oz. mandarin oranges
- 2 cups sliced strawberries
- 1 ripe California avocado, seeded and peeled (1/2 sliced into 8 portions, 1/2 cubed)
- 1/4 c olive oil
- 2 Tablespoons raspberry vinegar
- 2 Tablespoons chopped walnuts, toasted
- 1 teaspoon grated lime peel
- 1 Tablespoon fresh lime juice
- 1 Tablespoon fresh chopped basil leaves
- 1/2 teaspoon dry mustard
- 1/4 teaspoon *each*: salt and pepper

In a large salad bowl, combine first four ingredients except avocado *slices*. In a small bowl, whisk together remaining ingredients, set aside. To serve, pour on dressing and toss to coat. Top with avocado slices.

For snack and activity ideas for the other 11 months of the year go to:

www.extension.iastate.edu/food/

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Week Three –

On the Go – With Pineapple!



Fresh pineapple is naturally super-sweet and a great way to satisfy a sugary craving with a healthful snack. One serving (two slices) contains only 60 calories and a quarter of your daily recommended vitamin C, in addition to containing very little sodium. Jim Dole

thought pineapple was so great that he founded the Hawaiian Pineapple company in 1901, with the mission of making pineapple available in every grocery store in the United States!

Choosing a pineapple – forget the tips to look for color, the thump test, or pulling a crown leaf. Your best guide to quality is a tag or label indicating it was jet shipped from the grower. Pineapple doesn't ripen any further after it is picked, so it can be enjoyed immediately after purchase. The most flavorful pineapples will be heavy for their size with dry, crisp shells and dark green crown leaves. A whole pineapple may be stored for 3-5 days in the refrigerator before cutting. After washing, remove the pineapple's outer shell by slicing length-wise with a sharp knife. Then cut the fruit away from the fibrous core. Once cut, it may be refrigerated for about a week.

Wash. Cut. Eat. (how easy is that?)

Take Pineapple With You!

- Make skewers with pineapple, grapes, strawberries and any other fruit of your choice.
- Cut pineapple into chunks or strips. Freeze for a cool, refreshing snack.

Fresh Fruit Cocktail Makes 4 servings.

- 2 cups apple juice
- 1 Tablespoon lemon juice
- ½ teaspoon grated orange or lemon peel
- 2 – 3 inch cinnamon sticks
- 2 apples, cored and chopped
- 1 ½ cups fresh pineapple, chopped
- 1 orange, peeled and sectioned
- ½ cup seedless grapes

In medium-size saucepan, combine apple juice, lemon juice, orange or lemon peel, and cinnamon sticks. Bring to boil and simmer, uncovered, 10 minutes. Cool to warm; remove cinnamon sticks. In large bowl, combine apples, pineapple, orange, and grapes. Pour cooled syrup over fruit and chill before serving.

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Week Four –

On the Go – With Grape Tomatoes!



Grape tomatoes may be small, but they're creating a big stir in the world of produce. They are quickly becoming the tomato of choice, preferred for their bite-size, sweet taste and filling that doesn't "squirt."

Grape tomatoes are low in calories, fat and sodium, but high in taste, antioxidants and potassium. The grape tomato is a hybrid of roma, tear-drop and cherry tomatoes and its finger-food size makes it an ideal replacement for higher-fat convenience foods like peanuts or candies. Even kids love these tomatoes for their flavor and snackability.

When choosing grape tomatoes, choose those with bright, shiny skin and firm flesh. Avoid tomatoes that are soft or blemished. Grape tomatoes are so easy to prepare—just wash and enjoy! Even young children can fix this healthy food for an after-school snack.

Wash. Eat. (how easy is that?)

Take Grape Tomatoes With You!

- Slice tomatoes in half and coat with low-calorie Italian salad dressing.
- Wash and store in the refrigerator so a fast handful is always ready to go.
- Skewer grape tomatoes, chunks of cheese and green pepper for a colorful and tasty snack.

Quick Nibble:

Grape tomatoes are only one-half to one-third the size of a cherry tomato! In 2001, the grape tomato's national volume increased by 142 percent!

Fruits and vegetables are:

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable.*