

PICK A BETTER SNACK – ON THE GO!

September

Week One–

On the Go – With Radishes!



The popular red globe radish is low in calories with an abundance of flavor and crunch. A half-cup serving (about 12 medium) of sliced radishes provides a good amount of potassium, vitamin C, folate and fiber.

Choose radishes that are bright in color with firm, well-formed roots and crisp, white flesh. Skip the radishes that are dry, spongy, cracked or have other external damage. Scrub radishes with a brush under cold water, remove the tops and roots if still attached, and store them in the refrigerator.

Wash. Eat. (how easy is that?)

Take Radishes With You!

- Radishes add tang, texture, color and crunch to many dishes. Add them to pasta salads and mixed vegetable salads.
- Try radish and cucumber slices on a cracker.
- Eat radishes with vegetable dips or sprinkled with a salt substitute.

September Garden Salad

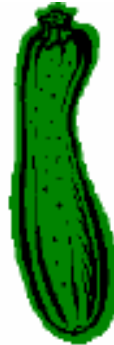
This salad is a flavorful way to use many of the vegetables from your garden in one dish.

- 1 cup bulgur wheat, uncooked
- 1 cup hot water
- ¼ cup chopped radishes
- ¾ cup chopped green or red pepper
- 1 cup chopped zucchini
- 2 cups tomatoes, chopped (or use a 16 oz. can, drained)
- ½ teaspoon Italian seasoning
- ¼ cup chopped green onion
- ¼ teaspoon sugar
- ½ teaspoon dried basil
- 1 teaspoon lemon juice
- Pepper, to taste

Stir bulgur and hot water together – let stand 5 minutes, drain. Combine chopped vegetables and seasonings with soaked bulgur. Adjust seasoning to taste. Cover and refrigerate. Serve chilled.

Week Two -

On the Go – With Zucchini!



Zucchini, a variety of summer squash, resembles a cucumber in shape. Its mild flavor makes it the 'secret' ingredient in many baked goods and vegetable side dishes. Summer squash have a soft shell that is easily pierced whereas winter squash have a tough shell and seeds. Other varieties of summer squash easily grown in the Midwest and available in local markets are yellow crookneck and straightneck, chayote, scallopini, pattypan and golden zucchini.

Zucchini is very low in calories (more than 95 percent water) and a good source of vitamin C, fiber, potassium and magnesium.

When choosing zucchini, pick firm, slender zucchini with a bright green color. It should be free of soft spots or wrinkled skin and stored in the refrigerator.

Wash. Eat. (how easy is that?)

Take Zucchini With You!

- Take zucchini in your lunch. It tastes great when sprinkled with garlic seasoning and Parmesan cheese.
- Ever tried zucchini cookies? Add a cup of grated zucchini to your favorite sugar cookie recipe, along with cloves, cinnamon, raisins and chopped nuts, and enjoy the surprisingly delightful taste!

Grilled Zucchini

Enjoy zucchini on the grill. Cut zucchini into spears and brush with fat free Italian dressing and grill using direct heat until golden brown – about 10-15 minutes total.

Quick Nibble:

The zucchini, originally called a zucchini by the Italians, is a squash, which is a word derived from several Native American words that mean "something eaten raw."

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 Tomatoes!



There's much talk today about the health benefits of lycopene, which is found primarily in tomatoes and tomato products. In addition to giving tomatoes their vibrant color, lycopene's antioxidants may help protect against diseases such as cancer and heart disease.

Choose good, quality tomatoes that have bright, shiny skins and firm flesh. Avoid soft or mushy tomatoes that lack color or have blemishes, wrinkles or cracks. Never refrigerate a tomato that is not fully red or ripe! Cold temperatures destroy flavor and stop the ripening process. Once fully ripe, a tomato can be refrigerated, but only for a few days; any longer results in flavor deterioration.

Wash. Eat. (how easy is that?)

Take Tomatoes With You!

- Make a quick cold snack by tossing together a bag full of cherry tomatoes, baby carrots, and broccoli spears.
- Homemade salsa is a great snack with light tortilla chips or cooked tortellini. Cut up tomatoes with mangoes, avocado, red onions and lime juice, and you'll have a ready snack in a jiffy.
- Top tomato slices with Parmesan cheese and garlic powder, or for a hot snack, top them with low-fat mozzarella cheese and fresh basil, then microwave for 30 seconds.

Filled Tomatoes

Use tomatoes as a container for main dish foods. Some suggestions include lowfat cottage cheese with chives, chicken or tuna salad. Simply remove the core and some pulp from the tomato. Fill with desired filling. Filled small cherry tomatoes make great bite size snacks.

Quick Nibble:

Tomato – a fruit or a vegetable? Botanically speaking, the tomato is a fruit, because a fruit is any fleshy material covering a seed or seeds. Horticulturally speaking, the tomato is a vegetable plant.

Week Four–

On the Go – With Plums!



Delightful purple plums are a sweet and juicy treat related to cherries and peaches. Belonging to the extensive *Prunus* family and classified as stone fruits, plums are believed to have originated in

Asia. In North America, Native Americans reportedly ate wild plums prior to the arrival of the Europeans, and today the wild variety is still consumed, although mostly as jam or jelly. Plums today are mostly grown in California, but they are grown on every continent except Antarctica.

Choose plums that are tender to the touch and have smooth, uniform skin. The softer the plum the sweeter it is! Look for those that retain the "bloom," a natural powder-like haze covering the fruit, since these are likely to have received the least handling. A plum's ripeness cannot be judged by its color since each variety has its own shade of color. Plums will ripen at room temperature, or place them in a paper bag with an unripe banana for a day or two. In the refrigerator, ripe plums keep for about four days.

Wash. Eat. (how easy is that?)

Take Plums With You!

- Add plums to strawberries, sliced peaches, oranges and top with light sour cream.
- Peanut butter and plums are a great combination. Top a slice of toast or English muffin with peanut butter and slices of plum.
- Plum chunks with vanilla pudding make a great snack.

Plum Good Pudding to Go

This is not like the English Plum Pudding – instead it is thickened fruit puree.

Puree about 2 plums in a blender or food processor to make 1 cup of fruit. Stir in 1 tablespoon cornstarch. Cook on full power in the microwave for 2-3 minutes until thickened – stir halfway through. Chill. To serve, top with vanilla yogurt or nondairy whipped topping.

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