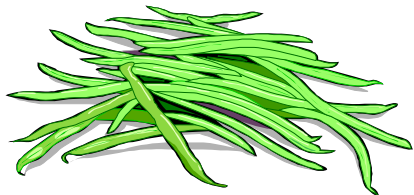


# AUGUST – KEEPING COOL AND WET

*This month I'll share a cool way to serve fresh green beans, eat a sandwich in the car without getting messy and make sure the teen athlete in your life is drinking enough fluid. Jan Temple.*



## GREEN BEANS –

Low calorie, high in C and Folacin

Fresh green beans are naturally low in calories having only 16 in a 1/2-cup serving. Green beans are part of the vegetable group in the Food Guide Pyramid because they are rich in beta-carotene and vitamin C.

When **shopping** choose beans of similar sizes for uniform cooking. Avoid beans with rust spots and those that are thicker than a pencil. If you can see the seeds through the pod, the bean is overly mature. You want a vivid color and fuzzy feel. Several seasoned gardeners suggest that if the bean will stick to your clothes, it's fresh.

To **store** fresh green beans, place the unwashed beans in plastic bags in the refrigerator for up to 5 days. Allow 1 pound raw beans for 4 servings.

To **cook** green beans, wash, trim both ends of each bean and then leave whole or snap into 1-2 inch lengths. Using the microwave creates the least amount of extra heat in the kitchen.

**Microwaving:** Put 1 pound of beans with ¼ cup water in a covered, microwave safe dish. Cook on full power 5-10 minutes depending on the size of the beans and microwave wattage.

Add variety with these serving suggestions:

- ❖ Cook with onions, garlic & chopped tomatoes.
- ❖ Sprinkle with lemon juice, salt and pepper.
- ❖ Add mushrooms lightly browned in oil.
- ❖ Herbs and spices that compliment green beans include: basil, caraway seed, chili powder, dill, marjoram, mustard seed, oregano, sage, savory, tarragon, and thyme.

- ❖ Combine vinegar and prepared mustard for a simple sauce.
- ❖ For each pound of beans, add 2 tablespoons of any one of the following: slivered almonds, parmesan cheese, peanuts, cashews, shredded Swiss cheese.
- ❖ Cook the beans until tender, but still crisp, chill and mix into a tossed salad.
- ❖ Arrange with other vegetables on a relish tray and serve with a dip.

## Colorful Green Bean Salad

**1 pound green beans**, cooked tender-crisp, cooled

**½ pound cherry tomatoes**,

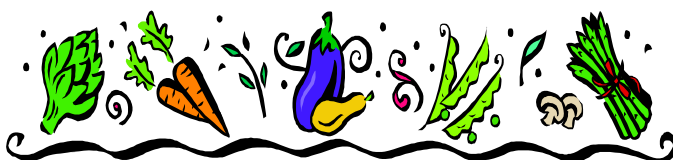
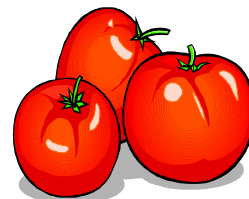
halved OR 2 medium tomatoes cut into bite size pieces

**1/2 small red or white onion**, sliced

**2 ounces cheese**, grated or shredded—choose from Parmesan, feta, mozzarella or Swiss (Let flavor, cost, fat content and personal preference be your guide in choosing).

**1/3-cup oil and vinegar style dressing** (full fat, reduced fat or fat free). Choose a bottled dressing or make your own.

Toss all ingredients together and serve.



**Freezing:** Select young, tender pods. Wash in cold water, snip ends and cut into 2-4 inch lengths. Water blanch 3 minutes. Chill in cold water, drain, pack with ½ inch headspace, seal, freeze.

**Canning:** Green beans must be processed at 10 pounds pressure in a weighted gauge canner or 11 pounds in a dial gauge canner. Current processing times are: Pints-20 minutes; Quarts-25 minutes. It is not safe to process green beans in a boiling water bath. Your County Extension Office has more complete directions for canning beans.

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# Play your best!

## Drink plenty of fluids

Here's the "game" plan

When	How much
2 hours before a game	2 cups
15 minutes before a game	1 to 2 cups
Every 15 minutes during a game	½ cup
After a game	3 to 6 cups (drink even more in HOT weather)

## What's best to drink

When	What
For the 1 <sup>st</sup> hour of a game (or practice)	Cool water
After the 1 <sup>st</sup> hour	Cool water Diluted fruit juice ( ½ juice & ½ water) Sports drink

## DASHBOARD DINING DELIGHT

*It would be better if we took time to enjoy our food and didn't eat and drive at the same time. If you have found that there are times it can't be avoided and you don't want to wear the sandwich the rest of the day, try this idea.*

Begin with 1 hard crusted sandwich roll. Cut the roll in half. Brush each half with 1-2 tablespoons of flavored vinegar and oil type dressing. (There are lots of



new bottled varieties on the market to try. By using a dressing with herbs and spices already in it the sandwich will have a unique flavor). Top the bottom half of the roll with strips or slices of your favorite raw vegetables (green pepper, cucumber, onion, and spinach work well—tomatoes are flavorful, but slice thinly to avoid a soggy sandwich). Add ¼ cup well-drained water packed tuna or chicken. Top with the remaining half of roll. Wrap *very tightly* in plastic wrap. Place in the refrigerator overnight under a weight – a gallon milk jug works. By morning, the sandwich is "mashed" enough to make eating in the car a *Dashboard Dining Delight!*

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

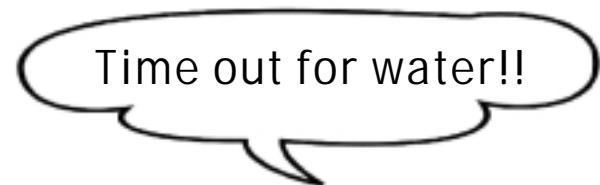
### *and justice for all*

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What happens if you don't drink enough?

You lose . . .

- ✓ concentration
- ✓ endurance
- ✓ coordination
- ✓ strength



## HOMEMADE SPORTS DRINK

### Slam Dunk\*

- 1 cup cranberry juice cocktail
- ½ cup lemonade
- 1 ½ cups water

\*This is only one combination, any juice combination or single juice may be mixed with an equal amount of water.

### Resources used for preparation of this handout included:

The Wellness Encyclopedia of Food & Nutrition, Random House; Altering Recipes, ISU Extension Assistance from Diane Nelson, ISU Media Specialist and Judy Isaacson, ISU ECA Media Specialist

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