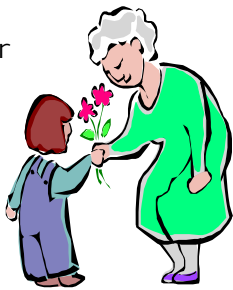


MAY – MOTHERS’ DAY, GRADUATION BUFFETS, AND BALL GAMES

During the month of May we will observe Mothers’ Day, college and high school graduations, and ball season gets underway. Each of these events has some unique opportunities for food preparation and service. This fact sheet will provide some suggestions for nutritious food choices and help make sure you serve it safely.

MOTHERS’ DAY -

You may want to prepare a special treat for Mom on her day. Following are two ideas of dishes to prepare that are easy, tasty and very nutritious because they both contain soy products. The FDA is now convinced that soy protein lowers cholesterol. By October of 1999 they are expected to rule favorably on allowing a health claim for the cholesterol-lowering properties of soy products with at least 6.25 grams of soy protein per serving. Four servings a day or 25 grams has been found to lower serum cholesterol levels. Other studies are indicating that other components of soy may help prevent heart disease and cancer.



CHOCOLATE RASPBERRY PARFAIT



The raspberries do more than add color - they contain flavonols and quercetin, phytochemicals that may act as antioxidants. The silken tofu gives this mousse-like parfait a smooth rich texture and provides soy protein and isoflavones.

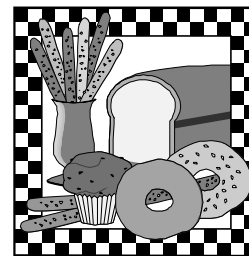
- ½ cup lowfat granola cereal
- ½ cup unsweetened frozen raspberries, thawed
- 1 box silken firm tofu
- 1/3 cup sugar
- ¼ cup cocoa powder
- 1/3 cup soy or skim milk

Assemble this dessert in 4 stemmed glasses or dessert bowls. Place 2 tablespoons of granola in the bottom of each glass followed by 2 tablespoons of raspberries and their juice. Blend tofu, sugar, cocoa powder and skim milk in a food processor or blender until very smooth. Divide this pudding among the glasses. Cover and refrigerate until ready to serve. You may wish to garnish with additional granola, raspberries or a few chocolate chips.

From Communicating Food for Health April 1999

BLUEBERRY MUFFINS (Yield = 12 Muffins)

- 1½ cups all-purpose flour
- ½ cup soy flour
- 2 teaspoons baking soda
- 1/3 cup brown sugar
- ½ teaspoons cinnamon
- 1 cup soymilk
- 2 egg whites
- 2 tablespoons soybean oil
- 1 cup blueberries



Preheat the oven to 375° F. In a large mixing bowl mix together flour, soy flour, baking powder, brown sugar and cinnamon. In a small mixing bowl mix the soymilk, egg whites and soybean oil. Pour into dry ingredients and mix until just blended. Stir in blueberries (if using frozen berries do not thaw first). Place batter into lightly greased or non-stick muffin tins. Bake at 375° 15 to 18 minutes, until golden and center tests done. Remove from pan immediately.

IOWA STATE UNIVERSITY
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Sandwich Buffet

Buying and Preparation Guide

BUYING GUIDE FOR AMOUNTS TO SERVE 50

FOOD	SERVING PORTION	AMOUNT for 50
Carrot sticks for relish	3 strips (4 x 1/2")	4 to 5 lbs.
Baby carrots for relish	1/4 cup	5 lbs
Celery sticks for relish	4 sticks (4 x 1/2")	4 to 5 lbs.
Peppers, green, strips	3 strips	4 to 5 lbs. (1 lb. = 0.80 lbs ready to cook or serve raw)
Broccoli	1 oz. (part of vegetable platter)	4 to 5 lbs. (1 lb. as purchased = .62 lb. ready to serve raw)
Cauliflower	1 oz. As part of vegetable platter	6 to 7 lbs. (1 lb. as purchased = .62 lb. ready to serve raw)
Dip	2 tablespoons	6-1/4 cups
Olives - green, or Ripe, whole or pitted	3	2 quarts
Pickles - dill, whole dill or sweet, sliced	1 pickle	2-1/2 quart
Cheese, cheddar	1 to 1-1/2 oz.	3 - 5 lbs. (for sandwich or w/cold cuts)
Cheddar or Swiss slices	1 oz.	3-1/4 lb.
Mayonnaise	1 tablespoon	1 quart
Mustard	1 tablespoon	1 quart
Mixed fruit (fruit cup)	1/3 cup	6 quarts
Potato Salad	1/2 cup	7 quarts
Cole slaw	1/3 cup	4-1/2 quarts
Potato chips	1 oz.	3 lbs.
Candies, small	2 each	1 lb.
Nuts, mixed	1-1/2 T.	1 to 1-1/4 lbs.
Ice (water glasses)	3-4 oz.	10 to 12 lb.
Ice - punch bowl		10 lbs

SANDWICHES

Allow 20-25% shrinkage in any meat that is cooked before serving. Have meat sliced thinly - 1/2 ounce to 1 ounce per slice. Plan on 2-3 ounces of cooked meat per sandwich or 3-4 slices. Depending on serving size, plan 4-6 servings per pound.

HAM - canned ham works better than a rolled and smoked ham.

BEEF - best choice of beef cuts are: inside round; outside round; and sirloin tip. There may be as much as \$2.00/lb. difference in these cuts.

MAID-RITES - allow 3-4 ounces cooked meat per sandwich.

EGG SALAD for 100 sandwiches, 1/3 cup per sandwich: 100 eggs, 1 quart mayonnaise.

KEEP BUFFET FOOD SAFE

Be sure you have enough refrigerator space for perishable foods. Serve buffet offerings from small platters and dishes; replenish as needed. Make sure serving dishes (chafing dishes, slow cookers) for hot foods **keep the holding temperature above 140°F**. Some candles or sterno cans do not maintain temperature.

Keep cold meats and meat-based dips on crushed ice if possible. **Do not leave food at room temperature longer than 2 hours**. Do not add fresh food to platters containing food that has been on the table for 2 hours. Cut vegetable "dippers" into small enough pieces to discourage "redipping" for second bite. **Deli-meat trays:** Order or prepare several small trays rather than a large one. Keep trays refrigerated and replace as needed. Meats and cheeses will stay fresher.



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FROZEN FRUIT CUP

(Makes 10 1/2 cup servings)

- 3 oz. package lemon flavored gelatin
- 1 cups boiling water
- 6 oz. can frozen orange juice
- 20 oz. can pineapple chunks, not drained
- 11 oz. can mandarin oranges
- 1 banana

In a mixing bowl, dissolve gelatin. Stir in partially thawed orange juice. Stir in remaining ingredients. Add banana. Pour into individual serving containers. Freeze. To serve, remove from freezer at least 1 hour before serving. Will hold shape well even when thawed.

NOTE: May use other fruits in season.

BASIC COLE SLAW

- 6-1/2 lbs. Cabbage
- 5 tbsp. sugar
- 5 cups prepared salad dressing
- 3/4 teaspoon salt
- 2/3 cup vinegar

Remove core from cabbage and slice fine. Combine salad dressing, sugar, salt and vinegar and mix well. Pour above dressing over cabbage and mix well. Allow mixture to stand 30 minutes before portioning. To serve: Use a #12 scoop which is 1/3 cup

COLE SLAW VARIATIONS

GREEN PEPPER: Add 1-1/4 lbs. of chopped green pepper and reduce cabbage to 5 lbs. 5 oz.

HAWAIIAN: Reduce cabbage to 5 lbs. 10 oz. and add 1-1/4 lbs. of crushed drained pineapple and reduce vinegar to 5 tablespoons.

MEXICAN: Reduce cabbage to 5 lbs. 5 oz. and add 1-1/4 lbs. chopped green peppers and 5 oz. chopped pimento.

CARROT: Reduce cabbage to 6 lbs. and add 1 lb. of grated carrots - other same as basic slaw.

CELERY: Reduce cabbage to 4 lbs. 6 oz. and add 2 lbs. 3 oz. of chopped celery.

ALMOND: Increase cabbage to 6 lbs. 14 oz. and shred fine, add 10 oz. ground almonds, but use only 3-3/4 cups salad dressing and only 3 tablespoons of sugar. Allow slaw to stand 15 minutes before serving to blend flavors.

BAKED BEANS

- 3 #10 cans pork & beans
- 1/2 cup onion, chopped
- 3 cups catsup
- 2 tbsp. mustard
- 1 cup brown sugar
- 2 tsp. salt
- 1 cup chili sauce
- 1 tsp. pepper

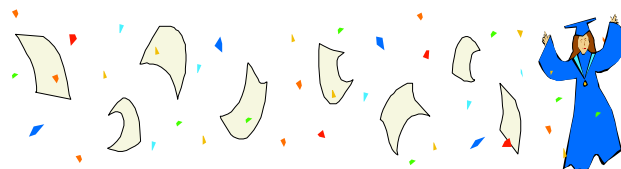


Combine all ingredients and mix thoroughly. Bake at 350°F for 1-2 hours.

THREE BEAN SALAD

- 3 lbs. 8 oz. green beans, French style or cut
- 3 cups sugar, granulated
- 2 lbs. 8 oz. wax beans, cut
- 1/4 cup soy sauce
- 3 lb. kidney beans, canned
- 1/4 teaspoon celery salt
- 3 cups onion, thinly sliced
- 2 teaspoons salt
- 3/4 cup green pepper, diced
- 2 teaspoons pepper, black
- 3 cups vinegar
- 1 cup salad oil

Drain green and wax beans thoroughly. Rinse kidney beans. Add onion, green pepper, and seasonings to beans. Cover. Marinate overnight in refrigerator. Just before serving, drain vegetables well. Add oil and toss lightly.



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BEVERAGES

LEMON –LIME PUNCH (5 gallons)

4 lbs. 8 oz. sugar, granulated
3-3/4 qt. water, hot
1-1/4 qt. lemon juice
1 qt. and 3-1/2 cups lime juice
3 gallons water, ice
1 to 1-1/2 teaspoon green food coloring.

Add hot water to sugar and stir until dissolved.
Chill. Combine chilled syrup and fruit juices.
Chill. Add ice water and green food coloring to chilled fruit juice-syrup.

CRANBERRY PUNCH (2-1/2 GALLONS)

3 qt. cranberry juice cocktail
2 cans pineapple juice, unsweetened (46 oz.)
1-1/2 cups lemon juice
3 qts. Ginger ale, chilled

Combine fruit juices. Chill thoroughly. Just before serving, add chilled juice mixture. If served from a punch bowl, add ice ring in which mint leaves and/or float very thin slices of fresh lemon or lime in punch.

SHERBET PUNCH

	<u>Serve 50</u>	<u>SERVE 200</u>
Lemonade, frozen	1 12 oz can	4 12 oz. cans
Gingerale	6 Quarts	24 Quarts
Lime Sherbet	½ gallon	2 gallons

ORANGE LIME PUNCH (Makes 3 gallons)

1 6 oz. can frozen pineapple juice (undiluted)
6 6 oz. can frozen orange juice
18 oz. bottle lime juice
1-3/4 gallon water
2 bottles ginger ale
3 cups sugar (dissolve in 1-1/2 - 4 cups water)

COFFEE

30 cup electric coffee pot - use 1 cup grounds for 30-35 cups of coffee

100 cup electric coffee pot - use 3-1/2 cups grounds

BALL GAMES

*When it's time to play ball, it can be hard to find time to cook more than just sandwiches for family meals. There is nothing wrong with a sandwich, but there are some new products on the market that will help keep preparation simple and nutrition high. They are called **Easy Beef**.*



EASY BEEF

There is a variety of new, convenient prepared beef products on the shelves in some local super markets. Some names to look for (mention of brand names does not imply endorsement by Iowa State University Extension)

- "Classic Main Courses" is a line of chilled, fully cooked microwaveable entrees including Beef Pot Roast and Beef Tips with Gravy by Flint Hills Foods, Wichita, KS
- No Name Steaks – frozen, individually wrapped, Made in St. Michael, MN
- Lloyd's Barbeque Beef and Pork Products
- Cooking Made Easy™ are a family meal with a beef entrée, potato and gravy or pasta
- Emmbers products such as Prime Rib, London Broil, Split Top Round
- Philly Cheese Steaks and Sandwiches. From Farmland Black Angus.

Sources: Iowa State University Home Economics Answer Line, "Food for Fifty; by Shugart, Mort, Wilson

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