



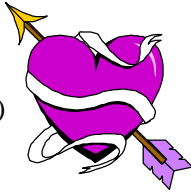
FUN AND HEALTHY VALENTINE TREATS

FEBRUARY 2000

During February we celebrate Heart Month and Valentine's Day. One focuses upon healthy heart behaviors and the other is usually dripping with fat and sugar. Quite a study of opposites! This newsletter presents some compromises. Since it's VERY likely that you will want to enjoy some sweets at Valentine's Day, I've included several recipes for chocolate treats that have some "mystery" ingredients. It's sneaky, but you'd never know by the looks or flavor. You will also find tips for keeping serving sizes realistic and encouragement to celebrate Sweet Potato Month. Enjoy! Jan T

BEANIE BROWNIES 24 SERVINGS

- Nonstick vegetable cooking spray
- 20 ounce package low-fat brownie mix
- 1/3 cup skim milk
- 1/4 cup margarine, softened
- 1 egg
- 1 cup bean puree (see directions that follow)
- 1/2 cup chocolate chips
- 1/2 cup walnuts, chopped



Preheat oven to 350°F. Spray a 9 inch x 13 inch pan with cooking spray; set aside. In large mixing bowl combine all ingredients except chocolate chips and nuts. Mix thoroughly by hand or with an electric mixer. Fold in nuts and chips. Spread the thick batter into prepared pan and bake for 20 to 25 minutes. Brownies will pull away slightly from edge of pan when done and will spring back when touched lightly with fingertip. Cool one hour before cutting into 24 bars (4 by 6).

Nutrition Facts per serving: Calories 165; Calories from fat 18; Total Fat 2 g; Saturated Fat 1 g; Cholesterol 10 mg; Vitamin A 2% DV; Vitamin C 0; Sodium 150 mg (6% DV); Total Carbohydrate 33 g (11 % DV); Dietary Fiber 2 g (8% DV); Protein 3 g; Calcium 2 % DV; Iron 7% DV

PINTO BEAN FUDGE 96 PIECES

- Nonstick vegetable cooking spray
- 2 cups cooked pinto beans, warm (about 2- 16-oz. cans)
- 1/3 cup margarine or butter; melted
- 1 cup unsweetened cocoa
- 4 ounces unsweetened baking chocolate, melted
- 1 tablespoon vanilla extract
- 2 pounds powdered sugar, sifted
- 1 cup chopped walnuts

Spray a 9-inch x 13-inch pan with cooking spray; set aside. Mash or puree pinto beans. Add butter or margarine, cocoa, baking chocolate, and vanilla. Mix in powdered sugar gradually. Add nuts. Press into pan. Cut into 96 pieces (8 by 12). Store in refrigerator.

Nutrition Facts per piece: Calories 55; Cal. from fat 18; Total Fat 2g (3% DV); Saturated Fat 1 g (5% DV); Cholesterol 0; Vitamin A 1% DV; Vitamin C 0; Sodium 8 mg (1% DV); Total Carb. 9 g (3 % DV); Dietary Fiber 1g (4% DV); Protein 1 g; Calcium 1% DV; Iron 2% DV

COCOA LENTIL CAKE WITH COCOA MOCHA

FROSTING 24 SERVINGS

- Nonstick vegetable cooking spray
- 1 1/2 cups sugar
- 1 cup oil
- 2 eggs
- 1 teaspoon vanilla flavoring
- 1 3/4 cup lentil puree (See directions that follow)
- 1 cup mashed potatoes, fresh cooked, instant or leftover
- 1 cup sifted all-purpose flour
- 6 tablespoons cocoa powder
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt



Preheat oven to 350°F. Spray a 9-inch x 13-inch pan with cooking spray; set aside. (For Valentine's Day, you may want to bake in one 8 inch square pan and one 8 inch round pan and shape into a heart). Beat sugar, oil, and eggs for 2 minutes. Add vanilla, lentil puree, and potatoes to the sugar mixture. Add flour, cocoa, baking soda, and salt to the creamed mixture and beat for 2 minutes. Pour into prepared cake pan. Bake for 30 to 35 minutes. Cool, and frost with Cocoa Mocha Frosting.

COCOA MOCHA FROSTING

- 2 cups powdered sugar
- 1 tablespoon unsweetened cocoa
- 3 tablespoons soft margarine
- 1 tablespoon dry instant coffee*
- 2 tablespoons skim milk
- 1 teaspoon vanilla extract



Sift powdered sugar and cocoa into a medium sized bowl. Add softened margarine and beat until smooth and creamy. Add instant coffee and milk; continue beating for about 2 minutes. Add vanilla and beat well. TIP: If instant coffee has large granules, crush to a fine powder before adding. However, some people prefer the "mocha bursts" they get with the larger granules.

Nutrition Facts per Serving: Calories 225; Calories from Fat 99; Total Fat 11 g (17% DV); Saturated Fat 2 g (10% DV); Cholesterol 23 mg (8% DV); Vitamin A 2% DV; Vitamin C 1% DV; Sodium 165 mg (7% DV); Total Carbohydrate 30 g (10% DV); Dietary Fiber 2 g (8% DV); Protein 3 g; Calcium 1% DV; Iron 5% DV.

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TO PREPARE LENTILS:

Place 1 pound (2 ¼ cups) lentils in a saucepan with 5 cups water. Bring to boil, reduce heat, cover, and simmer for 30 to 45 minutes. While still warm, puree in blender, food processor, or mash by hand. Store in a covered container in the refrigerator for up to 1 week or in the freezer for 6 months. Yield 5 cups.

TO PREPARE PINTO BEANS:

Place 2 cups (1 pound) pinto beans into a pan with 4 cups of water. Bring to a boil and cook 2 minutes. Remove from heat, cover and let stand 1 to 2 hours. Drain beans discarding water. Add soaked beans to 4 cups fresh water; bring to a boil; reduce heat, cover and simmer until the beans are tender. Test for tenderness in one of two ways. Prick with a fork or blow gently on a bean and see if the skin curls. While still warm, puree beans in a blender, food processor, or mash by hand. Store in a covered container in the refrigerator for up to one week or in the freezer for 6 months. Yield 4 cups.

Note: If you run short on time, you may substitute canned pinto beans. Drain and rinse before mashing. A 16-oz. can yields a generous 1-cup mashed beans.

SOURCE: These recipes (Beanie Brownies, Pinto Bean Fudge, and Cocoa Lentil Cake with Cocoa Mocha Frosting) were printed with permission from the authors of the book, "Vegetable Desserts, Beyond Carrot Cake and Pumpkin Pie" by Elisabeth Schafer and Jeannette L. Miller, RD. Chronimed Publishing, Minneapolis, MN. ISBN 1-56561-135-7.

HUGS IN A KISS

An alternative to frosted heart shaped sugar cookies

3 Tablespoons margarine
4 cups miniature marshmallows
5 cups toasted oat cereal
½ teaspoon red food color



Cereal mixture: Melt margarine in a 2-quart microwave safe dish (full power for 45 to 60 seconds). Stir in marshmallows, coating with margarine. Cook at 60% power for 5 to 6 minutes--or until marshmallows are melted. Add food color; stir well. Add cereal and stir.

To shape kisses: Spray non-stick vegetable spray into a plastic funnel. Place the funnel into a coffee mug to hold it upright. While the cereal mix is still warm, pack the funnel with a scoop of the cereal mixture. You may dump out the kiss almost immediately because it quickly accepts the shape of the funnel. Keep spraying the funnel, filling with cereal and turning out the kiss until

all the mixture has been used. I got 6 large kisses, but you could get more by not filling the funnel all the way to the top. **To decorate the kiss:** Use a strip of white paper (typing or notebook paper) to write a message to your Valentine. Wrap the kiss in a piece of foil, tucking the message near the point. You may even wish to leave some of the message sticking out of the top.

“SEE” A SERVING

Use these examples to help you picture a realistic portion.

½ cup is the standard size for a serving of cooked vegetables, canned fruit, cooked rice or pasta

SEE a cupcake wrapper full or a light bulb.

1 cup is the size for raw leafy vegetables, popcorn, cooked dry beans

SEE a baseball or a fist.

¼ cup is the size of a serving of dried fruit

SEE a large egg.

1 ½ ounces of cheese

SEE a 9-volt battery.

3 ounces of cooked meat is a serving of protein

SEE a deck of 52 playing cards.



CELEBRATE SWEET POTATO MONTH

One cup of cooked sweet potatoes provide 4 times the USRDA for beta carotene when eaten with the skin on (it would take 23 cups of broccoli to get the same amount). Sweet potatoes are a great source of fiber as well as vitamin E, and are virtually fat-free. Sweet potatoes add color and provide a nutritional boost to any meal. For best results, store than at room temperature. Cook them with the skin on for more nutrients.

To Bake: Prick the skin and bake at 375 degrees for 1 hour or until done. For a different twist, slice them and place them in a casserole dish with orange juice; cover and bake until tender, about 35 minutes.

Microwave: Prick the skin and microwave on high power; turn over half way through cooking time. One eight ounce sweet potato cooks in about 6 minutes.

Oven Fries: Cut the sweet potatoes in thin wedges then spray lightly with cooking oil spray. Bake them at 450 degrees until crispy on the outside and tender on the inside, about 25 minutes. Turn them half way. Serve hot.

Source: Communicating Food for Health, February 2000

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