

ENJOY SPRING PRODUCE

Food for Fitness and Fun May 2000

Spring is a great time to enjoy some of the fresh produce you'll find at the grocery store, farmer's market and/or from your own garden. This issue of Food for Fitness and Fun will highlight some of that luscious (and nutritious) produce. Also—an easy Mother's Day gift for the kids to make (with Dad's help). Enjoy! Jan Temple



STRAWBERRIES Vitamin C and Fiber Rich

A food that both tastes great and is good for you!! AND its rich, red color will make any meal or snack extra special.

. . .as a Salad:

STRAWBERRY GARDEN SALAD 6-8 SERVINGS

9 cups torn salad greens (spinach, leaf lettuce, romaine, or iceberg)

1 pint fresh strawberries, halved

1/4 cup slivered almonds, toasted

Dressing:

1/4 cup vegetable oil

2 Tablespoons sugar

2 Tablespoons cider vinegar

1 Tablespoon chopped onion

2 teaspoons sesame seeds

1/4 teaspoon paprika

1/8 teaspoon Worcestershire sauce

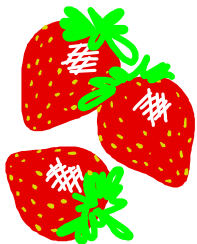
In a large bowl, combine salad greens, strawberries and almonds. Mix dressing ingredients in blender until combined. Pour over salad tossing to coat. Serve immediately.

Source: Adapted From Taste of Home, April/May 1999, Reiman Publications.



. . .as a Snack or Dessert:

STRAWBERRY DIPPERS



1 cup fresh strawberries, washed
1/2 cup plain low-fat or fat free yogurt

1/4 cup brown sugar

To eat: Dip individual berries in yogurt and then in sugar. Eat. Repeat until all strawberries are gone. YUM!

RHUBARB – Fruit or Vegetable?

Rhubarb, also known as Pie Plant, is botanically classified as a vegetable, but in this country we use it as a fruit.

Rhubarb is fat free, has almost a gram of fiber per one cup serving and is available fresh from April through June.

Following is a very easy and low fat recipe for using rhubarb. Could be a great treat for Dad the kids to make for Mom's special day.

RHUBARB PEEKABOO 16 SERVINGS

Nonstick vegetable cooking spray

18-ounce package white cake mix

4 cups diced rhubarb

1 teaspoon grated lemon rind OR 1/2 tsp. lemon extract

1 cup granulated sugar

Powdered sugar for garnish

Preheat oven to 350°F. Spray a 9 X 13-inch cake pan with cooking spray. Mix cake as directed on package and pour batter into prepared pan. Top with diced rhubarb and grated rind. Sprinkle granulated sugar over top. Bake for 40 to 50 minutes. Cake is done when center is lightly touched with fingertip and springs back. During baking, the rhubarb and sugar go to the bottom to form a sauce, and the cake rises to the top. Sprinkle top of cake with powdered sugar as a garnish. Serve warm.

Per serving: 190 calories; 2 g total fat; 250 mg sodium; 41 g carbohydrate; 1 g dietary fiber; 2 g protein; 12% DV calcium; 4% DV iron.

Source: Vegetable Desserts by Schafer and Miller; ISBN 1-56561-135-7



LETTUCE SNOBBERY – ARE YOU GUILTY?



Iceberg lettuce is gaining a reputation of being a nutrition 'lightweight.' True, when compared to other greens (Boston, bibb, looseleaf, spinach, romaine, endive, arugula, radicchio) it is not as rich in Vitamin A, Vitamin C, fiber and folate as other salad greens. However, we don't usually eat iceberg lettuce only. For a salad, we add other vegetables like carrots, purple cabbage, and tomatoes. Those 'extras' make the bowl of iceberg into a colorful, low-calorie salad, loaded with nutrients and fiber.

Take Home Message: If you prefer the sweet, mild flavor of iceberg lettuce as opposed to the stronger, sometimes-bitter flavor of darker greens, keep enjoying your iceberg. It's better to eat what you enjoy adding those extras than to totally skip salad because you don't like the 'right' kind of greens.



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EDIBLE MOTHER'S DAY CARD

- 2 graham crackers
- 1/2 cup low-fat chocolate pudding
- 1/4 cup low-fat vanilla pudding
- Fresh fruit garnish



Spread 1/4 cup chocolate pudding on one graham cracker. Top with second cracker and lightly spread with 1/4 cup vanilla pudding. Put in freezer for 30 minutes. Place remaining chocolate pudding in a plastic sandwich bag. Cut hole in lower corner. Squeeze pudding

through hole to write your message. Decorate with fresh fruit. Freeze an extra 30 minutes before delivery.

Variation: Use chocolate graham cracker and reverse pudding flavors (vanilla center and letters; chocolate pudding on top).

Source: Adapted from *Kids' First Cookbook*, American Cancer Society, ISBN - 0-944235-19-0

ASPARAGUS -

SOME LIKE IT HOT; SOME LIKE IT COLD

Whether you eat it hot or cold is a matter of preference. But either way, it is one of the nutrient rich vegetables of spring. In just 8 spears you get one fourth to one half of your RDA for Vitamin A, Vitamin C, Vitamin E and Folicin. **Signs of quality:** Firm yet tender spears; purple or green tips that are closed and compact; and straight stalks. One pound serves 3-4 persons as a side dish. Wrap stalks in a damp paper towel and store in the crisper drawer to preserve flavor and vitamin C.

..Some like it Hot:

ASPARAGUS WITH ORANGE SAUCE 8 SERVINGS

- 2 pounds fresh asparagus, trimmed
- 1/4 cup plain nonfat yogurt
- 2 Tablespoons light mayonnaise
- 2 Tablespoons orange juice
- 1 teaspoon grated orange peel
- Dash cayenne pepper



Orange slices and additional orange peel, optional

Place asparagus and a small amount of water in a skillet; bring to a boil. Cook for 6-8 minutes or until crisp-tender. Meanwhile, combine yogurt, mayonnaise, orange juice, peel and cayenne. Drain asparagus, top with orange sauce. Garnish with orange slices and peel if desired.

Source: *Taste of Home*, April/May 1999, Reiman Publications.

..Some like it Cold:

ORIENTAL ASPARAGUS SALAD 4 SERVINGS

- 1 pound asparagus, cut into 2-inch pieces
- 2 Tablespoons soy sauce
- 1 Tablespoon vegetable oil
- 1 Tablespoon vinegar
- 1 1/2 teaspoons sugar
- 1 teaspoon sesame seeds, toasted
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin



In a saucepan, cook the asparagus in a small amount of water until crisp-tender, about 3-4 minutes. Drain well and place in a large bowl. Combine the soy sauce, oil, vinegar, sugar, sesame seeds, ginger and cumin; pour over asparagus and toss to coat. Cover and chill for 1 hour. Drain before serving.

Source: *Taste of Home*, April/May 1999, Reiman Publications.

KEEP BUFFET FOOD SAFE

Tis the season for outdoor buffets and celebrations involving food. As you prepare to host these festivities, 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 a 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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