

# MARCH IS NUTRITION MONTH

*Food for Fitness and Fun, March 2001*

## Shake Up Your Snacks –

### PICK A BETTER SNACK

March featured produce items for the Pick a Better Snack Campaign include:

- Cauliflower
- Cabbage
- Raisins
- Celery



You may receive information about the produce items by contacting the Iowa State University Extension Office nearest you or get it from the web at:

[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)



**THINK GREEN!!** March is National Nutrition Month. It is also the month that St. Patty's Day is celebrated. Why not consider adding more green fruits and vegetables to your meals? Here are some helpful tips:

- Make a big batch of split pea soup and freeze leftovers in individual portions.
- Enjoy an all green salad made from lettuce, cucumber, green bell pepper, green onion and avocado.
- Citrus, apples and pears are the highest in cholesterol-lowering soluble fiber. Try taking these fruits with you for snacking and eating on the go.
- Find new ways to serve broccoli - add it to a waldorf salad or toss it into pasta dishes and soups.
- Add fresh chopped herbs to salads, rice dishes, pasta dishes and soups.
- Toss steamed green beans with toasted sliced almonds and a little olive oil for a delicious vegetable side dish.
- Serve sliced kiwi for dessert. You can also add this colorful fruit to salads, cereal and smoothies.
- Make a green fruit salad with chopped mint, honeydew melon and sliced kiwi.

*From Communicating Food for Health, March 2001*

**IOWA STATE UNIVERSITY**  
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## TREATS FOR ST. PATTY'S DAY



Many of us find ourselves responsible for preparing 'treats' for a group during the month of March. We want it to be easy, tasty AND healthy. Following are ideas that came to my mind that fit the criteria.

### SHAMROCK CUPS

*Baked wonton wrappers contain no fat and make an interesting shamrock shapes.*

- 1 package wonton wrappers
- 2 Tablespoons sugar and ½ teasp. cinnamon mixed

Lightly brush or spray a wonton wrapper with water. Sprinkle with cinnamon and sugar mixture. Place the wrapper in a muffin tin - sugar side up. Use one wrapper for each shamrock. Bake shamrocks in at 350°F for 5 minutes or until golden brown. Remove to cooling rack. When cooled, fill with one of the following fillings:

### FRUIT FILLED SHAMROCK CUPS

Use fruits available at your local market to make a "green" fruit cup. Some green fruits to try: kiwi, green grapes, green apples, green pears, and honeydew melon. Note: apples and pears may turn brown unless treated with orange juice or ascorbic acid (example: Fruit Fresh). Cut the fruit into bite size pieces. Combine in a bowl and fill each fruit cup with a scoop of fruit. Garnish with a mint leaf if available.

### PUDDING OR CREAM FILLED SHAMROCKS

Fill each shamrock with pistachio pudding or low-fat mint chip ice cream. If you don't care for those flavors, use green food color added to vanilla pudding or ice cream to create your green filled shamrocks.

### MAGIC MILK AND MAGIC SHAKES

Let green food color add a little fun to your celebration! Since we all need more calcium each day, try adding some green food color to the bottom of a glass and fill to the top with fat free milk. It's a very healthy way to celebrate. You could also add a scoop or two of low-fat vanilla or mint chip ice cream. Mix with a blender to make a green shake.

## COOL RAINBOW TREATS

Take advantage of a colorful packaged product to create these mini multi-colored ice cream sandwiches.

Rainbow Vanilla Wafers by Keebler® (Product endorsement is not intended or implied by ISU Extension)

Low-fat vanilla ice cream



Use a small ice cream/cookie scoop OR a tablespoon to put a small dollop of ice cream in between two similar colored wafers. The flat side should be facing the ice cream. Freeze until ready to serve.

## POTATO-CRUST PIZZA SERVES 8

Shredded potatoes replace the crust for this pizza. People allergic to wheat will love this pizza!

- 4 medium potatoes
- 1 medium onion
- 2 beaten egg whites
- 2 Tbsp. Cornstarch
- 2 Tbsp. Olive oil
- 2 medium zucchini, thinly sliced
- 2 medium yellow summer squash, thinly sliced
- 1 medium sweet pepper, chopped
- 1 small red onion, halved and thinly sliced
- 2 cloves garlic, minced
- 4 tomatoes, sliced
- ½ Tbsp. Basil
- 1 cup low fat shredded mozzarella cheese



Preheat oven to 425 °F. Grate potatoes and onion into large bowl. Squeeze out and drain excess moisture. Mix in egg whites, cornstarch, and salt. Press into a cookie sheet sprayed with pan spray. Bake for 15 minutes. Brush with 1 tablespoon of the olive oil; bake 10 minutes more. Place under the broiler; broil 4 to 5 inches from the heat for 2 to 3 minutes or till golden and crisp.

Meanwhile, in a large bowl combine the zucchini, yellow squash, sweet pepper, red onion, and garlic. In a large skillet heat the remaining tablespoon of oil and stir-fry the vegetable mixture, 2 cups at a time, till vegetables are crisp-tender. Spread the cooked vegetables over the baked potato crust. Sprinkle with basil and mozzarella. Bake in a 425°F oven for 5 to 7 minutes or till cheese is melted. Cut in 8 squares.

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## IRISH MASHED POTATOES

A great way to use leftover mashed potatoes.

- 2 cups green cabbage, shredded
- 2 cups mashed potatoes, made with skim milk
- ¼ cup green onions, sliced
- ¼ tsp. Dried parsley
- Black pepper

Cook cabbage in boiling water for 5 minutes. Drain. Reheat the potatoes if you are using leftovers, then fold in the cabbage, and onions. Sprinkle with parsley and add black pepper to taste.

From *Communicating Food for Health*, February 2001



## NEW PUBLICATIONS FROM ISU EXTENSION

### • HEART DISEASE AND YOU, PM-1861

This publication lists ten foods that are good for a healthy heart and describes a research study showing how lifestyle modification can reduce heart disease.

### • FAMILY NUTRITION GUIDE, PM-1082

This revised publication includes the newest dietary guidelines (5<sup>th</sup> edition, 2000). Inside it lists the major food groups in the Food Guide Pyramid, what is a serving size, examples of food in each category and tells the role of the food group in overall health.

### • STARTING A BED AND BREAKFAST IN IOWA – *Laws that apply PM 1263*

If you are planning to start a Bed and Breakfast business in Iowa, you will want to consult this revised publication, which reflects the newest Iowa Codes.

Next month I'll share information about the new "WHAT YOU NEED TO KNOW ABOUT. . ." series. Hint: It tells about food in the 21<sup>st</sup> Century.

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