

FOOD FOR FITNESS AND FUN, MAY 2001

Shake Up Your Snacks –

PICK A BETTER SNACK

MAY featured produce items for the Pick A Better Snack Campaign include:

- Asparagus
- Spinach
- Rhubarb
- Strawberries



Receive information about the produce by contacting an Iowa State University Extension Office or from the web:

www.extension.iastate.edu/food/

TACO SALAD SUNDAES MAKES 6

This is a fun yet simple way for Dad and the kids to treat Mom to a special meal on Mother's Day. It allows time for adult child interaction in the kitchen as well as some fun eating. Happy Mother's Day!

Toast cups:

12 slices whole wheat bread, crusts removed
Refrigerated buttered-flavored spray

Salad:

1½ cups cooked and drained ground beef seasoned with taco seasoning OR grilled chicken
1½ cups lettuce (Time Saver: Use bagged salad mix)
¾ cup salsa
½ cup reduced fat sour cream
2 Tablespoons reduced fat shredded cheddar cheese
1 Tablespoon chopped chives, cilantro or green onions for garnish (optional)
6 pitted ripe olives



For each toast cup, place one slice of bread halfway over another. Roll flat. Press into large custard cup or jumbo muffin tin that has been sprayed with non-stick vegetable spray. Bake at 350°F for 12-15 minutes or until the bread is

toasted. Cool for 5 minutes before removing from pan to wire rack to cool completely.

For each sundae, put ¼ cup beef or cubed chicken in the cooled toast cup. Add ¼ cup lettuce (bite size pieces). Next add 2 tablespoons salsa; about 1 tablespoon sour cream and 1 teaspoon shredded cheese. Garnish with chopped chives and a ripe olive.

Adapted from Taste of Home's Light and Tasty, Premiere Issue

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LUSCIOUS LEMON LIGHTNING

This blender drink will be a favorite with all ages. It would taste great with the taco sundae or as a great snack any time.

1 cup sugar free lemonade
1 cup reduced fat or fat free lemon flavored yogurt
½ cup sugar free lemon-lime soda
2 sticks cherry flavored licorice

Combine first three ingredients together in blender. Pour into 2 tall glasses. Cut ends from licorice and use as a straw to enjoy this lemony treat.

Adapted from Healthy Treats and Super Snacks for Kids by Penny Warner, ISBN 0-8092-3628-1

BIG AND BOLD BUTTERFLIES

These sandwiches are great for an end of the school year or springtime party. Serve with the Lemon Lightning (above) and it will be a party the kids will go home talking about and requesting to have more!!

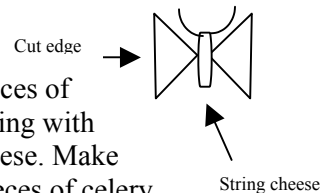


For each sandwich you will need:

1 slice white or whole wheat sandwich bread
½ piece string cheese
1 slice American cheese
Carrot and celery slices
Margarine or cream cheese to be “glue”

To assemble:

Cut bread in half from corner to corner (making 2 triangles). Place triangles on individual plate with the uncut corners pointing toward the center of the plate—cut edges facing out. Cut cheese slice from corner to corner. Place it on top the bread. Add spots to the butterfly with pieces of carrot and celery attaching with margarine or cream cheese. Make antennae from small pieces of celery.



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THERMY FIGHTS BAC

People all over the country are taking Thermy's™ advice. They're using a food thermometer to check the temperature of everyday foods – like hamburgers, pork chops, and chicken breasts.



Most people think they know when food is “done” just by “eyeballing it.” They look at it and trust their experience.

Experience is good, but it sometimes can be misleading. For instance, cooking by color is definitely misleading. Meat color – pink or brown – can fool you!

How do you know when your hamburger is cooked? Because it's brown inside?

Think about this. . . 1 out of every 4 hamburgers turns brown in the middle BEFORE it has reached a safe internal temperature, according to recent USDA research.

These are the facts:

- Millions of people get sick from dangerous bacteria in food every year
- Public health data in 2000 show that there are more than 5 times the number of dangerous bacteria in our food than we were aware of in 1942
- Many people don't link their illness to foodborne bacteria. They think they have a case of the flu.
- You can become sick anytime from 20 minutes to 6 weeks after eating food with some types of harmful bacteria.
- For some people who are at risk – young children, pregnant women, people over 65, and people with chronic illnesses – getting sick from foodborne bacteria can cause serious health problems.

**Use a food thermometer.
Keep your family safe.
Be a better cook.**

TEMPERATURE RULES

Using a food thermometer is the only sure way of knowing if your food has reached a high enough temperature to destroy foodborne bacteria.

Food	°F
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Poultry	
Chicken & Turkey, whole	180
Poultry breast, roast	170
Poultry thigh, wings, legs	180
Duck & Goose	180
Stuffing (cooked alone or in bird)	165
Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg Dishes	160
Leftovers & Casseroles	165

TOP BARBECUE BLUNDERS

- Using the same platter and utensils for raw and cooked meats and poultry.
- Not washing your hands after handling raw meat or poultry.
- Marinating meats, poultry or seafood at room temperature.
- Reusing a marinade that was used on raw meat for cooked meats without boiling it first.
- Leaving foods that need to be kept hot or cold out at room temperature for more than two hours.
- Adding or mixing fresh food, like dip or potato salad, to food that has been sitting out.
- Not completely thawing frozen meat or poultry before cooking. Food gets charred on the outside and undercooked on the inside.



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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