

MAY-FLOWERS, SALADS, AND GRILLING

Food for Fitness and Fun - May 2003

PICK A BETTER SNACK™

MAY featured produce items for the Pick a **better** snack™ campaign include:

- Asparagus
- Rhubarb
- Spinach
- Strawberries

By eating fruits and vegetables and getting physical activity, you may be eligible to win one of 6 prizes to be awarded **each** month. Here's what you need to do.

1. Get a copy of the Pick a Better Snack and Act Bingo Card from the web site at: www.extension.iastate.edu/food/ OR Call Johnson County Extension Office at 319-337-2145 to have a card and entry blank mailed to you.
2. Earn a Bingo by completing the physical activity and eating suggestions in any row across, down; or corner to corner. You are "on your honor" as to what "counts" as a Bingo for you. For a new food item, just a bite may be sufficient. For familiar foods, you would eat a serving. Physical Activity will be similar. For a new activity, giving it a try is a great goal. If it's a familiar activity, participate for 20-30 minutes.
3. Use one of these ways to return completed entries:
 - a) Complete the form on the web site,
 - b) Fax the form to me at 319-337-7864
 - c) Mail to: Jan Temple - PBS
Johnson County Extension,
4265 Oak Crest Hill Road, SE,
Iowa City, IA 52246
4. Winners will be contacted. Prizes will be mailed to persons within the continental United States Participate each month – October 2002 to September 2003. Encourage the whole family to play!

SWIMMING AND EATING

For years your mother told you, "You must wait an hour after you



eat to go swimming or you'll drown." True or false? She was partly correct. We all react differently to food and exercise. But when you eat, the body directs blood to the digestive tract to aid in digestion. If you try to exercise right after eating, the blood goes to the muscles rather than to digestion and MAY contribute to nausea, diarrhea or cramping. If you are way out in the water, (ex. two or three miles across a lake) you may be at risk for drowning. However, if you are just cooling off in the pool, there should be no risk.

MAY FLOWER FUN

Both adults and youth will enjoy these treats.

BLOOMING FLOWERS

Supplies for each flower: 1 chocolate or caramel flavored rice cake, 1-2 Tablespoons peanut butter, 1 fresh plum – sliced OR ½ fresh apple – sliced, 1 grape – red or green.

To prepare: Spread the rice cake with peanut butter. Arrange sliced fruit on top of cake to resemble flower petals. Use grape half as center of flower.

EDIBLE FLOWERS IN A POT

1 pkg. chocolate pudding made with skim milk
8 chocolate sandwich cookies, crushed
4 mini caramel flavored rice cakes
4 Tablespoons peanut butter
2 each of red grapes and green grapes, halved
Almond slices or pumpkin seeds
4 plastic drinking straws
4 wooden picks

To prepare flower pot: Crush sandwich cookies. Put one tablespoon cookie crumbs into the bottom of each of 4 clear plastic cups. Prepare pudding according to package directions. Divide equally into cups. Top with additional tablespoon cookie crumbs. Insert plastic straw into center of pudding cup. To make flowers: Insert a wooden pick into the side of each rice cake. Spread one side of each cake with peanut butter. Arrange almonds or seeds onto cake to resemble petals. Place red grape half in middle to be center of flower. To assemble: Insert wooden pick into plastic straw. Arrange green grape halves at base of plastic straw to resemble leaves.



HAT'S OFF TO MOM!

Dad's and kids will enjoy making this edible hat for Mom.

For each hat: ½ bagel,
1-2 Tablespoons
reduced fat cream
cheese, ½ plum tomato,
1 asparagus spear,
carrot strip.

To prepare: Spread bagel half with cream cheese. Place halved tomato in center of bagel, cut side into the cream cheese. Using a carrot peeler, cut a long strip of carrot peel. Use this as a ribbon to wrap at the base of the tomato and overlap it at the back of the 'hat'. Use the tip of the asparagus spear to resemble a flower or feather on the hat. If desired, decorate with additional vegetables. Guaranteed to bring a smile to Mom's face!



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MAY IS SALAD MONTH



Celebrate Salad Month by enjoying salads a few times per week. Here are some delicious recipes to get you started!

DASHING SPINACH SALAD

You'll receive more than 17 percent of your daily value for potassium and magnesium and 12 percent DV for calcium with this delicious colorful salad.

- 1 cup nonfat berry flavored yogurt
- ¼ cup mashed berries
- 1 teaspoon olive oil
- 4 Tbsp flavored vinegar
- Black pepper to taste
- 4 cups ready-to serve spinach, packed
- ¼ cup walnuts, chopped
- ½ cup diced red onions
- 1 cup cooked kidney beans, drained and rinsed
- ½ cup cauliflower, diced

Combine yogurt, berries, vinegar and black pepper in a medium-sized mixing bowl. Mix well. Add the rest of the ingredients and toss. Serve immediately or refrigerate up to one hour before serving. Serves 4.

Each serving (2 cups): 163 calories, 6 g fat, <1 g saturated fat, 72 mg sodium, 0 mg cholesterol, 20 mg carbohydrate, 7.5 g fiber, 7 g sugars, 9 g protein.

Source: *Communicating Food for Health* May 1999

MOM'S POTATO SALAD SERVES 8

2 lb baking potatoes (about 5 medium-size potatoes), cut into chunks

- ½ cup onion, diced
- 1 cup frozen peas and carrots, defrosted
- 1 cup diced celery
- 1 cup lowfat mayonnaise
- 1 teaspoon garlic powder
- Black pepper to taste

Directions:

1. Cook potatoes in boiling water until tender; drain in colander and allow to cool.
2. Place all ingredients in large mixing bowl and mix well. Refrigerate until ready to serve.

Each ½ cup serving: 148 calories, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 310 mg sodium, 28 g carbohydrate, 3 g fiber, 3.5 g protein.



COOKING THE PERFECT STEAK

It's easy to cook up a great-tasting steak at home when you follow these helpful hints.



- Pat beef steaks dry with paper towels for better browning.
- Leave a thin layer of fat on steaks during cooking to preserve juiciness. Trim fat after cooking. Most steaks purchased in supermarkets have a fat trim of 1/8 inch or less.
- Turn steaks with tongs. Do not use a fork. It pierces the beef and allows flavorful juices to escape.
- USDA recommends cooking steaks to an internal temperature of at least 145° F. – medium rare. Medium is cooked to 160° F and well done is 170° F.
- For steaks thicker than 1-1/4 inches, remove from heat when the internal temperature is 5° F less than the desired temperature. The temperature will continue to rise to reach the desired temperature.

Source: *Iowa Beef Industry Council*

HERE'S THE RUB

Rubs are seasoning blends, such as fresh or dried herbs and spices, which are applied to the surface of uncooked steaks to add flavor (they do not tenderize). A rub can be applied just before grilling or up to two hours in advance and refrigerated until grilling. Apply rub evenly to both sides of the steak.

LEMON PEPPER RUB

Combine all ingredients: 2-1/2 teaspoons lemon pepper, 3 large cloves garlic – minced, 1-1/2 teaspoons dried oregano leaves. Makes 1 tablespoon.

EASY GREEK-STYLE RUB

Combine 2 teaspoons garlic powder, 2 teaspoons dried oregano leaves and 1/2 teaspoon black pepper. Makes about 2 tablespoons.

STORING LEFTOVERS

If you prepared more food than you needed for a large group, remember these basics

- You may freeze meats, cheeses, baked beans, cake, punch, bread items.
- Mayonnaise base (slaw and potato salad) and gelatin salads do NOT freeze well.
- For meats and beans, place in shallow containers (not more than 2 inches deep).
- For more information, request *Handle Food Safely*, PM 1442 from your local Extension Office.
- Call Families Answer Line – 800-262-3804 – with specific concerns.

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Web Site: <http://www.extension.iastate.edu/food>

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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