

# FOOD FOR FITNESS AND FUN

December 2004 Newsletter



*My personal fondness of cranberries - especially during the holidays - will be quite evident as you read through this month's newsletter. I've included them in appetizers, desserts, and a gift from the kitchen. The color of cranberries is festive as well as having those antioxidant health benefits. Enjoy!* Jan Temple

## CRAN-APPLE BREAD PUDDING YIELD: 6 SERVINGS

*The cranberries and apples give color, flavor and texture to this bread pudding. A few pecans will add more flavor and crunch.*

2 ½ cups skim milk	6 slices whole wheat bread
½ cup egg whites	¼ cup raisins
1 Tbsp. vanilla extract	1 apple, cored and sliced
2 Tbsp. brown sugar	½ Tbsp. ground cinnamon
	¼ cup cranberries-chopped
	Zest of 1 orange and 1 lemon
	2 Tbsp. chopped pecans

In a large mixing bowl, combine egg whites with the skim milk, vanilla and brown sugar and mix well. Add all the ingredients except for the pecans and stir well. Pour into a 1.5 quart ceramic or glass baking container. Sprinkle chopped pecans over top. Bake for 45 minutes at 350°F. Cover the first 30 minutes; uncover the last 15 minutes. Test for doneness with a toothpick.

**Per ¾ cup serving:** 239 calories, 5 g fat, 3 mg cholesterol, 384 mg sodium, 41 g carbohydrate, 5.0 g fiber, 10 g protein  
Source: Food and Health Communications, Inc., 1999

## HOLIDAY GRANOLA YIELD: 12 SERVINGS

*Make up a batch of this to give as gifts to neighbors and friends.*

4 cups rolled oats	¼ tsp. almond extract
¼ cup honey	½ cup chopped nuts
¼ cup apple juice concentrate	½ cup toasted wheat germ
½ tsp. cinnamon	1 cup dried cranberries

In a large baking pan toast the oats in a 350°F oven, stirring every 3 minutes until golden (~9-10 minutes). In the microwave, heat the honey and juice concentrate just until the honey liquefies. Pour into a large mixing bowl and stir in the cinnamon and almond extract. As soon as the oats are toasted, add them to the honey mixture. Stir quickly to coat everything well. Spread the mixture into the baking pan again and return to the oven for 5 to 6 more minutes, stirring once or twice, until just starting to brown. Allow the oat mixture to cool in the baking pan then stir in the wheat germ and dried cranberries. Package in airtight containers for gift giving.

**Per ¼ cup serving:** 218 calories, 5 g fat, 0 mg cholesterol, 3 mg sodium, 38 g carbohydrate, 4 g fiber, 7 g protein  
Source: Communicating Food for Health, Nov/Dec 2000.

## MARINATED CHICKEN TIDBITS YIELD: 16 SERVINGS

*This is easy to prepare during the busy holidays and almost fat free.*

1½ pounds boneless, skinless chicken breasts  
1 can (16 oz.) jellied cranberry sauce  
½ cup hickory smoked barbecue sauce  
1/3 cup chopped onion



Cut each breast into 1-inch pieces. In a freezer weight resealable bag, mix remaining ingredients. Add chicken tidbits and coat well. Refrigerate 2-3 hours, rotate occasionally. Heat oven to 375°F. Line a 10x15x1-inch baking pan with foil or parchment; spray lightly with vegetable spray. Remove tidbits from marinade and place on baking pan; reserve marinade. Bake 20-25 minutes or until well browned and no longer pink in center. While tidbits are baking, heat marinade in 1-quart saucepan over medium-high heat until boiling. Reduce heat to medium and cook 4 minutes longer, stirring occasionally until slightly thickened. Brush chicken with sauce halfway through baking.

**Each serving:** 103 calories, 0.5 g fat, (.1 saturated), 25 mg cholesterol, 137 mg sodium, 13 g carb, .5 g fiber, 10 g protein.  
Adapted from Betty Crocker Recipe Magazine, December 2004

## CRANBERRY MEATBALLS YIELD: 30 SMALL MEATBALLS

*Your family and guests will love this flavor combination.*

1 lb. lean ground round	¼ cup diced onion
1 egg	½ teaspoon pepper
½ cup saltines, crushed	
16 oz. can whole berry cranberry sauce	
10 ¾ oz. can low-fat and sodium tomato soup, undiluted	

In a bowl combine the beef, egg, crackers, onion and pepper. Shape into 1-inch balls. Place on a rack in a baking pan at 400°F for 20 minutes. (Note: You may cool and freeze the meatballs to use at a later time. Thaw in the refrigerator.) Before serving, combine cranberry sauce and soup in saucepan; heat thoroughly. Add meatballs and simmer for 10 minutes. Serve hot.

**Each meatball:** 80 calories, 4 g fat, (1.4 saturated), 18 mg cholesterol, 70 mg sodium, 9 g carb, .4 g fiber, 3 g protein.

Adapted from Taste of Home Low-Fat Country Cooking, Reiman Publications, 1997.

## CHEESY CANDLE AND HOLDER

You only need 3 ingredients for this special 'sandwich':

1) Mini Bagel; 2) String Cheese; 3) Easy Cheese®

The bagel (or a small hamburger bun) will be the holder for the string cheese candle. You may want to use only half the length of the string cheese so the "candle" isn't too tall for the "holder". Make a pretend flame using a small squirt of the Easy Cheese®.

**Per candle:** 146 calories, 4 g fat, 12 mg cholesterol, 346 mg sodium, 19 g carbohydrate, .0.8 g fiber, 8 g protein.

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## EASY ON THE BUDGET OATMEAL COOKIES

With no egg, milk or nuts this is a less expensive cookie to prepare.

2 cups rolled oats            1 teaspoon baking soda  
1 cup brown sugar            ¼ cup hot water  
½ cup sugar                    ½ cup margarine, melted, cooled  
1 cup all-purpose flour      1 teaspoon vanilla extract  
¼ teaspoon salt

In a mixing bowl, combine oats, sugars, flour and salt. Combine baking soda and water; stir into oat mixture along with margarine and vanilla. Roll into walnut-size balls. Place on cookie sheets coated with nonstick cooking spray. Bake at 350°F for 10 minutes or until golden brown. Remove from the oven; cool for 2 minutes before removing to a wire rack. **YIELD: 3 ½ DOZEN COOKIES**

**Per Cookie:** 74 calories, 2 g fat, 0 mg cholesterol, 71 mg sodium, 12 g carbohydrate, .5 g fiber, 1 g protein

Adapted from *Taste of Home Low-Fat Country Cooking*, Reiman Publications, 1997.

## STRIVE FOR FIVE IN 2005 WITH

### LIGHTEN UP IOWA!



It happens every year. With New Year's resolutions, Iowans pledge to change eating and

physical fitness habits. And most resolutions are abandoned within a few weeks. Why not make 2005 a different year and follow through on your resolutions? How? **STRIVE FOR FIVE IN 2005- LIGHTEN UP IOWA!**

**LIGHTEN UP IOWA** provides the opportunity for community groups of adults, youth or families to become involved in the statewide challenge of increasing physical activity to five days per week, along with eating five daily servings of vegetables and fruit. With these new or improved behaviors the participants could even lose some weight.

Over 60 percent of Iowa adults weigh more than recommended and only 18 percent of adults meet the recommendation of five servings of fruits and vegetables a day. There is room for improvement in Iowans' health habits! Joining a **LIGHTEN UP IOWA** team can be part of the solution.

What is **LIGHTEN UP IOWA**? Teams of up to 10 members will challenge themselves and others in the community to lose weight, walk a little farther and eat fruits and vegetables. Teams enroll by January 19, 2005 and for a \$10 fee per team member will receive a training t-shirt, weekly support tips for the team and enrollment in the Iowa Games Volkswalk. Team members will be able to purchase pedometers to monitor distance traveled.

**LIGHTEN UP IOWA** is sponsored by the Iowa Games, Iowa Department of Public Health and Iowa State University Extension. For more information, contact your local Extension Office or [www.lightenupiowa.org](http://www.lightenupiowa.org)

## TEN WAYS TO "TAKE 10"

### FOR HEALTHY HOLIDAYS

Holidays are stressful. Too much food, too much alcohol, too much shopping, too many parties, too many people, and even too much fun: it can all add up to feeling exhausted, overwhelmed, and completely stressed out. Fortunately, we can change our reactions to the pressures of the season – and keep our brains and our bodies healthy. Here are ten easy ways to take 10 minutes to "de-stress" in the midst of the usual holiday commotion.

1. **Take a break:** 10 minutes is all it takes. A small break can make a big difference in your attitude. Regular relaxation can also help fight off colds and other infections.

2. **Take a walk:** Moving for 10 minutes can help you maintain a healthy weight and a healthy attitude. Take three 10-minute walks and your heart will get the benefits too!



3. **Take a nap:** A good night's sleep is essential for good health, especially when your days are beyond busy. A 10-minute daytime nap can also help boost energy levels.

4. **Take a bath:** With or without bubbles, running water is relaxing. A 10-minute bath (or shower) can soothe tired muscles and release holiday tensions.



5. **Take a call:** It does make a difference to "reach out and touch someone." Connect with a special friend or family member for 10 minutes – by phone or in person.

6. **Take a dog break:** Fresh air is good for humans and animals. Take 10 minutes to throw a few balls – and bring some sunshine into your life **and** the dog's life.

7. **Take a child break:** Children have the right attitude toward holidays – wonder and joy. Just 10 minutes with a child can help revive anyone's sagging spirits.

8. **Take a book break:** A good book can give you a healthy rest from the holiday hubbub. Put all your lists aside for 10 minutes – curl up with a book and a cup of tea.



9. **Take a snack break:** Stress often leads to overeating. Sit down for 10 minutes and eat a nutrient-rich snack, like fruit and cheese, half a sandwich, or a handful of nuts.

10. **Take a music break:** Holiday songs, carols, and hymns are a lovely way to take a break, to relax or to even dance. Try a 10 minute sing-a-long as a stress reliever.



Source: *Eat Right Montana*, Montana Dept. of Public Health

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