

FOOD FOR FITNESS AND FUN

December- 2005

To help maintain your own health during this hectic time, I've included some simple, yet healthy, recipes you can take to parties or eat at home. There is also information about Lighten-Up Iowa (great New Year's resolution). Enjoy the holidays. Jan Temple

COWBOY CAVIAR SERVES 10

This recipe makes a healthful low-fat dip to take to parties.

- 1 cup frozen-thawed black-eyed peas
- 15 oz. canned black beans, rinsed and drained
- 1 cup frozen-thawed corn kernels
- ½ cup chopped green onion
- ½ cup chopped bell pepper
- 1 diced jalapeno pepper
- 14 oz. canned diced no-salt-added tomatoes, drained
- 1 Tablespoon vinegar



Combine all ingredients in a medium-sized mixing bowl. Cover and refrigerate until ready to serve. Serve 'caviar' with an assortment of raw veggies and baked chips.

Each serving (1/2 cup): 60 calories, 0 fat, 0 cholesterol, 97 mg sodium, 3 g fiber, 12 g carbohydrate, 2 g protein.
Source: Communicating Food for Health, October 2004

HOT & SPICY CRANBERRY DIP 2 CUPS

- 1 16 oz. can jellied cranberry sauce
- 2 Tablespoons prepared horseradish
- 2 Tablespoons honey
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon lemon juice
- 1 garlic clove, minced
- ¼ tsp. cayenne pepper
- Pineapple chunks and orange sections
- Light pork sausage breakfast links, cooked and halved (optional)



In a medium saucepan, combine the first 7 ingredients; bring to a boil. Reduce heat; cover and simmer for 5 minutes. Serve warm with pineapple chunks and orange sections. For a heartier snack, include breakfast links in moderation.

Each 2 Tablespoon serving of dip (not include fruit or links): 55 calories, 0 fat, 0 cholesterol, 22 mg sodium, 0.5 g fiber, 13 g carbohydrate, 0 g protein.
Adapted from Taste of Home Low-Fat Country Cooking, 1997 Reiman Publications, Greendale, WI.

LIGHTEN UP IOWA-JAN. 18 - MAY 31, 2006

Lighten Up Iowa (LUI) is a team based program designed to help Iowans make positive changes during the course of five months to help them move towards a healthier lifestyle. Lighten Up Iowa will encourage participants during the program by giving them physical activity ideas and tips on healthy eating and proper nutrition. Teams can compete in one or both of these divisions:

- Weight Loss Division 'Honor' team weight is submitted and reported monthly. Winning teams are those who lose the highest percentage of weight over the five-month program.
- Minutes of Activity Division- NEW FOR 2006* Teams track activity minutes and report monthly. Winning teams are those who log the most minutes per team member over the five-month program. *To meet the 2005 Dietary Guidelines for Americans set by the Department of Health and Human Services and Agriculture, LUI will ask teams to calculate activity minutes instead of miles which was recorded in years past.

A team consists of 2-10 people who are positive and motivated to change their lifestyle. For ONLY \$10 per person each team member will receive:

- Lighten Up Iowa training T-shirt
- Personal nutrition/physical activity tracking log
- Free entry into the Iowa Games fitness walk and volkswalk
- Weekly nutrition and physical activity tips
- Monthly incentives and prizes

For more info: www.lighteniowa.org

HOLIDAY LIGHTS

- **Learn the 3 and 1 shuffle.** Tune up your body to burn more calories. For each minute at the table, walk at least three.
- **Take the punch out of your drinks.** Alcohol is a kissing cousin to fat in the calories it keeps. Mix sparkling water with fruit juices for bubbles without a bite.
- **Eat holiday colors.** Red: grape or cherry tomatoes, red peppers, radishes, apples, pomegranate, strawberry yogurt. Green: celery, broccoli, lettuce, artichokes, kiwi, cabbage.

Source: Communicating Food for Health, 1999

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BROCCOLI CHEESE BAKE SERVES 4

Delicious ricotta cheese melts into broccoli

2 stalks broccoli florets

or one 14 oz. package frozen florets

4 Tablespoons low fat ricotta cheese

or low fat cottage cheese

4 Tablespoons nonfat grated mozzarella

Pinch paprika

If using fresh broccoli, wash and shake off excess water. Place broccoli into microwave safe dish with stems down. Spread tops with low fat ricotta cheese. Sprinkle with grated mozzarella and paprika. Microwave on high until broccoli is tender and cheese is melted over the tops of the broccoli – 3-5 minutes depending if using fresh or frozen.

Each $\frac{3}{4}$ cup serving: 50 calories, 0.5 g fat, 0 g saturated fat, 0 mg cholesterol, 135 mg sodium, 5 g carbohydrate, 2 g fiber, 1 g sugar, 6 g protein.

Diabetic Exchange: $\frac{1}{2}$ milk.

Source: *Communicating Food for Health, 1999*



TIME SAVING TOPPER SERVES 4

When you have been busy all day with work and/or holiday preparations, try this as a quick to fix, hearty main dish.

2 Tablespoons chopped garlic

14.5 oz. can diced tomatoes with jalapeno peppers

15 oz. can black or white beans, drained and rinsed

4 Medium baked potatoes or 4 cups cooked pasta

Combine garlic, tomatoes and beans. Heat on top of stove or in microwave until heated through.

Serve over potato or pasta.

10 HOLIDAY COOKING TIPS

Here are twelve easy cooking tips for a happy, healthy holiday season. These are designed to make your meals better tasting and lower in calories and fat. The easiest way to lighten all your meals is to add more vegetables.

1. For small dinner parties, purchase a fresh turkey breast. Roast at 450° until golden brown (about 15 minutes). Add 1 cup apple cider mixed with 1 Tablespoon soy sauce, cover the breast and reduce heat to 350°. Cook for 20 minutes per pound or follow directions on the package. Internal cooking temperature for breast should reach 170°. Remove fat from broth and thicken with a solution of corn-starch dissolved in water.

2. Delicious bread spreads include apple butter, roasted garlic, pumpkin butter, marmalade and baked spiced fruits.
3. Adding horseradish and/or garlic to mashed potatoes gives you a very rich flavor. Fresh basil and other herbs also add a gourmet touch to this old holiday classic. Butter granules such as Butter Buds or Molly Mc Butter add butter flavor without fat. Evaporated skim milk mixed in equal parts with skim milk has a consistency much like whole milk (without the fat). Chicken broth can also take the place of whole milk in mashed potatoes.

4. Cooking sweet potatoes in orange juice adds a natural sweetness and great flavor to these holiday favorites. Use a calcium fortified orange juice and you will add an important nutrient to this dish. Look for the red yam or dark orange sweet potato instead of the dried fleshed yellow ones. They have more flavor, color and moisture.

5. For quick cream sauces over vegetables, use low-fat cream soup such as cream of mushroom or cream of chicken. Add a few fresh sliced mushrooms and the sauce will taste made-from-scratch.

6. Sweeten winter squash with apple juice concentrate, light syrup, all fruit preserves or maple syrup. Season with cinnamon, cloves and nutmeg.



7. Instead of after-dinner coffee and liqueurs, serve hot, fresh-pressed apple cider; delicious eggnog can be made with nonfat frozen vanilla yogurt blended with skim milk, nutmeg and a little dark rum or rum extract.
8. Parmesan cheese mixed with bread crumbs makes a wonderful topping for vegetables.
9. Use apple sauce or pumpkin puree as a tasty margarine or butter substitute for stuffing (reduce amount of water slightly).
10. Vegetable dishes look and taste better when they are a medley of many colors and flavors. For speed in preparation, cook vegetables half way (until they are crisp-tender) and chill for future use.

Source: *Communicating Food for Health, 1999*

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and justice for all

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