

FOOD FOR FITNESS AND FUN

January - 2005 Newsletter

The start of a new year is a great time to vow to do better. With my own family, I get in a rut and cook the same old things. I need entrees the kids can pop in the oven when they get home from school or dish out of the slow cooker. They are often home and back to the school again before I can get home to feed them. The recipes this month are ones we agreed to try at my house that are easy with an eye out for health—lower fat, increased fiber, moderate sodium. See what YOUR family thinks. Enjoy! Jan Temple

THE RIGHT FOODS FOR WEIGHT CONTROL

Take a look at the foods listed below. These foods are minimally processed and high in fiber and/or low in fat. Eating more of these, along with increasing exercise and physical activity, will help you avoid consuming excess calories:

Vegetables	Brown rice	Beans/legumes
Fruits	Barley	Whole-grain pasta
Oatmeal	Potatoes	Nonfat dairy products
Seafood	Yams	

These foods tend to fill people up on fewer calories than high-fat and more-refined foods. But beware – one should still not go overboard in terms of the variety of even these healthful food choices consumed at any single meal or snack if weight loss is a goal.

Source: *Communicating Food for Health*, January 2004

REDUCING FAT INTAKE HELPS LOWER WEIGHT

A recent study of a group of overweight women showed that lowering fat intake reduced body fat by 5-10% over an 8-month period. Before the subjects started the diet, researchers conducted surveys to show initial fat intake. They found that fat intake is tied to BMI. Here is what the researchers did:

- ◆ Subjects were instructed to limit fat intake to about 15% of calories.
- ◆ There was no change in physical activity during the study.
- ◆ Even though fat was limited, the participants were not instructed to reduce calories.
- ◆ The average subject lost about 13 pounds.

Bottom Line: Individuals who wish to use a very-low-fat diet to promote weight loss should emphasize whole grains, fruits and vegetables rather than refined carbohydrates and eat 2-3 servings of omega-3 rich seafood each week. Of course, the addition of walking or other aerobic exercise for 45-60 minutes at least 5-6 days a week would have led to even greater weight loss.

Source: *Communicating Food for Health*, December 2004

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BROCCOLI LASAGNA YIELD: 12 SERVINGS

This recipe features reduced fat Swiss cheese which is lower in sodium than most cheeses. Reduced fat Swiss has about 2 mg sodium per gram of cheese. Reduced fat Sharp cheddar has about 8 mg sodium per gram of cheese. It also used low sodium bouillon. To speed preparation time, use the no boiling required pasta, pre-sliced fresh mushrooms, frozen onion and broccoli.

- 9 'no boiling required' lasagna noodles
- 1 pound fresh mushrooms, sliced
- ½ cup chopped onion
- 2 tablespoons olive or canola oil
- 1/3 cup all purpose flour
- 1 teaspoon low sodium chicken bouillon granules
- ¾ teaspoon garlic powder
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme
- 2 ½ cups fat-free milk
- 6 cups broccoli florets (16 oz. frozen)
- 1 ½ cups 1% small curd cottage cheese
- 10 ounces reduced fat Swiss cheese, divided



In a large saucepan, sauté mushrooms and onion in oil until tender. Add the flour, bouillon, garlic, pepper and thyme; stir until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Add broccoli; cook for 4 minutes. Stir in cottage cheese and 8 ounces Swiss cheese. (I was not able to find shredded low fat Swiss cheese, so I used reduced fat slices and tore/cut it into smaller pieces to hasten melting). In a 9x13 inch pan coated with nonstick spray, layer 3 noodles on the bottom; cover with a third of the broccoli mixture. Repeat the layers twice. Cover and bake at 350°F for 35 to 40 minutes or until bubbly. Add remaining 2 oz. Swiss cheese. Bake, uncovered, 5 minutes or until cheese is melted. Let stand for 10 minutes before cutting.

Each serving: 222 calories, 9.0 g fat, (4.0 saturated), 19 mg cholesterol, 184 mg sodium, 21 g carb, 1.0 g fiber, 16 g protein
Adapted from *Light and Tasty*, Feb/March, 2002, Reiman Publications.

3 INGREDIENT VEGETABLE SOUP YIELD: 8 SERVINGS

Fast, nutritious, tasty, AND easy on the budget – cash and calorie.

- 16 ounce package frozen mixed vegetables, any type
- 46 ounces low sodium tomato vegetable juice
- ½ cup quick cooking barley or 4 ounces pasta
- Salt and pepper to taste

In a large saucepan, mix the juice and frozen vegetables. Bring to boiling over high heat. Add the barley or pasta and simmer for 10-15 minutes. Serve.



Each serving: 120 calories, 0.5 g fat, (.1 saturated), 0 mg cholesterol, 129 mg sodium, 24 g carb, 6 g fiber, 5 g protein.

CHEESY BEANS AND RICE YIELD: 6 SERVINGS

Although quick cooking brown rice is fast, I think you'll agree that the texture of original is worth the time – especially in this recipe. Cook the rice one day, then assemble and bake the second day.

- 1 cup uncooked brown rice
- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 cup onion, chopped (1 large onion)
- 1 Tablespoon canola oil
- 1 can (14 ½ oz.) diced tomatoes and green chilies, undrained
- 1 Tablespoon chili powder
- 1 cup reduced fat shredded sharp cheddar cheese

Cook rice according to package directions, add the beans and stir. In a skillet, sauté onion in oil for 4 minutes. Stir in tomatoes and chili powder. Bring to a boil; remove from heat.

In a 2 quart baking dish coated with nonstick cooking spray, layer half the rice mixture, 1/3 cup cheese and half the tomato mixture. Top with remaining rice, another 1/3 cup cheese and remaining tomato mixture. Cover and bake at 350°F for 30 minutes. Uncover, sprinkle with remaining 1/3 cup of cheese. Bake an additional 5 minutes until cheese is melted.

Each serving: 281 calories, 8 g fat, (3 saturated), 13 mg cholesterol, 600 mg sodium, 41 g carb, 8 g fiber, 12 g protein
Adapted from Light and Tasty, Feb/March, 2002, Reiman Publications.

EGGPLANT SNACK STICKS YIELD: 8 SERVINGS

Don't bother to peel the eggplant. The blue pigment in the skin contains antioxidants that encourage healthy memory function. The toasted wheat germ is a natural source of healthy fats. If you don't have any on hand, simply increase the bread crumbs to ¾ cup.

- 1 medium eggplant
- ½ cup seasoned bread crumbs
- ¼ cup toasted wheat germ (or increase bread crumbs)
- ¼ cup grated Parmesan Cheese
- ½ teaspoon garlic powder
- ½ cup egg substitute
- Meatless spaghetti sauce for dipping



Wash and cut eggplant into ½ inch thick slices, then cut each slice into ½ inch strips. In a plastic bag, combine the bread crumbs, wheat germ, Parmesan cheese and garlic powder. Dip eggplant sticks into egg substitute then place in bag to coat with crumb mixture. Arrange in a single layer on a baking sheet coated with nonstick vegetable spray. Spray sticks lightly with vegetable spray. Broil for 3 minutes about four inches from the heat. Remove from oven, turn sticks over, spray lightly again with vegetable spray and return to oven for 2 more minutes or until golden brown. Serve immediately with spaghetti sauce.

Each serving: (4 sticks with 2 T. sauce) 83 calories, 1.6 g fat, (.7 saturated), 2 mg cholesterol, 296 mg sodium, 13 g carb, .3 g fiber, 5 g protein.

POTATO CORN CHOWDER YIELD: 4 SERVINGS

- 1 teaspoon olive or vegetable oil
- 1 cup onion, chopped
- 1 clove garlic, minced
- 2 cups frozen corn
- 5 Tablespoons all purpose flour
- 4 cups fat-free milk
- 2 teaspoons dry mustard
- ¼ teaspoon dried thyme
- Black pepper to taste
- 4 cups diced potatoes
- 5 Tablespoons shredded reduced fat cheddar cheese



In nonstick skillet over medium high heat, sauté onion and garlic in oil until golden, about 2-3 minutes. In a bowl, combine milk, flour, mustard, thyme and pepper, mix well. Add potatoes and corn to the skillet, then the milk mixture. Stir until mixture comes to a boil and thickens. Reduce the heat to a simmer and cook until the potatoes are tender – about 10-15 minutes. Stir frequently to keep the mixture from burning. Divide soup into 4 bowls topping each with about 1 tablespoon of shredded cheese.

Each serving: 364 calories, 4 g fat, (1.6 saturated), 10 mg cholesterol, 200 mg sodium, 67 g carb, 6 g fiber, 18 g protein
Source: Communicating Food for Health, January 1999

QUICK BLACK BEAN MEXICAN SOUP

ADAPTED FROM *TWELVE MONTHS OF MONASTERY SOUPS COOKBOOK*

My family preferred a thicker soup so I increased the beans to 6 cups from 4 cups and decreased the water from 6 cups to 4.

- 1 Tablespoon olive oil
- 1 cup chopped onion
- 4 cloves garlic, minced
- 1 can (16 oz.) diced tomatoes
- 6 cups canned black beans
- 2 potatoes, diced
- 4 cups water
- ½ cup fresh cilantro, chopped
- 1 Tablespoon cumin
- ¼ cup lime juice
- Hot sauce to taste



Fat free sour cream and chopped cilantro for garnish
Heat the olive oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and sauté an additional 2 minutes, stirring often. Add the beans, potatoes and water. Bring to a boil. Then reduce heat to low and cook, covered for 20 minutes. Add the cilantro, cumin, lime and hot pepper sauce. Stir well and cook for 10 minutes. Serve hot garnishing with nonfat sour cream and chopped cilantro.

Each 1.5 cup serving: 315 calories, 3.5 g fat, (.5 saturated), 0 mg cholesterol, 257 mg sodium, 57 g carb, 12 g fiber, 16 g protein.

Source: Adapted from Communicating Food for Health, January 2005

Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County

Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;

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

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