

FOOD FOR FITNESS AND SUMMER FUN

Food for Fitness and Fun - July 2005

Following are some quick, easy to fix cool food ideas plus some food safety tips. Enjoy! Jan Temple

SHAKE IT UP – RED, WHITE AND BLUE ICE CREAM IN A BAG

Try this with fruit or powdered drink mix. The small batches help you control portion size and the shaking burns calories! Involve the entire family and really Shake it up!

VANILLA ICE CREAM IN A BAG SERVES 4

In a 1 quart plastic freezer weight bag mix:

- 1/2 cup sugar
- 1 teaspoon vanilla
- 2 cups milk (fat free, 1%, or 2%)



In a 1 gallon plastic freezer weight bag, mix:

- 5 cups ice
- 3/4 cup rock salt
- 1/4 cup water

To make ice cream, place 1 quart bag inside the 1 gallon bag. Wrap combined bags in towels to keep hands from getting too cold. Agitate 10 minutes. Test for doneness by unwrapping towel and squeezing mix to see if it's firm. To serve, remove mix bag from ice. Dry on towel. Use scissors to cut hole in corner of mix bag and squeeze into cups.

DIABETIC ICE CREAM IN A BAG

Modify Vanilla recipe above by omitting sugar and adding 1/4 cup Splenda®. (Note: Start with 1/4 cup and taste before freezing. If a sweeter flavor is desired, add up to 1/4 cup more Splenda®). For red and blue ice cream, follow the directions below for fruit or powdered versions.

RED OR BLUE ICE CREAM IN A BAG

Fruit Version: Modify Vanilla recipe by substituting



1/3 cup pureed fruit – strawberries or blueberries (may start with frozen) for the vanilla extract. Amount of sugar or Splenda® will vary with personal preference from 1/4 cup to 1/2 cup.

Powdered Drink Version: Modify Vanilla recipe by substituting 1/4 teaspoon unsweetened Cherry or Berry Blue Koolaid® for the vanilla extract. Amount of sugar or Splenda® will vary with personal preference from 1/4 cup to 1/2 cup.



WASHING YOUR FOOD

The new Dietary Guidelines recommend that “meat and poultry should not be washed or rinsed.” Studies conducted at several universities indicated that washing can allow bacteria on meat and poultry to spread to other ready-to-eat foods. But always remember, bacteria that is present on the surface of the meat or poultry will be destroyed by cooking to a temperature of 160° F.

However, before eating or preparing fresh produce it should be washed under cold running tap water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface, such as on apples or potatoes, the surface can be scrubbed with a brush. Consumers should not wash fruits and vegetables with detergent or soap. These products are not approved or labeled by the Food and Drug Administration for use on foods. You could ingest residues from soap or detergent absorbed on the produce.

Also, when preparing fruits and vegetables, cut away any damaged or bruised areas because bacteria that cause illness can thrive in those places. Immediately refrigerate fresh-cut items such as salad or fruit for best quality and food safety.

Source: Food Safety and Inspection Service, USDA.

TABOULEH NO-COOK GRAIN RACES

Serve this salad in tomato or pepper vegetable cups. Garnish with a triangle shaped piece of pepper to serve as a sail and let the races begin!

2 cups bulgur	1 bunch green onions, chopped
2 cups very hot water	1/2 cup fresh mint, chopped (may substitute basil, marjoram or rosemary)
1 cucumber, chopped	2 cups chopped fresh parsley
1 small tomato, chopped	Sprinkle granulated garlic

Dressing: 1/2 cup fresh lemon juice; 1 Tbsp. olive oil and Black pepper to taste

Pour hot water over bulgur and let stand until water is absorbed, about 30 minutes. Combine rest of the ingredients in a large bowl and mix well. Serve immediately or chill for future use, up to 3 days.

Each 1 cup serving: 214 calories, 3.2 g fat, (.5 g saturated), 0 mg cholesterol, 27.1 mg sodium, 43.3 g carb, 10.8 g fiber, 7.5 g protein.

Source: Communicating Food for Health, June 2004

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BARBECUED CORN SERVES 4

Try this variation to one of our traditional Iowa Summer foods.

2 Tbsp. olive oil	¼ - ½ teaspoon chili powder
Pinch cayenne pepper	1 teaspoon dried oregano
½ tsp. garlic powder	4 ears corn, husked & cleaned



Preheat an outdoor grill to medium-high heat. In a medium bowl, combine the cayenne pepper, garlic powder, chili powder and oregano. Add the olive oil and mix well. Brush this mixture lightly on each ear of corn. Wrap each ear in foil or clean husks and secure ends. Grill ears over medium high heat for 20 to 25 minutes or until the corn is tender when poked with a fork.

Each ear: 118 calories, 7 g fat, (1 g saturated), 0 mg cholesterol, 2 mg sodium, 14 g carb, 1.5 g fiber, 2 g protein. Diabetic exchanges: 2 starch, 1 fat
Source: Adapted from *Communicating Food for Health*, June 2001

PASTA BEAN SOUP SERVES 6

I know, you are wondering why soup in the summer, right? It is because it is easy, quick and filling. Try it and see for yourself.

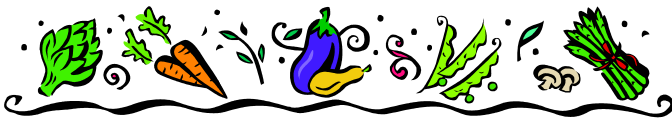
1 medium onion, chopped	½ cup small pasta
1 clove garlic, crushed	16 oz. can tomatoes (no salt added)
1 medium zucchini, chopped	15 oz. can garbanzo beans, drained and rinsed
1 cup sliced mushrooms	¼ teaspoon basil
4 cups broth (no more than 1 gram of fat and 400 mg. of sodium per half cup serving)	½ teaspoon thyme

Put all ingredients except pasta in a soup pan and bring to a boil. When boiling, add the pasta and cook soup until pasta is done. Serve with a large salad or raw veggies.



Each 1½ cup serving: 180 calories, 1.5 g fat, (0 g saturated), 0 mg cholesterol, 330 mg sodium, 31 g carb, 6 g fiber, 10 g protein. Diabetic exchanges: 1 ½ bread, ½ meat, 2 veg.
Source: Adapted from *Communicating Food for Health*, June 1998

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TERIYAKI KABOBS SERVES 4

A tasty way to enjoy your veggies!

8 large bamboo skewers	1 onion cut in large cubes
8 large mushrooms	8 cherry tomatoes
1 eggplant cut in large cubes	1 green pepper, cut in large cubes

MARINADE:

2 Tbsp. light soy sauce	1 tsp. minced garlic
4 Tbsp. orange juice	1 tsp. grated fresh ginger
1 Tbsp. vegetable oil	1 tsp. sesame oil (optional)
1 tsp. sugar	



Soak skewers in water. Make the marinade by combining all ingredients in a medium-sized bowl. Par cook the eggplant, onions, mushrooms and green pepper together in a covered container in the microwave or on top of the stove using a steamer. You want them to be crisp-tender, no too soft. Rinse with cool water. Place the vegetables on the skewers. Place them in a shallow pan and pour the marinade on top. After preheating the grill cook the vegetable kabobs until golden, brushing a few times with the marinade. Discard any remaining marinade. Serve hot.

Each serving is 2 kabobs: 113 calories, 5 g fat, (.5 g saturated), 0 mg cholesterol, 278 mg sodium, 16 g carb, 4 g fiber, 3.5 g protein.

Source: Adapted from *Communicating Food for Health*, June 1999

VEGGIE PARFAIT

You have seen this done often as a dessert. Try it today as a side dish using the colorful vegetables of the season.

In a parfait or other fancy glass, make colorful layers of vegetables and add a small drizzle of Ranch® dressing between every few layers. Good vegetables for this include: grape tomatoes, cucumber, mushrooms, radishes, grated carrot, broccoli and cauliflower floret's, green onion, peas, baby spinach leaves, garbanzo beans, sweet soy beans, cooked chilled asparagus tips, chopped red, green and yellow peppers, and artichoke hearts. Garnish with a radish rose or carrot coin.

Source: *Communicating Food for Health*, June 2002



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and justice for all

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