

FOOD FOR FITNESS AND FUN

May 2005

May is always such a busy time of year - Mother's Day, Graduation Parties, outdoor sports, and yard work to name a few. On one hand, that means many opportunities to eat, yet on the other hand, you may be too busy to eat. This month I'll try to share some simple, healthy eating ideas, food safety tips and nutrition updates. Enjoy! Jan Temple

TRIPLE STRAWBERRY SHAKE SERVES 2

Use this calcium rich treat to surprise Mom for her special day OR use it for a special "End of the School Year" party.

1 cup Strawberry flavored milk - either purchase ready made OR Use powdered flavoring and fat free milk to make your own

2 scoops Strawberry Flavored Ice Cream/Yogurt - about 1 cup - low fat or fat free preferred

½ cup strawberries, fresh or frozen - frozen makes it nice and thick



Combine all ingredients in blender until well combined. Pour into serving glasses. Add a chocolate-dotted strawberry for garnish.

CHOCOLATE-DOTTED STRAWBERRIES

Gently rinse strawberries in cold water. Dry with paper toweling. Using a wooden toothpick, poke a few holes in the strawberry. Fill the holes with mini-chocolate chips - tip end going into the fruit.

EDIBLE GREETING CARDS

Graham crackers - 2 or more

Chocolate pudding cups - 1 or more

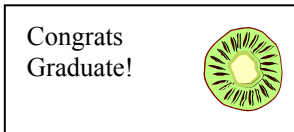
Vanilla pudding cups - 1 or more

2 disposable plastic bags

Fresh fruit garnish



Spread a layer of chocolate pudding onto a graham cracker. Spread a layer of vanilla pudding onto the other graham cracker. Put the remaining pudding into the two plastic bags keeping the flavors separate. Using scissors cut a small hole in the lower corner of each bag to serve as a piping bag. With the opposite flavor from the base layer, write your message. Decorate with fruit.



MARIO'S CAKE SERVES 6

A flourless cake with great eye appeal and great taste. Serve it for Mothers Day or Sunday Brunch.

1 ½ cups canned garbanzo beans, drained

½ cup skim milk

1/3 cup sugar

3 large eggs, separated

1/8th teaspoon salt

1/8th teaspoon nutmeg

¼ teaspoon cinnamon

½ teaspoon vanilla flavoring

1 teaspoon rum extract

Sliced strawberries, kiwi, pineapple, or other fresh fruit for garnish



Preheat oven to 350°F. Spray the bottom and sides of a 9-inch round cake pan with cooking spray. Cut waxed paper to fit the bottom of the pan.

Put milk and sugar in a blender or food processor; add the garbanzo beans and blend until smooth.

Allow to stand while other ingredients are prepared.

Beat the egg whites and salt until stiff but not dry, set aside. In a separate, large mixing bowl, beat the yolks until thick. Add the salt, spices, flavoring, and the garbanzo beans to the yolks; mix thoroughly.

Fold in the egg whites. Pour the batter into the cake pan and bake for 40 minutes or until cake is firm in the center. Cool on a rack for 10 minutes, then remove the cake from the pan and carefully peel off the waxed paper. Cool to room temperature, then cover and refrigerate several hours or overnight before serving. When ready to serve, garnish top with sliced fresh fruit arranged in a circular pattern to cover cake top.

Each slice: 168 calories, 4 g fat, (1g saturated), 137 mg cholesterol, 90 mg sodium, 26 g carb, 3 g fiber, 8 g protein.
Source: Vegetable Desserts, Schafer and Miller, ISBN - 1-56561-135-7

HARVESTING RHUBARB

Is it safe to eat rhubarb throughout the growing season?

It is recommended that rhubarb not be harvested after mid-June. During the summer the plant will build up food reserves, ensuring a good crop next spring. Rhubarb, a spring crop, is sweeter and nice to eat in the spring. Rhubarb leaves contain oxalic acid and should not be eaten.



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FOOD SAFETY ISSUES

It's time for graduation parties, wedding receptions, and family reunions. All of these situations may mean that you are preparing food for many more people than you do on a daily basis AND the serving times can be much longer. It could lead to a food safety disaster if you don't take precautions to keep hot foods hot and cold foods cold.

GUIDING PRINCIPAL – Keep food OUT of the Temperature Danger Zone 40°F to 140°F.

Preparing Foods:

- If you will be making a **cold** salad (chicken, pasta, potato, tuna), be sure all ingredients are chilled (refrigerator cold - 40°F) BEFORE mixing. Stirring room temperature ingredients together means the food is in the danger zone. Plan ahead so all is COLD.
- If you prepare a **hot** food (ex. barbeque pork or beef, ground beef) and will need to chill and reheat for serving you have two critical steps:
 - 1) Chill the food promptly by putting it in containers in the refrigerator so the food is no deeper than 2 inches. Metal pans are preferred because they will dissipate the heat faster. Use caution not to overload your refrigerator. You may need to use an ice bath method - put smaller quantities in a shallow pan that is surrounded by ice. Stir often to dissipate heat.
 - 2) Reheat the food. You will need to treat this food as a leftover and get it to 165°F within 2 hours for it to be safe. Use a calibrated thermometer to be sure. No guessing allowed!

Serving Foods:

- Avoid bare hand contact. If potato chips are on the buffet menu AVOID self service (where were the hands of your guests just before they stuck them into the chip bag?). Consider having someone wearing food grade gloves serve your guests or provide tongs or some type of spoon.
- Little bowls of munchies on the table where everyone's hands are in the same bowl is a situation to avoid. Provide cups or containers for individual portions.
- Keep food hot (over 140) and food cold (under 40) during serving. Food may be safe at room temperature for only 1-2 hours. Thus you must keep it in heated containers or on ice.
- More questions? Call me at 319-337-2145 or the Families Answer Line in Ames 1-800-262-3804.

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STEPS TO A HEALTHIER YOU

On Tuesday, April 19, 2005, the USDA released its new food guidance system based on the 2005 Dietary Guidelines for

Americans:

<http://www.healthierus.gov/dietaryguidelines/index.html>

The new pyramid emphasizes the need for a more individualized approach to improving diet and lifestyle. By keying in on your age, gender and physical activity level, the new interactive technology makes it possible to get a personalized recommendation. This means no more guessing about how many bread servings are appropriate for you at your age, gender and activity level. Many Americans can dramatically improve their overall health by making modest improvements to their diets and by incorporating regular physical activity into their daily lives. So what are you waiting for? Click on www.MyPyramid.gov to get your personalized guide!

STACKING THE BURGER FACTS

Government regulations require that the lean-to-fat composition be clearly labeled on ground beef. Yet it can be tricky to understand what this actually means. Did you know that 80% lean refers to the actual weight of the meat, not the percentages of calories? Here are some tips to help you make the leanest choice:

- Choose 91% lean ground beef because it meets USDA label guidelines for lean.
- Ground round is usually leaner than ground chuck.
- Ground turkey is not always the lowest fat choice. If you choose regular ground turkey, it most likely contains skin, dark meat and fat along with the breast.
- Ground turkey or chicken breast without skin is a leaner choice than beef.
- Vegetarian burgers can make the best choices when it comes to getting a burger that is low in fat and calories. But read the label. These items can be high in sodium. Take care what you serve with them or you will end up with a day's supply of sodium in one meal.

