

FOOD FOR FITNESS AND FUN

October- 2005

This month I'll share some ideas for using pumpkin to make something other than pie. I'll also share some fall snack ideas. Enjoy! Jan Temple

PUMPKIN

Pumpkins and fall just seem to go together. Nutritionally, pumpkin is packed with vitamins A and C while being free of fat, sodium and cholesterol. You may enjoy roasting the seeds from your Jack-O-Lantern, but you won't want to cook it for eating the flesh. Pumpkins grown for decoration are usually too stringy to eat and often too large. Sugar pumpkins, a smaller, sweeter variety, are much better. For most of us, purchasing canned pumpkin fits into our cooking schedule, budget, and palate. The following recipes use canned pumpkin.

PUMPKIN RAISIN OATMEAL —SERVES ONE

1 tablespoon seedless raisins
¼ cup pumpkin puree (canned pumpkin is fine)
½ teaspoon pumpkin pie spice or cinnamon
½ cup oatmeal, uncooked
1 cup water
Topping: 1 cup fat free milk
Combine raisins, pumpkin, spice, oatmeal and water in a 1.5 qt. microwave-safe dish. Microwave on high power for 3 to 4 minutes. Stir well and serve with fat free milk.

Each 1.5 cup serving: 286 calories, 3 g fat, <1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 113 mg sodium, 51 g carbohydrate, 6 g fiber, 15 g protein.
Source: Communicating Food for Health, October 2005

EASY PUMPKIN PUDDING — SERVES 4

1 cup canned pumpkin
1 package (4-serving size) sugar-free, instant vanilla or butterscotch pudding mix
1 teaspoon pumpkin pie spice
1¼ cups fat free milk
Mix all ingredients together. Chill in individual bowls or larger serving bowl. Serve as a topping with Autumn Angel Cake or use as dessert and serve with nonfat whipped topping. Garnish with ground cinnamon if desired.

Each 2/3 cup serving: 77 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 380 mg sodium, 15 g carbohydrate, 2 g fiber, 4 g protein.
Source: Communicating Food for Health, October 2003



AUTUMN ANGEL CAKE — SERVES 14

There are about 2 cups of pumpkin in a 1 pound can of puree. After you make the pumpkin oatmeal, use the leftover to try this autumn dessert.

1 cup canned pumpkin
1 teaspoon vanilla extract
1 ½ teaspoons pumpkin pie spice
1 package (16 oz.) one-step angel food cake mix



In a large bowl, combine the pumpkin, vanilla and spice. Prepare cake mix according to direction on package. Fold a fourth of the batter into the pumpkin mixture. Gently fold in the remaining batter. Gently spoon into an ungreased 10 inch tube pan. Cut through batter with a knife to remove air pockets. Bake on the lowest oven rack at 350°F for 38-44 minutes or until top is golden brown and cake springs back when lightly touched.

Immediately invert pan onto a wire rack; cool completely, about 1 hour. Run a knife around sides of cake and remove to a serving plate. Garnish each slice with Easy Pumpkin Pudding if desired. You may prefer to use non-dairy whipped topping sprinkled with ground cinnamon as a garnish.

Each piece: 136 calories, .2 g fat, (0 g saturated fat), 0 mg cholesterol, 255 mg sodium, 31 g carb, 1 g fiber, 3 g protein.
Adapted from Light and Tasty, Reiman Pub., Feb/Mar 2003

MYPYRAMID FOR KIDS

Agriculture Secretary Mike Johanns unveiled a child-friendly version of the new pyramid. MyPyramid for Kids provides age-appropriate information about the 2005 Dietary Guidelines for Americans and the MyPyramid Food Guidance System released earlier this year. The new MyPyramid for Kids symbol represents the recommended proportion of food from each food group and focuses on the importance of making smart food choices every day. Daily physical activity is prominent in MyPyramid for Kids. Through an interactive game, lesson plans, colorful posters and flyers, worksheets, and valuable tips for families, MyPyramid for Kids encourages children, teachers, and parents to work together to make healthier food choices and be active every day. Check out MyPyramid Blast Off at:

<http://www.mypyramid.gov/kids/index.html>

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TRICK, TREAT OR TOY?

Researchers from Yale University's Center for Eating and Weight Disorders investigated whether children would choose toys over candy when offered both on Halloween. They observed 284 kids between the ages of 3 and 14. Guess what? Children were just as likely to choose toys as candy, regardless of gender. (J Nutr. Educ. Behav. 2003 Jul-Aug; 35 (4):207-9)

NON-CANDY IDEAS:

- Fun fruits – use stickers and gummy worms to decorate fruit for Halloween.
- Healthy muffins
- Look for individually wrapped snack foods like granola bars, seeds, nuts or raisins.
- Party favors – Look in the party aisle of your favorite discount store for bulk packs of toys.
- Stickers
- Pencils, crayons, markers
- Purchase several packages of sports cards (baseball, basketball, football, etc.) open them, put them in a basket and let kids choose one.
- Stamps
- Notepads
- Erasers
- Balls
- Small games
- Services – Face painting, nail painting



CANDY TIPS:

- Buy only what you will use; avoid jumbo bags.
- Buy at the last minute.
- Choose non-fat candies such as Smarties, Tootsie Rolls and small suckers.

FEEDING TIPS:

- Maintain regular meals, including dinner, before children go trick or treating.
- At Halloween parties, include healthy snacks such as popcorn, pretzels, fruit and vegetable chunks, witches brew made with fruit juice and cocoa made with fat free milk.

Source: *Communicating Food for Health*, October 2003.

CARROT JACK O LANTERNS

Spread a round cracker, or mini bagel with cream cheese. Top with shredded carrot. Make a face using celery, apple pieces or raisins.

WHAT'S FOR DINNER?

Here are some delicious high-fiber meal ideas from the 'Communicating Food for Health' kitchen – so easy you don't need a recipe! They are great for weight-conscious diners on the go.

- Whipped potatoes with skin – whip them fluffy with hand beaters or mixer (serve with baked fish or chicken)
- Whole grain pasta with chunky tomato sauce (mix no-added-salt, diced tomatoes with pasta sauce)
- Lowfat chili
- Lentils and rice – cook together in rice cooker
- "Cook-all-day" soup – find your favorite recipe with barley and vegetables and cook in the crock pot.

Source: *Communicating Food for Health*, October 2005

PENNE WITH LENTILS – SERVES 5

- 1 cup dry lentils
- 8 ounce package dry penne
- 26-ounce jar pasta sauce
- 1 teaspoon Italian seasoning
- 4 Tablespoons Parmesan Cheese



Bring water to a boil in a large pan over high heat. Add the lentils and lower heat to medium. Cook lentils for 5 minutes then add pasta. Cook until pasta and lentils are done, about 10 minutes. Drain in colander. Place the same pot back on the stove and add the pasta sauce and Italian seasoning. Bring to a boil then add the pasta and lentils. Heat through; serve with Parmesan cheese on top.

Each 1 cup serving: 385 calories, 2 g fat, <1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 501 mg sodium, 71 g carbohydrate, 16 g fiber, 16 g protein.

WITCH'S SLAW-SERVES 5

- 1 red apple, cored and shredded
- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- 3 cups shredded cabbage
- 1 cup nonfat vanilla yogurt
- 1 Tablespoon vinegar



Combine all ingredients in a medium-sized mixing bowl. Chill until ready to serve. For fun with older kids, garnish each serving with a plastic spider.

Each 1 cup serving: 62 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 35 mg sodium, 13 g carbohydrate, 2.5 g protein.

Source: *Communicating Food for Health*, October 2003.

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