

# FOOD FOR FITNESS AND FUN

July - 2006

Summer is here! Use this month's information to help you enjoy summer produce, meals cooked outdoors and have a little fun. Enjoy! Jan Temple

## PICNIC FOOD SAFETY

Remember these pointers for avoiding foodborne illness at outdoor picnics:

- Plan just the right amount of food to take so that you won't have to worry about leftovers.
- Plan the menu with an eye to safe food handling. Avoid recipes that contain raw eggs.
- Pre-cook foods in plenty of time to thoroughly chill them in the refrigerator.
- Pack enough utensils and platters for both raw and cooked foods.
- When taking foods off the grill, do not put the cooked items on the same platter that held the raw meat.
- Seal all food tightly in a plastic container or bag.
- Pack your cooler with enough ice to keep food below 40 degrees (25-50% ice).
- Pack food from the refrigerator into the cooler just before leaving home.
- Keep the food cooler closed and out of the sun. Keep beverages in a separate cooler.
- Only remove the amount of food from the cooler than can be cooked or eaten at one time.
- Serve hot foods hot (above 140 degrees) and cold foods cold (below 40 degrees).



Source: *Communicating Food for Health, July/August 1999, 2000*

## SPARKLING RED COOLER - SERVES 3

This blender drink will be a favorite with all ages.

6 or 8 oz. container raspberry yogurt (reduced or free in both fat and sugar)

6-8 oz. raspberry flavored sugar free drink

6-8 oz. sugar free lemon-lime soda

3 sticks red licorice

Combine first two ingredients in blender. Stir in soda. Pour into glasses. Remove ends from licorice and use as a straw to enjoy this refreshing red treat. **Note:** Use the yogurt container as the measuring cup.

**One Cooler** (without licorice): 42 calories, 0.1 g fat, 1 mg cholesterol, 65 mg sodium, 6.5 g carbohydrate, .4 g fiber, 3.5 g protein

Source: *Washington County Wise Women's Group*

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## PINK PARTY SALAD

- 4 potatoes – washed and cut in half
- 3 cups beets, cooked – peeled and diced
- 1 cup green peas, fresh or frozen
- 3 eggs, hard cooked
- 1 apple
- 1 teaspoon lemon juice
- 2 Tablespoons olive oil
- 3 Tablespoons vinegar
- 1 Tablespoon sugar



Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender. When thoroughly cool, dice potatoes and place in a big bowl. Add diced beets and mix with the potatoes. Set aside ¼ cup of peas for garnishing and add the rest to the bowl. Save one egg to use as garnish; chop the rest and add to the bowl. Core the apple and cut into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad. Stir together the vinegar, olive oil and sugar. Add to salad. Chill and serve.

Each serving: 250 calories, 7 g fat, 2 g saturated fat, 95 mg cholesterol, 320 mg sodium, 41 g carbohydrate, 6 g fiber, 10 g sugars, 8 g protein.

Source: *University of Connecticut Cooperative Extension*

## BLUEBERRY PLUM TOPPING - SERVES 5

Make this delicious topping in the microwave then serve it over frozen yogurt or nonfat vanilla yogurt. You can also chill it and eat it with yogurt or for breakfast.

4 large dark ripe plums, cut into wedges

1 cup blueberries, fresh or frozen

¼ cup orange juice

1 Tablespoon sugar

½ teaspoon ground cinnamon

Pinch ground mace

Place all ingredients in a large microwave container and mix well. Microwave on full power until the fruit is tender, about 8 to 10 minutes. Stir well and allow to stand for a few moments before serving. Serve warm or chilled.

Each ½ cup serving: 85 calories, .5 g fat, 0 g saturated fat, 0 mg cholesterol, 2 mg sodium, 20 g carbohydrate, 2.5 g fiber, 13 g sugars, 1 g protein.

Source: *Communicating Food for Health, June 1999*



## CARIBBEAN WATERMELON

If you want to add a little flavor twist to your watermelon, try this for an easy dessert.



Cut a large watermelon in half. Drizzle each half with ¼ cup pineapple juice. Cover and refrigerate until ready to serve, up to 24 hours

Source: *Communicating Food for Health, June 2004*

## GREAT GRILLING

Grilling is cooking made easy and healthy. Grilled foods require little additional fat for cooking, and they require minimal seasoning because they taste so good. Here are some tips for healthy grilling with great flavor:

- Choose low fat meats such as skinless chicken breasts, pork tenderloin, fish and shrimp.
- Marinades are a great way to enhance flavors, tenderize meats, and keep foods from drying out when grilling. They can be made with wine, vinegar, fruit juices, or soy sauce.
- Soak dried herbs, fresh citrus peel and wood chips in water for 10 minutes and then add to the coals. Add more every 15 minutes or so for a pleasant smoke flavor.
- Wrap fish in foil packets to retain natural flavors, keep it from falling apart and protect it from fire and smoke.
- Thread summer veggies such as eggplant, squash, bell peppers, or cherry tomatoes on skewers and grill for a healthy side dish. Spray with a vegetable oil spray away from fire, and grill quickly until tender.
- Grilled fruits make a great dessert. Try bananas, pineapples, mangoes, or peaches. Fruit should be halved, pits removed, and placed on the grill pulp side down.

High heat methods of cooking meat produce cancer-causing compounds that are deposited on the meat. When fat from meat drips onto hot coals, one type of risky substance is produced that deposits on meats. Another harmful compound is formed when the protein in meat is cooked quickly at high temperature.

While no one is suggesting you give up barbecues, there are some things you can do to reduce the cancer risk associated with grilled meats.

- To reduce fat drippings, which cause flare-ups and charring, trim all visible fat from meat before cooking and for flavor use spice rubs or marinades without oil.
- Use a drip pan so the fat doesn't come into contact with the heat source.
- Marinating meats can limit the formation of one type of harmful substance.
- Before eating, cut away the charred parts because they contain the highest concentration of risky compounds.
- If you like the flavor of grilled meats and eat them often, you can pre-cook them in the microwave and then put them on the grill IMMEDIATELY for a brief time to add flavor.

Source: *Communicating Food for Health, June 1999*

## TASTY MARINADES

Following are some tasty marinades to try.

### SAN ANTONIO GLAZE

- ¼ cup lemon juice
- 2 Tablespoons smoky barbeque sauce
- ¼ cup tomato sauce (no added salt)
- 1 Tablespoon brown sugar
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon cumin

### CAJUN SAUCE

- ½ cup lemon juice
- 2-4 Tablespoons hot pepper sauce
- 2 Tablespoons Cajun seasoning

### CITRUS MARINADE

- ¼ cup lemon juice
- ½ cup orange juice
- 1 teaspoon chicken flavor bouillon granules
- 1 Tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon crushed red pepper

Combine all liquid ingredients and spices in a plastic bag or covered container. Mix well. Place 2 pounds of fresh chicken in the bag and seal. Marinate in refrigerator 2 hours. Drain chicken and discard marinade. Grill chicken over low to medium heat until fully cooked.

Source: *Communicating Food for Health, June 1999*



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