

FOOD FOR FITNESS AND FUN

March - 2006

Celebrate St. Patrick's Day, Peanut Month and Nutrition Month® with some of the following suggestions. Enjoy! Jan Temple

FLAVORFUL & NUTRITIOUS CABBAGE!



Although the weather is unpredictable, we can be sure people will be eating cabbage this month, especially around St. Patrick's Day. Cabbage is very economical, rich in vitamin C, fiber and indoles making it a great cancer fighter.

Purchase – Choose solid, heavy heads with no more than three or four loose 'wrapper' (outer) leaves. These wrapper leaves should be flexible, but not limp, and free from damage. Two pounds of cabbage will yield 10 cups shredded and be enough to serve 4-6 as a side dish.

Storage – It's very important to keep cabbage cold to retain its vitamin C. An uncut head of cabbage put in a perforated plastic bag will keep at least 2 weeks in the crisper drawer of the refrigerator. Once cut, cover the cut portion with plastic wrap and use the remainder within 1-2 days. Apply lemon juice to the cut surface to decrease the discoloration from oxidation.

Preparation – Wash cabbage just before using. Use a stainless steel knife when cutting cabbage. Carbon steel causes cut edges of green cabbage to turn black and red cabbage blue. Do not cook in aluminum or cast iron.

Boiling Cabbage: Cook cabbage quickly, in a large quantity of water, in an uncovered pot to minimize the pungent smell. Other pointers: drop a whole, unshelled walnut or a slice of bread into the water to reduce unpleasant odors; avoid an aluminum pot as it will make the smell worse. Add cabbage to boiling water to preserve the vitamin C. Cook quarters 10-15 minutes; shredded 3 to 5 minutes.

Steaming Cabbage: This is the best method for preserving the cabbage's color, nutrients and texture. Place quartered, sliced, or shredded cabbage in a pan with ½ inch of boiling water. Cook quarters 10-15 minutes; shredded 5-10 minutes.

Raw. Shredded cabbage is delicious on tacos or burgers instead of lettuce. Coleslaw tastes great as a topping on a sandwich. Try it on a BBQ or sub sandwich.

CONFETTI SLAW SERVES 8

¼ small head green cabbage cut in thin strips (2 C.)
 2 carrots, peeled and grated (~1 cup)
 ¼ cup raisins
 ¼ cup peanuts
 ½ cup yogurt, vanilla
 1 Tablespoon orange juice



Combine cabbage, carrots, raisins and peanuts in mixing bowl. In small bowl, stir together yogurt and orange juice. Before serving, add yogurt mixture to cabbage and combine thoroughly.

CREATE-A-FLAVOR CHANGES

To the recipe above, try these changes:

- Use 1 cup of red and 1 cup of green cabbage.
- Try a different flavor yogurt and juice.

Source: Adapted from Cornell Cooperative Extension

VEGGIE FLIP

This is a favorite of Pick a Better Snack Program participants.

Whole wheat bagels, sliced (mini size is great for snacks)
 Reduced fat cream cheese (plain or vegetable)
 Cabbage slaw mix OR Broccoli slaw
 Spread each half of a mini bagel with cream cheese. Dip the cream cheese side of the bagel into the cabbage or broccoli mixture to get some veggies to "stick" to the bagel. Garnish with grape tomatoes or red pepper if desired.

Per half a bagel: 136 calories, 3 g fat, 8 mg cholesterol, 267 mg sodium, 20 g carbohydrate, .1.2 g fiber, 6 g protein.

VITAMIN C – THINK CABBAGE

Check out the chart below comparing one cup each of green and red cabbage with orange juice

One cup serving	OJ	Green Cabbage	Red Cabbage
Calories	110	22	24
Protein (g)	2	1	1
Carbohydrate (g)	25	5	5
Dietary Fiber (g)	0.5	2.1	1.8
Total fat (g)	0.7	0.2	0.2
Saturated fat (g)	0.1	0	0
Monounsaturated fat (g)	0.1	0	0
Polyunsaturated fat (g)	0.2	0.1	0.1
Cholesterol (mg)	0	0	0
Potassium (mg)	473	219	183
Sodium (mg)	3	16	10
Vitamin C (mg)	82	29	51
%RDA/AI	91%	32%	56%

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A SALAD A DAY KEEPS THE SCALE AT BAY

There are many reasons to eat a salad. But if you want to lose weight, having a salad every day could help you eat fewer calories and reach your goal.

One study showed that participants who ate a low-fat salad before a meal consumed fewer calories at that meal as compared to those who did not have a salad. But take care, those who loaded their salad with high-fat cheese and dressing, actually consumed MORE calories.

The authors concluded, "Consuming a large portion of low-energy-dense food at the start of a meal may be an effective strategy for weight management."

Another new study shows that the consumption of acetic acid, found in vinegar, may help boost satiety – the feeling of having enough to eat – on fewer calories.

While more research is needed on the acetic acid study, it is a good idea to eat a salad topped with wholesome low-fat ingredients including plenty of vinegar. Unlike most processed salad dressings, vinegar is naturally low in sodium and fat-free.

BEST TOPPINGS

Vegetables, nuts, fruit, dried tomatoes, lemon zest and chopped hot peppers add flavor, texture and good nutrition. Vinegar, lemon juice and fat-free dressing are best for the waist-minded.

WORST TOPPINGS

Cheese, high-fat dressing, croutons and bacon bits make the worst topping list because they contain a fair amount of fat and/or sodium. Use these sparingly.

TIME-SAVING TIPS

- Make once, serve twice – make a large bowl of salad and serve the dressing on the side. That way you can serve it again the next day.
- Make it an entrée – add cooked chicken or fish to your favorite tossed salad and you have an easy and healthful entrée.
- Put it in a pita – and you have a salad on the run.

Source: *Communicating Food for Health*, March 2006

SKINNY TOSSED SALAD SERVES 4

6 cups ready-to-serve romaine
½ cup cucumber, sliced
10 fresh cherry tomatoes, halved
2/3 cup grated carrots
1 teaspoon olive oil
3 Tablespoons cider vinegar
Black pepper to taste

Place all ingredients for salad in a large bowl and chill until ready to serve, up to 24 hours. When ready to serve, toss salad together with vinegar, a little oil and pepper. Serve immediately.

Source: *Communicating Food for Health*, March 2006

FLAVORFUL VINEGARS TO TRY:

White wine vinegar; red wine vinegar; balsamic vinegar; rice wine vinegar; cider vinegar and raspberry vinegar.

Source: *Communicating Food for Health*, March 2006



HOMEMADE TATERTOTS SERVES 4

Commercially prepared tater tots are high in fat. Try this recipe for homemade tater tots that will be lower in fat and higher in fiber. It's also a great way to use leftover mashed potatoes and cooked rice.

1/3 cup chopped onion
1 Tablespoon unsalted tomato paste
1 Tablespoon margarine
½ teaspoon salt or salt substitute
½ cup cooked mashed potatoes
½ cup whole grain bread crumbs
1 cup cooked brown rice
3 Tablespoons grated Parmesan cheese

Sauté onions in margarine. Add the remaining ingredients and form into 1 ½ inch balls. Bake tots on a lightly oiled cookie sheet at 350°F for 15-20 minutes or until browned.

For 4 tater tots: 187 calories, 6 g fat, 1.7 g saturated fat, 0 g trans fat, 3.6 mg cholesterol, 574 mg sodium, 2 g fiber, 28 g carbohydrate, 5 g protein, NOTE: Using a salt substitute cuts the sodium in half – just 283 mg per serving of 4 tater tots.

Source: *Agriculture Extension Service*, Raleigh, North Carolina.

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