

FOOD FOR FITNESS AND FUN

May - 2006

During the month of May we celebrate Older Americans Month, National Salad Month and acknowledge High Blood Pressure Education Month. I've tried to include something for each of these observances plus new information on cooking poultry. Enjoy! Jan Temple

NEW TEMPERATURE ESTABLISHED FOR COOKED POULTRY - 165°F



The Food Safety and Inspection Service (FSIS) recently advised consumers that cooking raw poultry to a minimum internal temperature of 165°F will eliminate pathogens and viruses such as Salmonella, Campylobacter and the avian influenza virus. FSIS recommends the use of a food thermometer to monitor internal temperature. In addition, consumers should follow important tips for handling raw poultry. These tips can be summarized in three words—clean, separate and chill. Clean means to wash hands and surfaces often; separate means to keep raw meat and poultry apart from cooked foods; chill means to refrigerate or freeze foods promptly.

Consumers with food safety questions may call the toll-free USDA Meat and Poultry Hotline at (888) 674-6854. The hotline is available in English and Spanish and can be reached from 10 a.m. to 4 p.m. (Eastern Time) Monday through Friday. Recorded food safety messages are available 24 hours a day. "Ask Karen" is the FSIS virtual representative available 24 hours a day to answer questions at: http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp#Question.

MULTI-TASKING MARINADE

If you find yourself strapped for time, try this technique that allows you to marinate meat and defrost it simultaneously. Freeze your favorite marinade in an ice cube tray. When dividing family-size packages of meat for freezer storage, add several of the cubes to bags of meat you wish to marinate. When moved from the freezer to the fridge, the meat will defrost AND marinate simultaneously.

GRILLED CHICKEN WITH GREEN

CHILE SAUCE — YIELD 4 SERVINGS

Marinate meats to make them tender without adding a lot of fat. You may wish to try the tips in Multi-Tasking Marinade with this recipe and be sure to cook to 165°F.

4 chicken breasts, skinless and boneless

¼ cup olive oil

¼ teaspoon oregano

½ teaspoon black pepper

¼ cup water

10 to 12 tomatillos, husks removed and cut in half

½ medium onion, quartered

2 cloves garlic, finely chopped

2 jalapeno peppers

2 Tablespoons cilantro, chopped

¼ teaspoon salt

¼ cup sour cream, low-fat

Juice of 2 limes

1. Combine the oil, juice from one lime, oregano, and black pepper in a shallow glass baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides.
2. Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook uncovered, for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all ingredients are smooth. Place the sauce into a bowl and refrigerate.
3. Place the chicken breasts on a hot grill and cook to 165°F. Place the chicken on a serving platter.
4. Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour the sauce over the sour cream.



Each chicken breast provides: 210 calories; 5 g total fat (1 g sat fat); 73 mg cholesterol; 91 mg sodium, 53 mg calcium, 2 mg iron, 3 g fiber, 29 g protein, 14 g Carb, 780 mg potassium. **Source:** A Healthier You – Based on the Dietary Guidelines for Americans, US Dept. of HHS

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CHILI ROASTED VEGETABLES – SERVES 4

Garden vegetables are roasted with chili spices and olive oil. Serve them warm or chilled over spinach. They are also excellent over rice, pasta or baked potato.

4 cups raw, ready-to-serve spinach

Chili-Roasted Veggies:

- 1 eggplant, peeled and diced
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 onion, diced
- 1 tomato cut in chunks

2 Tablespoons olive oil

1 Tablespoon water

1 teaspoon minced garlic

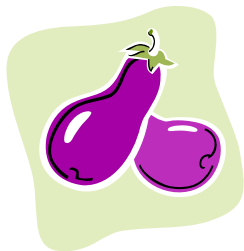
1 teaspoon chili powder

1 teaspoon cumin

Preheat oven to 350°F. Place vegetables in a large baking pan or ceramic casserole dish. Combine oil, water and seasonings in a small mixing bowl and stir well. Drizzle this oil over the vegetables. Place the baking dish in the oven and bake uncovered until the vegetables are very tender, about 45 minutes. Stir occasionally. Serve warm or chilled over spinach or garden greens.

Each cup provides: 104 calories; 7g total fat (1 g sat fat); 0 mg cholesterol; 6 mg sodium, 3 g fiber, 2 g protein; 10 g Carb.

Source: *Communicating Food for Health*, May 1999



10 MINUTE BEAN SOUP - SERVES 4

1 cup canned pinto beans, drained

1 15-oz. can no-salt added Italian spiced tomatoes

2 cups low-sodium chicken broth

1 cup water

1 cup frozen chopped collard greens or spinach

½ cup elbow macaroni

½ teaspoon Italian herb seasoning

½ teaspoon garlic powder

Pepper to taste

Put the tomatoes and beans in a sauce pan. Mash with a potato masher or hand blender until about ½ of the beans are mashed. Add the rest of the ingredients and bring to a boil; reduce to simmer and cook until the macaroni is done.

Each 1 ½ cup serving: 164 calories; 1g total fat (0 g sat fat); 12 mg cholesterol; 164 mg sodium, 5 g fiber, 10 g protein; 24 g carbohydrate.

Source: *Communicating Food for Health*, May 2000



COOKING AND EATING ALONE

Living alone may effect a person's motivation to cook for themselves. Older men particularly may find shopping or cooking more difficult. They may simply eat less or end up skipping meals altogether. Women who live alone may just grow tired of kitchen duties and lose interest in eating. These problems can be compounded by the fact that interest in food and appetite often decreases with age anyway.

Requirements for nutrients do not diminish, however. Here are some tips to make cooking and eating easier and more pleasurable for older persons who live alone:

- Have standing invitations for dinner with different friends several nights a week.
- Create a new interest in eating by trying new foods, ethnic foods, or new recipes.
- Make meal time an event to look forward to.
- Eat near a window with a view you enjoy.
- Turn the television or radio on for company, or listen to your favorite music while eating.
- Use your best dishes and pretty placemats to create an attractive place setting.
- Plan meals in advance.
- Keep staple items such as canned or frozen foods on hand for days when you don't feel like cooking. On days you do feel like cooking, cook large quantities.
- Make meals appealing by using foods with various colors, textures, and temperature at each meal.
- Buy smaller sized pots and pans for those times you are cooking just for yourself.
- Take advantage of the many convenience foods in the supermarket such as: lowfat frozen entrees or dinners, egg substitutes, frozen vegetables without added sauces, lowfat yogurt and cheeses, canned or frozen fruit, bagged salads, salad bars, and deli items.
- Lots of frozen foods can now be purchased in larger packages that are designed to only take out what you need.
- Fortified cereal is a good meal for many seniors.

Source: *Communicating Food for Health*, May 2000

Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County

Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;

Web Site: <http://www.extension.iastate.edu/food>

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