



FOOD FOR FITNESS AND FUN

October - 2006

This October newsletter is full of pumpkin and snack ideas for autumn or anytime. Enjoy! Jan Temple

PERFECT PUMPKIN PANCAKES 20 CAKES

Friends had told me how wonderful these were – now I understand why. I'm sure you'll agree.

2 cups flour	1 egg
2 Tbsp. brown sugar	½ cup canned pumpkin
1 Tbsp. baking powder	1 ¾ cup lowfat milk
1 ¼ tsp. pumpkin pie spice	2 Tbsp. vegetable oil
1 tsp. salt	

Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in large mixing bowl. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk). Lightly coat a griddle or skillet with cooking spray and heat on medium. Using a ¼ cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1.5 to 2.5 minutes. Repeat with remaining batter. Yield: 20- 3.5 inch pancakes.

Each pancake: 75 calories, 2 g fat, .3 g saturated fat, 0 g trans fat, 11 mg cholesterol, 189 mg sodium, 12 g carbohydrate, 2 g protein, .5 g fiber.

Source: Kansas Family Nutrition Program, Kids a Cookin'.

PUMPKIN PARTY MIX — MAKES 2 CUPS

An autumn variation of the more traditional Holiday Party Mix.

1 1/2 cups crispy corn and rice square cereal	½ tsp. pumpkin pie spice
1/2 cup toasted oat cereal	4 tsp. tub margarine
1/4 cup pretzels	2 tsp. honey
	2 Tbsp. golden raisins

In a 1.5 quart casserole combine cereals and pretzels. In a 1 cup measure combine honey, spice, and margarine. Microwave, uncovered, on high for 30-60 seconds until margarine is melted. Pour mixture over cereal; toss to mix. Microwave mixture, uncovered, on full power for 2.5 minutes. Stir in raisins. Mix gets crisp as it cools.

Each 1/2 cup serving: 125 calories, 4 g fat, .7 g saturated fat, 0 g trans fat, 0 mg cholesterol, 210 mg sodium, 21 g carbohydrate, 1 g protein, 1 g fiber.

Adapted from: Better Homes & Gardens After-School Cooking, Meredith Corporation.

Note: You may use the following to equal 1 tsp. Pumpkin Pie Spice: ½ tsp. ground cinnamon+1/4 tsp. **each** ground ginger and allspice + 1/8 tsp. ground nutmeg.

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PUMPKIN DIP - 10 SERVINGS

3 Tbsp. canned pumpkin	½ tsp. cinnamon
1 cup low-fat vanilla yogurt	1 Tbsp. maple syrup
1 Tbsp. orange juice concentrate	

Combine all ingredients. Chill. Use as a dip with graham cracker sticks.

Each 2 Tbsp. serving: 31 calories, .3 g fat, .2 g saturated fat, 0 g trans fat, 1 mg cholesterol, 17 mg sodium, 6 g carbohydrate, 1 g protein, .2 g fiber. Source: Dannon Institute.

PUMPKIN-PEANUT BUTTER - 10 SERVINGS

¾ cup peanut butter	¾ cup brown sugar
¾ cup canned pumpkin	½ tsp. vanilla

Combine all of the ingredients. Cut apples, bananas and other fruit into bite-sized pieces to serve with the dip.

Each 2 Tbsp. serving: 162 calories, 9.7 g fat, .2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 95 mg sodium, 16 g carbohydrate, 5 g protein, .2 g fiber.

Source: Univeristy of Illinois Cooperative Extension.

PUMPKIN AND BEAN SOUP – 6 SERVINGS

15 oz. can white beans	½ tsp. cinnamon
1 small onion, chopped fine	1/8 tsp. nutmeg, allspice or ginger
1 cup water	½ tsp. black pepper
15 oz. can pumpkin	¼ tsp. salt
1 ½ cups apple juice	

Blend white beans, onion, and water with a potato masher or blender till smooth. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, pepper and salt. Stir. Add the blended bean mix to the pot.

Cook over low heat for 15-20 minutes until warm.

Each 1 cup serving: 165 calories, .6 g fat, .2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 108 mg sodium, 35 g carbohydrate, 7 g protein, 7 g fiber.

Source: Pennsylvania Nutrition Education Program

FRUIT & VEGGIE HALLOWEEN FUN

FRUIT: FROZEN JACK-O-LANTERNS

For each Jack-O-Lantern you will need an orange, 8 oz. orange juice, and a maraschino cherry. To prepare, cut the top off the orange and remove the pulp; discard any seeds. In a blender, combine the pulp with the orange juice. Set the hallow orange in a muffin tin and fill with the juice mixture. Drop the cherry inside. Freeze for 2-3 hours. Use toothpicks to attach raisin eyes and apple mouth.



VEGETABLE: 'SPOOKTACULAR' SPUD

Wash a baking potato – each potato will yield about 3 spooks. Cut each potato lengthwise into ½ inch slabs. Cut the rounded tip off one end of each slab to create a spook/ghost shape. Grease a baking sheet and lay the potato slabs on it – pieces with skin go skin-side down. Brush the top of each slab with olive oil and sprinkle with onion powder. Bake at 400 degrees F for 30 minutes or until a fork pierces the potatoes easily. Remove the potatoes from the oven. Use slices of green onion tops or black olives to make a face on each spook.

EASY BLACK BEAN SALSA – 16 SERVINGS

15 oz can black beans, drained	2 cups cooked barley
15 oz. can corn, drained	16 oz. jar salsa

Mix all ingredients together. Serve as a dip with baked tortilla chips.

Each 1/2 cup serving: 68 calories, .3 g fat, 0 g saturated fat, 0g trans fat, 0 mg cholesterol, 395 mg sodium, 16 g carbohydrate, 2 g protein, 3 g fiber.

FUZZY JACK-O-LANTERNS



Spread each half of a whole wheat mini bagel with reduced fat cream cheese. Top each half with several tablespoons of grated carrot. Make a face using raisins and pieces of celery.

GOLDEN G.O.R.P. (GOOD OLD RAISINS AND PEANUTS)

For a fun new twist on this old favorite, combine roasted soy nuts with golden raisins.

HEALTHY SNACK IDEAS

With school back in session and School Wellness Programs being implemented, we are getting requests for help with ideas for snacks. The following lists were compiled by ISU Dietetic Interns under the direction of Renee Sweers, ISU Nutrition FS housed in Sioux City.

GENERAL LIST

Animal crackers	Crackers w/cheese/peanut butter
Graham crackers	Reduced-fat vanilla wafers
Dried fruits	Pretzels or baked potato chips
Rice cakes	Baked tortilla chips and salsa
Trail mix	Whole grain bagels
Cereal mix	Fat-free fig cookies
Dry roasted nuts	Fresh fruit: apples, grapes, bananas
Low-fat popcorn	Fresh vegetables with low-fat dip
Low-fat muffins	

INDIVIDUALLY WRAPPED PORTIONS

Mixed fruit cups	Unsweetened applesauce cups
Small boxes raisins	Reduced-fat sandwich crackers
Low-fat granola bars	Pudding cups – no fat or sugar
Animal crackers	100 calorie snack packs
Fruit and grain bars	

SNACKS REQUIRING REFRIGERATION

Finger sized sandwiches	Light string cheese
100% fruit juice	Sugar-free gelatin cups
Low-fat yogurt	

INDIVIDUALLY WRAPPED CONCESSION FOOD

Mixed fruit cups	Unsweetened applesauce cups
Fat free yogurt cups	Sugar free gelatin cups
Low-fat granola bars	Pudding cups – no fat or sugar
Animal crackers	100 calorie snack packs
Fruit and grain bars	Soft Baked Pretzels
Salted Peanuts	Baked Whole Grain Chips
String Cheese	Trail mix
Beef Jerky	Biscotti
Baked Potato Chips	Sport drinks
Sunflower seeds	Bottled Water
Orange juice	Baked cheese flavored balls

FUNDRAISING IDEAS: THINGS TO SELL:

Magazines	Discount cards for local business
Candles	Holiday ornaments/wreaths
Flowers/bulbs	Coupon book for local businesses
Gift wrap	Valentine's Day carnation sales
Brick/tile memorial on school grounds	Cookbooks with recipes from teachers/students/community
Fruit/nut baskets	Greeting cards
Crafts	Hanging baskets for Mother's Day

FUNDRAISING IDEAS: THINGS TO DO:

- Invite chefs from local restaurants to donate healthy hors d'oeuvres and desserts for a "Taste of (your town)" event
- Seek support from local businesses, ask them to donate a certain portion of sales from a given date or time to the school
- Organize events like bike-a-thons, sled-a-thons, walk-a-thon, dance-a-thons or rock-a-thons. Sponsors pledge money by the mile or hour.
- Plan a parent-teacher talent show or basket ball game and sell tickets.
- Rent out special parking spaces
- Singing or instrumental telegrams – great for the music program.

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