

FOOD FOR FITNESS AND FUN

December - 2007

This month I chose to focus on colorful ways to get more fruits into your diet as well as keeping your food safe. Wishing you and yours a delightful and safe holiday season. Jan Temple

CRAN-APPLE SALSA YIELD ~ 5 CUPS

This colorful salsa is packed with flavor but low in calories and fat free (watch the chips). It is a tasty antioxidant creation.

- 12 oz. package fresh or frozen cranberries, thawed
- 3 medium apples cut into wedges
- 1 medium sweet red pepper, cut into pieces
- 1 small red onion, chopped
- 1/2 cup sugar
- 1/3 cup orange juice
- 2 Tbsp. minced fresh cilantro
- 2-3 Tbsp. chopped jalapeno pepper
- 1 1/2 teaspoons grated lime peel
- 1 teaspoon lime juice



Baked tortilla chips

In a food processor, process the cranberries, apples, red pepper and onion until coarsely pureed. Transfer to a serving bowl; stir in the sugar, orange juice, cilantro, jalapeno, lime peel and juice. Chill.

Serve salsa with baked tortilla chips.

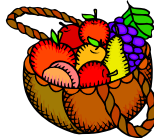
Each 2 Tablespoon serving: 22 calories, .1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, .6 mg sodium, 5.5 g carbohydrate, .8 g fiber, .2 g protein.

Source: Adapted from Nov/Dec. 2006, Simple and Delicious, Reiman Media Group.

HEALTHFUL GIFT IDEAS

Delicious and healthful food gift ideas:

- Basket of fruit – arrange a basket of fruit including apples, pears oranges and dried fruits.
- Apples in a pot – arrange a 3 pound bag of apples in a crock pot. Include this recipe: Rinse, core and quarter apples and place in crockpot with 1/2 cup water, 1/2 cup sugar, and 1 tsp. cinnamon. Cook on low for 6 hours or until soft. Mash and refrigerate until ready to serve.
- Variety of flavored vinegars – these are great for salads, vegetables and rice dishes.
- Healthful cookbook
- Large salad bowl with utensils and dried herbs.



Source: Communicating Food for Health, November 2007.

FRUIT FOR THE HOLIDAYS



Midwestern fruit salads often include one or more of the following ingredients: non-dairy whipped topping, marshmallows, fruit flavored gelatin, or whipping cream. Each of those ingredients is OK, but you are spending money on empty calories. In this newsletter, I chose to focus on canned fruit (Midwest Winters can make travel to the grocery store unpredictable) and to keep the non-nutritive ingredients to a minimum. Both of these will work well on a buffet table. If your time and budget allow, fresh fruit cut in bite size pieces and tossed with a little orange juice is always enjoyed. Frozen fruit cups are also an option.

TIP: A 16-20 oz. can yields 1 3/4 -2 cups of drained fruit. A 10 oz. pkg. of frozen fruit yields about 1 1/4 cups.

WARM CURRIED FRUIT – SERVES 10

15 oz. canned pears	1/2 cup maraschino cherries, sliced
11 oz. mandarin oranges	1/2 cup brown sugar or substitute
15 oz. canned peaches	2 tsp. curry powder
15 oz. canned pineapple chunks	1 tsp. ginger

Drain canned fruit and put in a large microwave safe bowl. Combine sugar and spices and stir into fruit. Heat for several minutes in the microwave.

Serve hot. Works well in a slow cooker on a buffet table. NOTE: If you prefer, substitute cinnamon and nutmeg for the curry and ginger.

Each serving: 131 calories, .1 g fat, 0 g saturated fat, 0 trans fat, 0 mg cholesterol, 15 mg sodium, 34 g carbohydrate, 2 g fiber, .3 g protein.

EASY WINTER FRUIT SALAD - SERVES 10

11 oz. mandarin oranges	1/2 cup maraschino cherries
20 oz. crushed pineapple	3 oz. pkg. instant vanilla pudding, fat and sugar free
29 oz. canned sliced peaches	1 cup fat free milk
15 oz. canned mixed chunky fruit	6 or 8 oz. low-fat vanilla yogurt

In large bowl, combine drained fruit. In a small bowl, beat pudding, milk and yogurt. Pour over fruit. Chill 2-4 hours before serving.

Each serving: 153 calories, .3 g fat, .2 g saturated fat, 0 trans fat, 1.5 mg cholesterol, 67 mg sodium, 36 g carbohydrate, 2 g fiber, 2 g protein.

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HOLIDAY FOOD SAFETY TEST

The holiday season can put people at risk for food borne illnesses. Refrigerators and dining rooms are full, parties and celebrations are plentiful and some of the foods are only prepared once a year. Test your food safety knowledge by answering the following TRUE or FALSE questions. When in doubt, throw it out!

QUESTIONS:

1. It's safe to use a turkey that has been in the **freezer** for over a year. TRUE or FALSE
2. Because it has been cooked for such a long time, it's OK to let a **turkey** or **ham** set out until you make sandwiches later. TRUE or FALSE
3. **Leftovers** should be cooled before placing them in the refrigerator. TRUE or FALSE
4. To save time, it's safe to **stuff the turkey the night before and cook it all night in a low heat oven**. TRUE or FALSE
5. When there isn't room in the refrigerator, it's safe to **leave food outside**, in the garage or on an extra porch to keep cold. TRUE or FALSE
6. Since you have been using it for years, and no one has ever gotten sick, it's safe to use the old family recipe for eggnog that calls for **raw eggs**. TRUE or FALSE
7. Because room temperature speeds things up, putting the large **turkey on the kitchen counter** or setting in the sink is the best way to get it thawed quickly, besides, there is no room for it to thaw in the refrigerator. TRUE or FALSE
8. Because parties and **buffet** lines can go on for several hours, care should be taken to keep hot food hot and cold food cold. TRUE or FALSE
9. **Pumpkin pies** should be refrigerated. TRUE or FALSE
10. **Perishable foods received from a mail-order company** are always safe to eat when they arrive. TRUE or FALSE



ANSWERS:

1. **TRUE**. A whole turkey can be safely frozen for 12 months if the temperature in the freezer has been constant.
2. **FALSE**. Any perishable food should not be allowed to set at room temperature for longer than two hours.

3. **FALSE**. Food does not need to be completely cooled before the leftovers are put in the refrigerator. If you have a large quantity of hot food, break it down into several small containers or chill in an ice bath.
4. **FALSE**. For safe turkey, the oven should be no lower than 325 degrees F. Once started, a turkey should be cooked completely until it reaches at least 165 degrees F.
5. **FALSE**. There is no guarantee that the temperature outside will stay cold enough to keep food safe.
6. **FALSE**. The American Egg Board does not recommend the consumption of raw eggs by anyone.
7. **FALSE**. Slow thawing in the refrigerator is the best method. It will take one day for each five pounds of turkey.
8. **TRUE**. If you know that the event will last longer than two hours, make plans to keep the hot foods over 140 degrees F and the cold foods below 40 degrees F. Instead of putting all the food out early in the event, place small amounts on several serving platters and replace the platters after two hours.
9. **TRUE**. Pumpkin is a custard pie and must be refrigerated.
10. **FALSE**. Even food shipped from reputable mail-order companies may be mishandled and may be unsafe when it arrives.



Source: *Communicating Food for Health*, November 2007.

LIGHTEN UP IOWA/WORKSITE WELLNESS

At least 25 percent of a company's healthcare costs can be attributed to modifiable health risks such as employees' poor diet and lack of physical activity. Studies show that for every \$1.00 the average company spends on its worksite wellness program, it receives an average net benefit of \$3.40 to \$7.88.

Companies will see:

- Reduced healthcare cost - 20% to 55%
- Reduced short-term sick leave - 6% to 32%
- Increased productivity - 2% to 52%

Employees will:

- Reduce the risk of disease, premature death
- Reduce or control blood pressure, cholesterol

Check out **Lighten Up Iowa** at:

www.lightenupiowa.org.



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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

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