

FOOD FOR FITNESS AND FUN

October - 2007

We need 1 to 2.5 cups of orange vegetables each week. Options include carrots, sweet potatoes and winter squash. This newsletter will help you get more orange vegetables into your diet. We also explore hunger in Iowa and whole grains. Enjoy! Jan Temple

CRANBERRY PUMPKIN MUFFINS-YIELD 12

Use winter squash in **quick breads**. Using applesauce and egg whites reduced cholesterol and fat.

1 1/2 cups flour	3/4 teaspoon cinnamon
1/2 cup quick oats	2 Tbsp. vegetable oil
3/4 cup sugar	2 egg whites
1 Tbsp. baking powder	1/3 cup unsweetened applesauce
1/2 teaspoon salt	1 cup pumpkin
1/2 teaspoon allspice	1 cup dried cranberries

Preheat oven to 400 degrees. Stir together dry ingredients and set aside. Beat oil, egg whites, applesauce and pumpkin together until well blended. Add the pumpkin mixture to the dry ingredients all at once. Stir until moistened (batter will be thick). Fold in cranberries. Fill greased or paper lined muffin cups. Bake for 25 to 30 minutes. Each muffin: 182 calories, 2.7 g fat, .3 g saturated fat, 0 trans fat, 0 mg cholesterol, 230 mg sodium, 37.5 g carbohydrate, 2 g fiber, 3 g protein, 64% vitamin A.

AUTUMN BLACK AND GOLD - YIELD 6

A meatless main dish featuring butternut squash.

1 small butternut squash	1/4 cup red wine vinegar
1 teaspoon vegetable oil	1/4 cup water
1 small chopped onion	2 - 16 oz. cans black beans, rinsed and drained
1/4 teaspoon garlic powder	1/2 teaspoon oregano

Heat the squash in the microwave on high heat for 1-2 minutes to soften the skin. Carefully peel the squash with a vegetable peeler or small knife; remove seeds. Cut squash into 1/2 inch cubes. In a large pan, heat the oil. Add the chopped onion, garlic powder, and squash. Cook for 5 minutes on medium heat. Add vinegar and water. Cook squash on low heat until tender, about 10 minutes. Add beans and oregano. Cook until heated through.

Each 1 cup serving: 120 calories, 1 g fat, 0 g saturated fat, 0 trans fat, 0 mg cholesterol, 270 mg sodium, 28 g carbohydrate, 8 g fiber, 6 g protein, 170% vitamin A.

Source: The Pennsylvania Nutrition Education Program

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

STUFFED BUTTERNUT SQUASH- YIELD 4

This **side dish** recipe combines squash with apples, red onions and pecans.

2 baking apples, cored and diced	1 Tablespoon pecan pieces, coarsely chopped
1/2 red onion, diced	1/2 teaspoon cinnamon
3 Tablespoons apple juice concentrate	1 butternut squash, cut in half lengthwise, seeds removed



Preheat the oven to 350 degrees. Toss the diced apples with the onion, apple juice concentrate, pecans and cinnamon. Prepare the butternut squash halves and place into a large baking dish. Pour about

1/4 inch of water into the bottom of the baking dish. Place a generous amount of stuffing into the cavity and down the center of each squash half. Cover with foil and bake for 50-60 minutes. Squash are done when fork tender.

Each 1/4 squash : 89 calories, 1 g fat, .1 g saturated fat, 0 trans fat, 0 mg cholesterol, 4 mg sodium, 20 g carbohydrate, 3 g fiber, 1 g protein, 109% vitamin A.

Source: Communicating Food for Health.

SWEET SQUASH PUDDING-YIELD 6

Use winter squash for a **low-fat dessert**.

12 oz. frozen winter squash, thawed	1/4 cup skim milk
2/3 cup fat-free cottage cheese	1/4 cup brown sugar
1/2 teaspoon pumpkin pie spice or cinnamon	1/2 teaspoon vanilla
2 egg whites	

Combine all ingredients in a blender until smooth. Pour into a 1.5 quart casserole dish and bake at 375 degrees for 45 minutes, until center is set. Serve warm or chilled.

Each 1/2 cup serving: 69 calories, .5 g fat, 0 g saturated fat, 0 trans fat, 0 mg cholesterol, 118 mg sodium, 12 g carbohydrate, 1.5 g fiber, 5 g protein, 40% vitamin A.

Source: Communicating Food for Health.



HELP FOOD BANKS FIGHT HUNGER

As the holiday season approaches, we turn our attention to those individuals who may need emergency food assistance through food banks and food pantries.

What is a Food Bank; a Food Pantry?

A **food bank** collects food and distributes to agencies that serve the low-income population. A **food pantry** provides food directly to individuals in need. There is a continuum between those who live in conditions of adequate and consistent access to healthful food, to those who must reduce their food intake in order to “get by” each month.

When we talk about **Food Security** we are talking about a person’s ability to access food in a consistent, socially acceptable manner in order to meet the family’s nutritional needs. But, some people are not able to access food in a consistent manner and then require emergency food assistance. These people are experiencing **food insecurity**. They are trying to have enough food to feed the children. Adults may skip meals to feed their children.

Currently, 10.9% of Iowans are food insecure. In 2006 it was 8%.



“Food Bank Wish List” Suggested Donations

• Pancake mix	• Infant cereal
• Rice pilaf	• Oatmeal
• Rigatoni	• Cream of Wheat
• Cereal	• Brown rice
• Quick bread mix	• Pasta
• Flour - White or Whole Wheat	• Raisins/other dried fruits
• Graham crackers	• Noodle soup
• Canned peaches/pears	• Baby food vegetables
• Spaghetti sauce	• Baby food fruit
• Canned vegetables	• Applesauce
• Vegetable soup	• Canned pumpkin
• Tomato sauce	• Cornmeal
• Powdered milk	• Nuts
• Infant formula	• Peanut butter
• Evaporated milk	• Beef stew
• Shelf stable pudding	• Vegetable oils
• Parmesan cheese	• Dried beans/peas
• Jelly, Sugar, Syrup	• Canned beans/peas
• Lite mayonnaise	• Salad dressings

Source: Susan Uthoff, ISU Extension Nutrition FS

EATING WHOLE GRAINS

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel - the bran, germ, and endosperm. The new Dietary Guidelines recommend that each day, half of our grain servings be whole grains. Examples: whole wheat flour, brown rice, oatmeal, bulgur, whole cornmeal. Here are additional tips for selecting whole grains:

- **Read the label:** The first ingredient on the label must say “whole” for the product to be whole grain. “Wheat” and “Enriched wheat” are refined white flour. “Made with whole grains” means that some of the grain is whole and “multi-grain” means several grain varieties are used but none would have to be whole grains.
- **Avoid fiber and whole grain confusion.** Each day we need **25-30 grams fiber**; it is just part of what makes a whole grain healthful. The Dietary Guidelines recommend at least 3 whole grain servings a day – a total of **48 grams whole grain** or more. A “serving” of whole grain provides 16 grams of whole grain. A refined grain may be high in fiber from added bran, inulin or guar gum, but remain lacking in the wide range of nutrients from whole grain.
- **Whole grain white bread** – A special variety of red wheat produces white flour that retains fiber and nutrients. The final bread product is only 30 percent or less whole wheat.

CHOCO-POP WHOLE GRAIN TREAT

Popcorn *IS* a whole grain! Enjoy it in this snack.

4 cups popped low fat microwave popcorn

1/4 teaspoon ground cinnamon

1 Tablespoon powdered hot chocolate mix or drink mix



Prepare microwave popcorn according to package directions. Measure 4 cups into a large bowl or bag.

In a small dish, combine cinnamon and chocolate

mix. Sprinkle over popcorn and toss or shake well. Enjoy.

Each one cup serving: 75 calories, 1.5 g fat, 0.5 g saturated fat, 0 trans fat, 0 mg cholesterol, 206 mg sodium, 16 g carbohydrate, 3 g fiber, 1.5 g protein.

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>

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

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.