

**SPENDSMART
EATSMART**

PLAN Reduce your food expenses by planning before you shop.

SHOP Get tips to find nutritious items and save at the grocery store.

EAT Save time and money when eating out or at home.

Making the Most of a Hot Grill

It's a beautiful time of year here in Iowa. That means I am cooking on the grill at least a couple of nights per week. I love the flavor of grilled food and it saves me from heating up the kitchen. Best of all, fewer dishes!

I use a gas grill and replacing the empty propane tank with a full one is one of my least favorite chores. I want to get the most out of every tank – so when I heat up my grill I fill it up!

Instead of grilling two hamburgers or pieces of chicken, I fill the grill up and use what I don't eat as "planned overs". These are leftover ingredients that I know I will use later. I can cook a whole grill full of food in the same amount of time as just a piece or two of meat. Last week I needed two grilled chicken breasts for a recipe so I made six and saved the extra four. I chopped up two of them and saved them in the fridge. I used them to top the salads in my lunch all week. I froze the other two in freezer bags. I'll defrost them and use them next time I need a fast dinner.

Meat isn't the only thing I can make ahead on the grill. I love to make grilled vegetables using a grill basket. I just chop them all about the same size, drizzle with some olive oil, sprinkle with a bit of seasoning and grill for about 15 minutes. I mix them around half-way through using a metal spatula or tongs.



Even if I just need a few cups, I fill up the basket and save the leftovers for other meals. I love to add them to cooked rice and pasta for a really fast meal. If I know I'll eat them in a few days, I keep them in a sealed container in the fridge. Otherwise, I put them in a freezer bag and stash them in the freezer.

I love knowing that when I come home from work late I can grab the chicken and veggies from the freezer and put together a tasty meal with the flavors of the grill in no time at all.

Christine Hradek—State Nutrition Specialist

Grill, Portion, Freeze, Enjoy!

I have been enjoying grilled chicken, sirloin steak and fish for lunch the past couple of weeks even though I haven't taken the cover off the grill. How do I do it? I grill extra when I have the marinade prepared and the grill heated. When everything is cooked I make 2 ounce portions, just enough to top my salad. Then, before work, I prepare my lunch by putting greens and whatever raw vegetables I have in the vegetable drawer - carrots, broccoli, onion, mushrooms, or cucumbers – in a plastic

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container, add one of my meat/fish packets and a piece of fruit to my lunch bag and I am good to go. When lunch time comes, I finish defrosting my meat/fish packet, slice it up and top my salad. Yum.

The keys to this whole process are 1) working quickly so your food doesn't sit out at room temperature for too long and 2) getting a tight seal. Meat frozen incorrectly will suffer freezer burn in a few weeks. This means that air dries the meat and causes loss of flavor.

Pack foods in quantities that will be used for a single meal. I used foil because I have very small amounts. If you are freezing several portions, plastic **freezer** bags (not plastic storage bags, they are different) or commercial freezer paper may work better. When packing several cuts in one package, put two layers of freezer paper between the pieces. This makes it easy to separate pieces for fast thawing.

When using plastic bags, take care to get all the air out of the bag before you seal it. Press air from the bag by beginning at the bottom of the bag and moving toward the unfilled top part of the bag to prevent air from reentering. Or you can use a clean straw inserted in the bag and inhale to remove the air before quickly closing the bag.

Illustrations in Methods of Wrapping (<http://www.ag.ndsu.edu/pubs/yf/foods/fnw613.pdf>) show how to wrap food using foil, drugstore wrap, or butcher wrap.

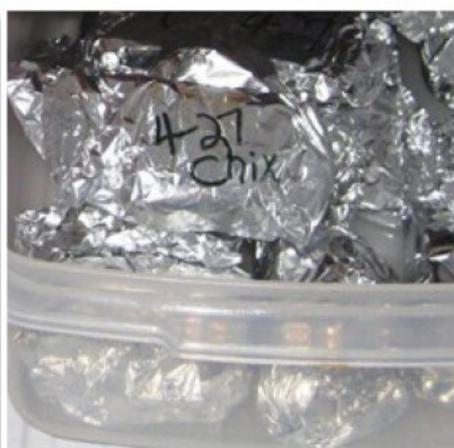
After your food is wrapped, label it with the date and contents. This helps you remember which foods need to be eaten first and what is in each package.

The last step is to store your food in a location in the freezer where you can easily grab it when you are making your lunch.

Peggy Martin—Registered Dietitian



PORTION AND WRAP



LABEL WITH DATE AND CONTENTS



STORE IN A VISIBLE PLACE IN FREEZER.

School Spirit is in the Air—Go Cyclones!

I like to go to tailgates and have people over for football games, but sometimes the food served at football celebrations is pretty unhealthy. I challenged myself to remake a couple of typical football snacks the Spend Smart. Eat Smart way. My recipes are fun, festive and ready for the football game!

I started by thinking about the veggie trays at tailgates. Someone always brings one but often they don't get eaten. I think this is usually because they are kind of boring and everyone really wants the sweet and

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salty snacks instead. Not to mention, these often come pre-made from the grocery store and cost way more than a veggie tray made at home. I made mine festive with peppers in Cyclone colors and instead of the usual ranch veggie dip, I made Garbanzo Bean Dip. It is a tasty and inexpensive alternative to the old standby. If you like hummus, you'll love this dip!

Garbanzo Bean Dip

Serving Size: 3 Tablespoons **Serves:** 8

Ingredients:

- 1 15-ounce can garbanzo beans (chickpeas) or great northern beans, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 2 tablespoons onion, chopped
- 1/2 teaspoon salt

Instructions:

1. Drain beans and mash in a small bowl until they are smooth.
2. Stir in oil, lemon juice, onion, and salt.
3. Refrigerate leftovers.

Tips:

- Serve on bread, crackers, or homemade pita chips, or as a dip with raw vegetables.



Nutrition Facts	
Serving Size 3 Tablespoons	
Servings Per Container 8	
Amount Per Serving	
Calories 80	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

Homemade Pita Chips

Serving Size: 4 pita chips **Serves:** 8

Ingredients:

- 4 whole wheat pita pockets
- 1 tablespoon vegetable oil, olive oil, or use oil spray
- 1 1/2 teaspoons garlic powder
- 2 tablespoons thyme, basil, or oregano
- 1/2 teaspoon salt

Instructions:

1. Preheat oven to 350°F.
2. Mix the seasonings together in a bowl.
3. Cut around the edges of the pita pockets to make 2 thin rounds. Stack the thin side of each pita in one pile and the thick side in another pile. Cut into wedges.
4. Place the wedges smooth side down, thin on one cookie sheet and thick on another cookie sheet.
5. Spray or brush each wedge with oil. Sprinkle with seasoning mix.
6. Bake thin wedges about 8 minutes and thick wedges about 12 minutes. Halfway through, flip the chips and cook for 8-10 minutes more or until they are fully toasted.
7. Remove from oven and let cool.

Substitution:

- Use cinnamon as the seasoning to make sweet pita chips. Serve with fruit salsa or yogurt.

Tips:

- Substitute for nacho chips in nachos.
- Spread peanut butter on the chips for a quick after school snack.
- Try pita chips with our After School Hummus.
- Chips can be stored up to 3 days in an airtight container or frozen.

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Nutrition Facts	
Serving Size 4 pita chips	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

After School Hummus

Serving Size: 2 Tablespoons **Serves:** 8

Ingredients:

- 1 can (15-ounce) reduced-sodium garbanzo beans (chickpeas), drained
- 2 medium garlic cloves, minced or 1/4 teaspoon garlic powder
- 1 1/2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon olive oil or vegetable oil
- 1/8 teaspoon black pepper
- 1/2 cup plain nonfat yogurt

Instructions:

1. Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed.
2. Stir in yogurt with spoon.
3. Refrigerate for several hours or overnight so the flavors blend.
4. Serve with pita chips, crackers, or fresh veggies.

Preparation Tips:

- Before adding beans to blender: mash the beans with a fork, chop garlic finely, and then stir the ingredients frequently.
- Add 1/3 cup chopped red pepper for additional color.

Tips:

- Hummus packs a lot of protein and fiber. Let your kids dip raw veggies, crackers, or pita chips into this healthy snack.
- Store the hummus in an airtight container in the fridge. Use within 2-3 days.
- Learn how to make your own [homemade pita chips](#).



Nutrition Facts

Serving Size 2 Tbsp
Servings Per Container 8

Amount Per Serving	
Calories 70	Calories from Fat 25
<small>% Daily Value*</small>	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 4%

Whole Grain Cereal Treats

Serving Size: 2 Inch Square **Serves:** 24

Ingredients:

- 3 Tablespoons margarine or butter
- 1-10 ounce package (or 40) regular marshmallows or 4 cups miniature marshmallows
- 6 cups whole grain cereal (Cheerios, wheat flakes, Wheat Chex, etc.)

Instructions:

1. In a microwave-safe bowl, heat margarine and marshmallows on high for 3 minutes, stirring after 2 minutes.
2. Stir again until smooth.
3. Add cereal and stir until well coated.
4. Using a buttered spatula or waxed paper, press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cut into 2-inch squares when cool.

Tips:

- These taste the best when served the same day.
- To add some color and flavor, add about 1 cup of dried fruit (cranberries, raisins, etc.) along with the cereal.

Next time you're going to a football get-together, think about putting a healthier spin on the dish you take. Game time food can be healthy and inexpensive while still being lots of fun!

Christine Hradek—State Nutrition Specialist



Nutrition Facts

Serving Size 2 in. square
Servings Per Container 24

Amount Per Serving	
Calories 80	Calories from Fat 15
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 6%	• Vitamin C 2%
Calcium 2%	• Iron 15%