Featured Recipe: Tzatziki with Pita Chips

Last month I went to a nice restaurant with my sisters and friends before a play. I ordered a Greek Salad plate. It was delicious, but as I looked at it I thought, “I could make this so easily at home”. The salad was a combination of romaine and other lettuces, cherry tomatoes, Kalamata olives, red onion, and feta cheese with some pita bread on the side. The dressing looked and tasted just like our Tzatziki recipe which is so simple and inexpensive to make. Just remember, the flavors in the Tzatziki only get better if you make it the day before you plan to use it. It keeps for 4 days in the refrigerator.

Besides using the Tzatziki as a dressing, it is a great dip for vegetables and pita chips. It is so fresh tasting. Homemade pita chips are also super easy to make and allow you to control the amount and type of fat you add to them.

Tzatziki with Pita Chips

Serving Size: 1/4 cup Tzatziki with 6 chips Serves: 8 (makes 2 1/2 cups) Cost Per Serving: $.57

- Ingredients:
  - 1 unpeeled cucumber, washed and sliced lengthwise
  - 1 teaspoon garlic, peeled and minced (about 1-2 cloves)
  - 2 containers (6 ounces each) plain Greek yogurt
  - 1 teaspoon dried dill and/or fresh mint
  - 1/4 teaspoon salt
  - 1 tablespoon olive oil

Ingredients for Pita Chips:
- 6 whole wheat pita pockets (6“)
- Cooking spray
- 1/2 teaspoon spice (choose one or combine dried rosemary, basil, garlic powder, cumin, cayenne pepper)

Instructions:
1. Use a spoon to scrape out cucumber seeds. Dice the cucumber into small pieces or shred using a grater.
2. Spread cucumber on two or three layers of paper towels or a clean kitchen towel. Roll up the towels and squeeze to remove excess liquid. Transfer dried cucumber to a large bowl.
3. Add the remaining ingredients and mix. Cover and refrigerate until served.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1/4 cup Tzatziki with 6 chips</th>
<th>Servings Per Container 8</th>
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<tbody>
<tr>
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<td></td>
</tr>
<tr>
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<tr>
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</tr>
<tr>
<td>Calcium 4%</td>
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Pita Chips:

1. Preheat oven to 400°F.
2. Cut pita in 8 wedges, spray with cooking spray, and sprinkle with seasoning.
3. Toast chips 4-5 minutes, then turn and toast 1-2 minutes more. (Watch carefully at the end because they can quickly turn brown.)

Peggy Martin—Registered Dietitian

Mmmm Good Fruit Pizza

Recently my four-year old son and I made Mmmm Good Fruit Pizza for snack time. Fruit pizza tastes good any time of the year, but we especially like to make it in the summertime when we can use fruits that are in season. This time we chose to use fresh blueberries and raspberries along with some canned pineapple and mandarin oranges.

Now that school is out and kids are home for the summer, fruit pizza is a healthy and tasty snack that everyone loves. Instead of making one large crust, consider making individual sized crusts and let each person make their own mini fruit pizza. I did this with my son’s preschool class and they enjoyed getting to spread the yogurt ‘sauce’ on and choosing which fruits to use on their pizza. Since some kids are picky about fruit, letting them choose which fruits to use and eating it on ‘pizza’ may be just the trick to get them to eat more fruit.

Kids love pizza so you know this pizza is worth making when my son says, “This pizza is the goodest pizza I’ve ever had.”

Jody Gatewood—Registered Dietitian & Assistant State Nutrition Program Specialist

Mmmm Good Fruit Pizza

Serving Size: 1 wedge       Serves: 9       Cost Per Serving: $.41

Ingredients:

For the cookie crust:
- 1 large egg white
- 1/4 cup vegetable oil
- 1/4 cup brown sugar, firmly packed
- 1/3 cup all-purpose flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1 cup uncooked quick-cooking oatmeal
- Cooking spray

For the topping:
- 3 ounces fat-free cream cheese, softened
- 1/2 (6-ounce) container nonfat vanilla yogurt
- Fruit for topping the pizza

Instructions:
1. Preheat the oven to 375° F.
2. Use a medium mixing bowl to beat egg white until foamy. Add oil and sugar. Beat until smooth.
3. Use a small bowl to stir together the flour, cinnamon, and baking soda. Add to sugar mixture. Stir in oatmeal.
4. Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9-inch circle.

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## Tips:

- Make fruit into dessert. Any variety of fresh fruit will work, or use canned fruit such as pineapple or mandarin oranges. Use flavored yogurt instead of vanilla to vary color and flavor.
- Dip fruits that turn brown after cutting in lemon juice and drain well before adding to pizza. This works for bananas, apples, peaches, or pears.

### Blueberries … I Love ‘Em!

Early in July I head to my favorite ‘you-pick’ blueberry farm and enjoy those delicious fresh berries! I don’t have the time or space to grow my own berries, so I’m happy others grow them for us to pick. Grocery stores are running specials of under $2.00 a pint; but, at one pick-your-own operation in SE Iowa, they were $2 a quart if you did the picking or $4 a quart if you bought them in the box. I get satisfaction from picking them myself, and knowing they were produced locally is well worth the price I pay.

Blueberries are one of the top fruits nutritionally and are great to eat fresh, or they can be frozen. You do need to rinse them off, but experts disagree whether that needs to be done before or after you freeze them. Frozen berries are great in muffins, salads, smoothies, on cereal, etc. The Spend Smart. Eat Smart. web site (http://www.extension.iastate.edu/foodsavings) has directions for freezing fruits and vegetables.

Look for other pick-your-own opportunities. If you participate in Community Supported Agriculture (CSA) projects, you may have the option of picking your own as well.

### Seasonal Produce—
the Time has Come

Warm weather has finally arrived here in Iowa and locally grown produce is starting to become available. Summer is my favorite time of year to cook because my favorite ingredients like tomatoes, fresh green beans and bell peppers are in season. When fruits and vegetables are in season they are often available at a lower price and fresh-picked produce tastes great.

I grow some of my favorites myself like tomatoes, herbs and peppers in pots on my patio. I shop for other items at the farmers’ market or even my local grocery store. I find that grocery stores in my area carry much more local produce than they did in the past. Here in Iowa we often see locally grown tomatoes, sweet corn, hot and sweet peppers and salad greens in the produce aisle in the summer.

Check out our video (http://blogs.extension.iastate.edu/foodsavings) about eating seasonally.

Christine Hradek—State Nutrition Specialist
How Many Fruits and Vegetables do You Need?

Here are the facts.

- Most of us know that we need to eat fruits and vegetables.
- Few of us eat what we need.
- Many of us don’t know how much we (or our children) need when it comes to fruits and veggies.
- Most of us need to eat a bigger variety of fruits and especially vegetables and prepare them without lots of added salt, fat and sugar (more on that next week).

I am fortunate that I grew up eating lots of fruits and vegetables and now that my kids are adults they enjoy a wide variety as well. My grandson, age 14 months will eat most fruits but he is not as fond of vegetables. Right now adding vegetables to his favorites seems to work best. I added shredded carrots to sloppy joes, small chunks of vegetables to macaroni and cheese, etc. With time and lots of exposure I bet he will learn to enjoy the different colors and flavors.

Jody Gatewood, from our SpendSmart team, discusses the amounts of fruits and vegetables you need every day and some easy ways to get them into your meals and snacks. Just go to http://blogs.extension.iastate.edu/foodsavings/

Attached is also a page on this topic.

Peggy Martin—Registered Dietitian

App for Tracking Food, Weight, Exercise

I have used several apps to track my food and exercise. The one I am currently using, MyFitnessPal, is just about perfect for me and it receives the highest rating by the Academy of Nutrition and Dietetics. If you don’t have a smart phone you can do the same thing on the MyFitnessPal web site (http://www.myfitnesspal.com/).

Why do I like it?

1. It is free.
2. It has a large food database with more than 1,100,000 foods with the option for food or recipe entry.
3. It includes a database of more than 350 fitness exercises, with calories burned for a “net” calories remaining.
4. It is easy to scan barcodes to add foods.
5. It provides a weekly average and other detailed reports and charts of your progress over time. This is motivational for me.
6. It offers the analysis of fat, calories, protein and carbohydrates; PLUS iron, calcium, vitamin A, vitamin C and potassium.

MyFitnessPal also lets you add friends and link to Facebook for support. I haven’t used this feature, but it looks interesting.

Check out the Academy of Nutrition and Dietetics (http://www.eatright.org/) review to see other apps you might be interested in.

Peggy Martin—Registered Dietitian
HOW TO DECIDE HOW MANY Fruits and Vegetables I Need

For a healthy diet, we need to eat a variety of fruits and vegetables every day. However, it can be a challenge to figure out what a variety looks like and how many fruits and vegetables are needed.

Figuring out variety can be easy if you look for different colors. A variety of colors of fruits and vegetables provides a variety of nutrients. Vegetables are divided into different categories: green vegetables, red and orange vegetables, starchy vegetables, and beans and peas.

The MyPlate website, www.choosemyplate.gov, tells us exactly how many fruits and vegetables we need, depending on our age and activity level.

<table>
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<tr>
<th>Children</th>
<th>Teenagers</th>
<th>Adults</th>
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<tbody>
<tr>
<td>1 to 1 ½ cups of fruit, 1 to 2 cups of vegetables</td>
<td>1 ½ to 2 cups of fruit, 2 to 3 cups of vegetables</td>
<td>1 ½ to 2 cups of fruit, 2 to 3 cups of vegetables</td>
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Though that may seem like a lot, most people can simplify it and plan on eating two servings of fruit and three servings of vegetables each day to meet their needs.

Typically, a serving is one cup of a cut up fruit or vegetable, one whole piece of fruit, two cups of leafy greens (like lettuce or spinach), one half cup of dried fruit, and one cup of juice.

Here are some examples of how to get a variety of fruits and vegetables during the day:

- A banana for breakfast, an apple and broccoli for lunch, and vegetable soup for dinner.
- An omelet with vegetables for breakfast, celery sticks for a snack, grapes, tomato and lettuce on a sandwich at lunch, and peaches with dinner.
- A fruit smoothie for breakfast and a salad for lunch.

Check out our How To Channel:
www.extension.iastate.edu/foodsavings/page/how-channel for videos
and more information on basic food preparation, safety, storage, and easy recipes!

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