

# Words on Wellness

Your extension connection to nutrition and fitness

## Recipe for Safe Food

Most recipes do not include proper food safety precautions. The online Recipe Tool automatically adds the critical food safety steps into favorite recipes or those found online. The tool was developed by the USDA, in partnership with the FDA and the CDC, as a reminder to keep food safe.

**Note: The food safety tips have been added to the recipe in this newsletter.**

To use the Recipe Tool:

1. Access the link at [www.foodsafety.gov/keep/basics/recipepool/](http://www.foodsafety.gov/keep/basics/recipepool/).

2. Type your favorite recipes into the boxes or insert the recipe URL from a popular cooking website into the tool to get food handling reminders. Food handling reminders include clean, separate, cook, and chill.



Source: FoodSafety.gov, Keep Food Safe Blog, [www.foodsafety.gov/blog/2014/07/recipes-just-got-safe-our-new-online-tool.html](http://www.foodsafety.gov/blog/2014/07/recipes-just-got-safe-our-new-online-tool.html)

## Broccoli Salad

Serving Size: 1 cup | Serves: 7

### Ingredients

 Keep raw meat, poultry, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator.

- 1 bunch broccoli
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 1 teaspoon mustard
- 1/3 cup light mayonnaise or salad dressing
- 3 tablespoons cider or white vinegar
- 1/2 cup red onion, diced (1/2 medium onion)
- 1/2 cup raisins

### Instructions

 Wash hands before preparing food and frequently throughout for 20 seconds with soap and running water.

1. Cut   1/2" off bottom of the broccoli stem   and discard. Peel the outer layer of the stem. Chop    the tender inner portion of the broccoli and florets.
2. Mix sugar, salt, mustard, and mayonnaise together in a large bowl.  Add vinegar and stir with a wire whisk or fork.
3. Add the broccoli, red onion,   and raisins.

4. Stir until mixture is coated with dressing. Serve salad immediately or store in a tightly covered container in the refrigerator. Store salad for up to 4 days.

 Enjoy your leftovers! Refrigerate them at 40°F or below within two hours.

### TIPS

 Wash surfaces and utensils after each use. Wash fruits and veggies before preparing food, even if you plan to peel them.

 To prevent cross-contamination, always use separate cutting boards and plates for produce and for raw meat, poultry, seafood, and eggs.

 Always use a food thermometer to ensure cooked food reaches a safe internal temperature (165°F for poultry; 145°F for fish, pork, beef, veal, and lamb; 160°F for ground beef, pork, veal, and lamb).

**Nutrition information per serving:** 130 calories, 4g total fat, 0.5g saturated fat, 0g trans fat, 5mg cholesterol, 200mg sodium, 22g total carbohydrate, 3g fiber, 15g sugar, 3g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website, [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

IOWA STATE UNIVERSITY  
Extension and Outreach

Healthy People. Environments. Economies.



[www.extension.iastate.edu](http://www.extension.iastate.edu)

## Superfoods: More than Kale and Quinoa

Though there is no legal or medical definition for “superfoods,” the term is typically used to describe foods that are high in nutrients and antioxidants and low in fat, sugar, and sodium. Eating these foods may reduce the risk of some chronic diseases. The following “superfoods” are packed with vitamins and minerals and are versatile in recipes.

**Cruciferous Vegetables** - This category includes broccoli, brussels sprouts, and cabbage, which are good sources of fiber and vitamin C and are easily added to a stir fry or a casserole. Substitute shredded cabbage for iceberg lettuce on tacos. Broccoli is also great for snacking raw with a low-fat dip.

**Citrus Fruits** - Oranges, grapefruit, lemons, limes, clementines, tangerines, and the ugli fruit are included in this group. Citrus fruits are high in vitamin C. These fruits can be enjoyed as a snack or tossed in a fruit salad or a leafy green salad. Squeeze the fruit to make fresh juice and to replace the flavor of salt in recipes.

**Green, Leafy Vegetables** - Spinach, kale, collard greens, mustard greens, watercress, arugula, and other dark green lettuces are nutrition powerhouses. They are packed with fiber and are a high source of vitamins A and C. Enjoy these greens shredded in a salad, sautéed with olive oil and garlic, or added to soup or casseroles.

**Berries** - Strawberries, blueberries, blackberries, and raspberries are good sources of fiber and vitamin C. Add them to cereal or oatmeal or enjoy them for a snack. Try adding them to a leafy green salad for a different twist.

**Beans** - Garbanzo beans (chickpeas), kidney beans, black beans, black-eyed peas, lentils, lima beans, pinto beans, and navy beans are a few of the more popular bean varieties. Beans are fat free, high in dietary fiber, and a good source of folate and potassium. Enjoy them in bean burritos, black bean burgers, bean salads, or bean soups.

Source: Fruits and Veggies More Matters, [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

## Get Moving in Your Community

Studies show that individuals are more physically active if the environment provides them with opportunities to do so. Examine your neighborhood, workplace, or school to identify ways to make your surroundings more inviting for walking or exercise. Here are four ideas to consider:



- Start a walking group in your neighborhood or at your workplace.
- Make the streets safe for exercise by driving the speed limit and yielding to people who walk, run, or bike.
- Participate in local planning efforts to develop a walking or bike path in your community.
- Share your ideas for improvement with your neighbors or local leaders.

Source: Opportunities Abound for Moving Around, May 2015, [newsinhealth.nih.gov/issue/May2015/Feature1](http://newsinhealth.nih.gov/issue/May2015/Feature1)

PM 2099H September 2015

### ...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, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.