

Food, Fun, and Facts



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Spring 2009
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Eat a Rainbow!

Eat a rainbow – of fruits and vegetables that is! Eating a variety of colors of fruits and vegetables is one way to be sure your body gets the vitamins and minerals it needs.

Research has shown that different colors of produce provide different nutrients. Fruits and vegetables are packed full of disease-fighting phytochemicals, antioxidants vitamins, minerals, fiber, complex carbohydrates and protein. Eating a variety of colors of fruits and vegetables is the best way to avoid obesity, heart disease, type 2 diabetes, certain cancers and other chronic diseases and illnesses.

The antioxidants in produce help fight *free radicals* that are in your body that can harm cells. The antioxidants are found in the color pigments of the fruits and vegetables.

Fruit has been called “Nature’s Candy” for its sweet flavor. Try a delicious piece of fruit for dessert or any time your sweet tooth beckons.

Vegetables are low in sodium and fat free, which also translates to cholesterol free. Like fruit, vegetables are easy to prepare and eat. Many can be eaten either cooked or raw and just need a good wash to be ready to eat. Vegetables and fruit are the original “fast foods”!

Another benefit of eating plenty of vegetables and fruits is weight control. The water content and fiber help fill you up and make you feel full. Replace “empty calorie” foods with fruits and vegetables and it will be easier to maintain or lose weight.

MyPyramid recommends that most adults eat 2 ½ cups of vegetables and 2 cups of fruit everyday. It is easier than you might think to do this. Below are some examples.

- * **Add ½ cup blueberries to your morning oatmeal.**
- * **Eat a small (the size of a tennis ball) apple for a mid-morning snack**
- * **Enjoy a tossed salad with 1 cup spinach, ½ cup Edamame, ¼ cup mandarin orange segments, 2 tablespoons shredded mozzarella, 1 teaspoon sunflower seeds with non-fat Raspberry vinaigrette dressing with lunch.**
- * **Carrot and jicama sticks (1/2 cup each) make a great afternoon snack.**
- * **For dinner, enjoy 1 cup of broccoli and cauliflower, and ½ cup peach crisp for dessert.**
- *

Rainbow Recipes

Apple Barley Pilaf

2 tablespoons	margarine
¼ teaspoon	dried thyme
¼ cup	finely chopped onion
2 large	Fuji apples, cored and finely chopped
½ cup	uncooked barley
1 cup	low sodium chicken broth
2 tablespoons	chopped fresh parsley
¼ cup	golden raisins

1. In a large skillet with a tight fitting lid, melt margarine over medium heat. Add onion and barley and cook, stirring until golden.
2. Add broth, raisins and thyme to barley mixture, bring to a boil. Reduce heat to simmer, cover and cook 40 to 45 minutes or until barley is tender and liquid is absorbed.
3. Fold apples and parsley into barley mixture, cook 5 minutes more and serve.

Recipe from www.virginiaapples.org

Basil Green Beans

1 pound	fresh green beans (frozen may be substituted)
1 tablespoon	minced onion
½ teaspoon	margarine
1 teaspoon	dried basil leaves
1 teaspoon	garlic powder
Dash	pepper

1. Trim and snap beans into thirds. Mince the onion.
2. Put water on to boil to steam beans. As soon as the water boils, steam beans for 12 to 17 minutes or until tender.
3. In a medium saucepan melt margarine and sauté onions until tender. Add steamed beans, basil, garlic powder and pepper.
4. Toss beans with basil sauce to coat evenly.

Serves 4: 25 calories and 1 gram of fat per serving

Recipe from the *American Institute for Cancer Research*

Zucchini-Broccoli Relish Salad

2 medium	zucchini, quartered lengthwise and diced
1 cup	finely chopped broccoli florets
1 medium	red bell pepper, cut into strips
¼ cup	sweet pickle relish
½ cup	reduced fat mayonnaise

1. Combine all ingredients in a serving bowl and stir well to mix.

6 servings

Per serving: 89 calories, 5 g total fat, 1 g protein, 9 g carbohydrate, 7 g cholesterol, 204 mg sodium

Recipe courtesy of Nava Atlas and Lillian Kayte
Vegetarian Express

Yogurt Fruit Salad

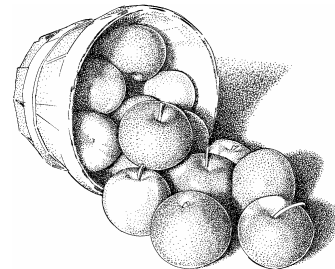
3 ounces	nonfat vanilla yogurt
1 small	green apple, washed and diced
2 tablespoons	walnut pieces
¼ cup	red grapes

1. Mix together yogurt, apple, walnut pieces and red grapes.
2. Serve on lettuce leaves.

2 servings

Each ½ cup serving: 86 calories, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 31 mg sodium, 14 g carbohydrate, 1.5 g fiber, 3 g protein.

Recipe from *Food and Health Communications*



Sweet Potatoes with Raisin Sauce

1 pound	sweet potatoes
½ cup	apple juice
¼ cup	raisins
2 teaspoons	apple cider vinegar
Pinch	vinegar
Pinch	ginger

1. Preheat the oven to 350 degrees.
2. Peel and cube the sweet potatoes.
3. Place all ingredients together in a large covered casserole dish and mix well.
4. Cover and bake until tender, about 45 to 60 minutes.
5. Serve hot.

Makes 4, one-half cup servings

Per serving: 159 calories, 0.2 total fat g, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 13 mg sodium, 38.8 g carbohydrates, 3.8 g dietary fiber, 2.3 g protein, 24746.9iu vitamin A, 28.5 mg vitamin c, 38 mg calcium,. 0.9 mg iron

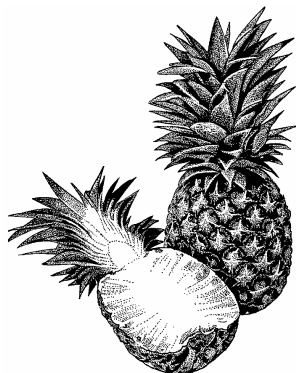
Recipe from <http://communicatingfoodforhealth.com>

Fruity Breakfast Parfait

2 cups	pineapple tidbits
1 cup	frozen raspberries, thawed
1 cup	low fat vanilla yogurt
1 medium	banana
1/3 cup	chopped dates
¼ cup	sliced almonds, toasted

1. In sundae glasses, layer the pineapple, raspberries, yogurt, banana and dates.
2. Sprinkle the top with almonds.
3. Serve immediately.

Makes 4 servings



Blueberry Crisp

3 cups	cooked brown rice
3 cups	fresh blueberries*
¼ cup + 3 tablespoons	firmly packed brown sugar
	vegetable cooking spray
¼ cup	whole wheat flour
¼ cup	chopped walnuts
1 teaspoon	ground cinnamon
3 tablespoons	margarine

1. Combine rice, blueberries and 3 tablespoons sugar.
2. Coat a 2-quart baking dish with cooking spray.
3. Place rice mixture in baking dish; set aside.
4. Combine flour, walnuts, remaining ¼ cup sugar and cinnamon in a bowl. Cut in margarine with pastry blender until mixture resembles coarse meal. Sprinkle over rice mixture.
5. Bake at 375 degrees 15 to 20 minutes or until thoroughly heated.
6. Serve warm.

Makes 8 servings

Per serving: 217 calories, 8 g total fat, 207 mg sodium, 36 g carbohydrate, 4 g dietary fiber, 3 g protein

Source *USA Rice Federation*

Crunchy Peach Delight

2 cans (15 ounces each)	peaches, drained and diced
2 teaspoons	lemon juice
¾ teaspoon	cinnamon
1/8 teaspoon	ground cloves
1/3 cup	brown sugar
2/3 cup	quick cooking oats
2 tablespoons	margarine, melted
2 tablespoons	whole wheat flour

1. Place diced peaches in an 8x8 inch baking pan that has been sprayed with nonstick cooking spray. Sprinkle with lemon juice.
2. In a small bowl, combine the remaining ingredients mixing well. Spread over the peaches.
3. Bake at 375°F for 30-35 minutes.
4. Serve warm or cold.

Cheesy Broccoli Potato Soup

2 tablespoons	butter
½ cup	chopped onion
¼ cup	flour
2 cups	low-sodium chicken broth
2 cups	fat-free milk
1 cup	frozen broccoli, chopped
1 cup	potatoes, peeled and diced
¾ cup	cheddar cheese, shredded
1 ½ teaspoons	Worcestershire sauce
½ teaspoon	salt
¼ teaspoon	pepper

1. Melt butter in a large saucepan over medium heat, add onion and cook until tender.
2. Add flour; stir until blended.
3. Gradually stir in broth. Heat until slightly thickened.
4. Add milk, broccoli and potatoes. Cook over low heat about 15 minutes or until broccoli and potatoes are tender.
5. Stir in cheese and seasonings.

Makes 6 one cup servings

Per cup: 190 calories, 9 g total fat, 6 g saturated fat, 25 mg sodium, 25% daily value calcium, 10 g protein, 18 g carbohydrates, 2 g dietary fiber

Recipe created by *3-a-day of Dairy*

Corn Salad Serves 6

1 can (17 ounces)	whole kernel corn
2 ounces	cheese, cut into cubes
½ cup	any combination of chopped green pepper, red pepper or onion
½ cup	sliced cucumber, zucchini or summer squash
½ cup	shredded carrots
¼ cup	dill pickle relish
½ cup	low-fat Thousand Island or French dressing

1. In a medium bowl, combine drained corn, cheese, peppers, cucumber, carrots and relish.
2. Stir in salad dressing. Cover and chill.

Garden Style Turkey Loaf

1 ½ pounds	lean ground turkey breast
1 package (10 ounces)	frozen chopped spinach, thawed and drained
1 cup	oatmeal (quick or old fashioned, uncooked)
½ cup	finely chopped onion
½ cup	shredded carrots
2	egg whites or 1 egg, lightly beaten
1/3 cup	fat free milk
1 ½ teaspoons	Italian seasoning blend
1 teaspoon	salt, optional
¼ teaspoon	black pepper

1. Heat oven to 350 degrees.
2. In a large bowl combine all ingredients, mixing lightly but thoroughly.
3. Shape turkey mixture into a 9 x 5 inch loaf and place in a 13 x 9 inch baking pan or on a rack in a broiler pan.
4. Bake 1 hour or until thermometer registers 170 degrees and center is no longer pink. Let stand 5 minutes before slicing.

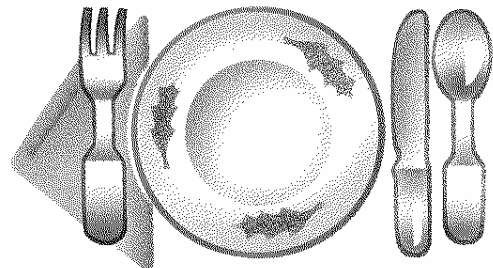
Makes 8 servings

Per serving: 150 calories, 20 calories from fat, 2 g total fat, 0.5 g saturated fat, 40 mg cholesterol, 105 mg sodium, 11 g total carbohydrates, 3 g dietary fiber, 24 g protein

Notes:

- * Lean ground beef may be substituted for ground turkey breast. Bake 50 to 55 minutes to 160 degrees.
- * One half cup finely chopped green or red bell pepper may be substituted for spinach.

Source: *Quaker Oatmeal*



Black Bean Jicama Salad

3 cups	cooked or canned black beans
2	tomatoes, chopped
1 cup	diced jicama
2	red bell peppers, finely chopped
1 cup	yellow corn, canned or frozen
2 tablespoons	canned chopped chilies
3 cloves	garlic, minced
2 tablespoons	chopped cilantro
1 tablespoon	cumin
1 tablespoon	olive oil
3 tablespoons	lime juice
1 tablespoon	red wine vinegar

1. In a large salad bowl, combine all ingredients.
2. Cover and refrigerate for at least 2 hours.

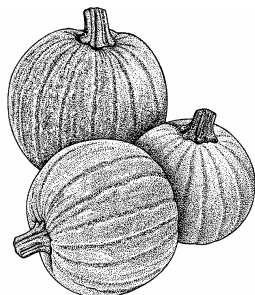
Makes 8 servings, 1 cup each
Per serving: 146 calories, 2 g total fat, 0 g saturated fat, 0 mg cholesterol, 90 mg sodium, 27 g carbohydrate, 8 g dietary fiber, 5 g sugar, 7 g protein

Recipe from www.fabulousfoods.com

Creamy Pumpkin Dip

1 package (8 ounces)	light cream cheese, softened
½ cup	light sour cream
2 cups	powdered sugar
1 can (15 ounces)	cooked pumpkin
1 tablespoon	orange juice concentrate
1 tablespoon	ground cinnamon

1. Combine cream cheese, sour cream and powdered sugar in a large bowl. Beat at medium speed until creamy.
2. Reduce speed to low; add pumpkin. Beat until combined.
3. Stir in cinnamon and orange juice concentrate until well mixed.
4. Serve with sliced fruit.



Creamy Coleslaw

2 tablespoons	low fat mayonnaise
6 tablespoons	plain, low fat yogurt
2 ounces	low fat cream cheese
½ pound	packaged pre-shredded coleslaw cabbage, preferably with carrots
¼ cup	chopped fresh parsley
to taste	salt
to taste	pepper

1. In a small bowl, whisk together the mayonnaise, yogurt and cream cheese.
2. Combine the coleslaw cabbage and parsley in a serving bowl. Pour the dressing over and toss to combine well, then season to taste with salt and pepper.

Makes 3 servings

Per serving: 122 calories, 8 g total fat, 4 g protein, 9 g carbohydrate, 22 g cholesterol, 177 mg sodium

Recipe adapted from *Vegetarian Express by Nava Atlas and Lillian Kayte* reprinted with permission.

Strawberry Kiwi Smoothie

1	kiwi fruit
1	banana, very ripe
½ cup	low fat vanilla yogurt
½ cup	frozen strawberries
¾ cup	pineapple juice

1. Peel kiwi and cut into quarters. Place in blender.
2. Break banana into small pieces and place in blender.
3. Measure yogurt and pineapple juice and place in blender.
4. Place lid on blender and blend until smooth.
5. Remove small cap on blender lid and add frozen strawberries a few at a time with blender running. Continue blending until smooth.
6. Serve immediately. Makes 2 servings.



Move It!

Spring is here! With warmer weather, trees and flowers blooming everywhere – it is a great time to get outdoors and MOVE.

Physical activity is vital for good health. Our bodies need to move to keep blood flowing and muscles strong. However, it isn't necessary to do hundreds of push ups and sit ups to be healthy.

Walking is a good way to improve your overall health. Walking is easy and doesn't require expensive equipment. A good pair of walking shoes that fit well, some water and you are all set to go. Walking is easy to fit into your schedule as well. Use your break at work for a brisk walk around the halls and you will find you have more energy when you return to work. Keep your walking shoes in your car so that whenever you find yourself with a few minutes to spare you can lace up and enjoy a walk. Invite family and friends to walk with you, it is an excellent way to catch up on all the news.

Even doing things like parking a distance away from your destination and walking, adds up. Carry your groceries in from the car one bag at a time, take one item at a time upstairs, stretch while dusting and sweeping, do lunges while vacuuming – you get the idea, use the things you do everyday as opportunities to move more.

Stretching is another important component of physical activity. Stretch before and after being physically active to reduce the risk of injury. An important benefit of stretching is increased flexibility. Flexibility is important since it helps with balance and with getting up and down from chairs.

Being more physically active helps you feel, better and look better. The health benefits include: more energy, better weight control, better heart health and a reduced risk for many illnesses and diseases. What are you waiting for? Get moving today!

Did you know.....

Foods from the grain group give you energy? Choose whole grains for healthy carbohydrates that give you energy, B vitamins and fiber. Whole grains make you feel full, helping to control appetite.

A **pimento** is a sweet pepper? Pimento is the Spanish word for pepper. Most of the pimento crop is used to make paprika,

The names for sugar used on an ingredient label? The names include: sugar, honey, high fructose syrup, fructose, glucose, molasses, syrup, dextrose, sucrose, maltose, turbinado sugar, corn syrup, maple syrup, cane syrup.

Edamame is another name for green soybeans? Edamame can be purchased year round in the frozen food department. Lightly steamed, these make a great side dish and are also very good added to soup or salad. Edamame can be grown successfully in our area – consider adding it to your garden plot this season.

Coconut oil is a highly saturated fat? It is found in many commercial breads, cookies, cakes and candies. For good health limit the amount of these products you eat.

Vitamin D is known as the sunshine vitamin? By spending just 10 minutes a day in the sunlight with skin exposed you can get the vitamin D you need. However, this is not always possible, so dairy foods and margarine are enriched with vitamin D. It is also found in egg yolks, fish oil. Vitamin D helps bones and teeth harden, increases calcium and phosphorus absorption. New studies indicate vitamin D can help protect against osteoporosis, high blood pressure, certain cancers and other autoimmune diseases. Visit with your health care provider before adding vitamin D to your diet.