



THE MARKET BASKET

Jan/Feb 2011



Expanded Food and Nutrition Education Program



Hi Friends:

Its hard to believe 2011 has arrived! Happy New Year! This issue has some tips on get moving for a healthy body & in February there is always a push to take care of our heart. We should think of taking care of our health all year long & this issue has lots of ideas & recipes for that. Be sure to sign up at my Blog page if you haven't done so yet @ <http://polkcountyefnep.blogspot.com/>

Til next issue,

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RECIPES



__Microwaves and Crock Pots

After working all day, isn't it nice to come home to an already cooked meal or to be able to have a meal cooked in a few minutes. Feeding ourselves and our families can be quick, simple, and nutritious with a little planning and the right tools. Slow cookers or crock pots are very handy especially during the colder month. Soups and stews are healthy hearty meals that can be prepared the night before and cooked during the day while the family is at school or work.



Here are a few tips:

- Vegetables cook slower than meat so place them at the bottom and around the sides of the cooker.
- Place the *defrosted* meat in the center.
- Cover all the food with a hot liquid like water or broth to get it out of the "danger zone" more quickly.
- Do not use crock pots to reheat foods.

Microwaves are another kitchen tool that can help you prepare quick nutritious meals. Frozen or canned vegetables can be easily cooked in a matter of a few minutes. The microwave is very useful when preparing planned-over's. Here are a few things to remember:

- Foods need to be reheated to 165°F.
- Rotating foods as they cook will help them cook evenly.
- Stirring periodically will help eliminate hot-spots.



Lets Get Moving In the NEW YEAR



Inactivity is at the heart of the weight issue in America. We are working more hours than our parents and grandparents but spending fewer work hours engaged in physical labor or activities. When we do get home, we collapse in front of the television. For many of us, regular physical activity is about finding time to do it. Think of physical activity as recess and go to recess every day. Here are some tips and ideas to help you find the time to be active and to keep it fun.

- ◆ Take the stairs - even two flights of stairs a day can do wonders.
- ◆ Set the alarm on your computer and do 20 jumping-jacks every hour or two.
- ◆ Choose a restaurant within walking distance for lunch.
- ◆ Play with the kids or take the dog for a walk.
- ◆ Sneak in a brief walk before and after work.
- ◆ Have a snowball throwing contest
- ◆ Turn on your music and dance while you clean.
- ◆ Keep a comfortable pair of walking shoes in the car - for a spontaneous walk!
- ◆ Pack a picnic lunch and walk to a peaceful place with family or friends.



There is just no way to get around it: physical activity is good for you! Regular physical activity that is performed three to five days a week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. Regular physical activity improves health in the following ways:

- ◆ Reduces the risk of dying prematurely
- ◆ Reduces the risk of dying from heart disease
- ◆ Reduces the risk of developing diabetes or high blood pressure
- ◆ Helps control weight and appetite
- ◆ Helps build and maintain healthy bones, muscles, and joints
- ◆ Helps improve balance in older adults
- ◆ Promotes psychological well-being
- ◆ Helps reduce blood pressure in people who have high blood pressure
- ◆ Reduces the risk of developing colon cancer
- ◆ Reduces feelings of depression and anxiety



And..... here are ideas for Valentines day. Take Care of your Heart



See "Red" on Valentine's Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

- ◆ A lower risk of some cancers
 - ◆ A healthy heart
 - ◆ Memory health
- ◆ Urinary tract health

Red fruits and vegetables include: Tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates. Some "red" ideas for Valentine's Day (or any day!) include:

- ♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
- ♥ Make a polka-dotted open-faced peanut butter sandwich. Cut bread into a heart shape, spread with peanut butter and dot with dried cranberries. Or, make a smiley face with the dried cranberries. Another idea would be to purchase some heart-shaped crackers, if available at your local store; substitute for the bread.
- ♥ Raspberry smoothie -- Put 3/4 to 1 cup vanilla-flavored yogurt in a blender. Add a few tablespoons of frozen raspberries at a time; blend until desired consistency. After mixing -- if desired -- blend in 1 or more teaspoons of sugar or no calorie sweetener to taste
- ♥ Red grapes as a side dish to your sandwich for noontime nibbling
- ♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta -- check with stores offering specialty pasta shapes.
- ♥ Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
- ♥ Tossed salad with such red additions as red bell peppers, cherry or grape tomatoes.
- ♥ Cole slaw made with such red foods as red peppers, red onions and apples
- ♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries.
- ♥ Cranberry sauce -- use that bag of cranberries in your freezer that you bought when they were on sale.

Recipes:

Peanut Butter & Yogurt Dip:

1 cup nonfat plain yogurt

1 tsp. vanilla

$\frac{3}{4}$ cup peanut butter

Slice your favorite fruits or vegetables (apples, pears, peaches, celery, carrots)

1. In a bowl, combine yogurt, vanilla, and peanut butter. Mix well.

2. Serve with slices of fruits or vegetables.

Keep leftover dip refrigerated



One Pot Turkey Tetrazzini

1 medium onion

$\frac{1}{4}$ cup celery, chopped

2 tbsp. water

1 can fat free cream of chicken soup

1 $\frac{1}{4}$ cups chicken broth or bouillon

1 tsp. lemon juice, Salt and pepper to taste

2 cups cooked turkey, cubed

$\frac{1}{4}$ pound spaghetti, uncooked

$\frac{1}{2}$ cup cheddar cheese, shredded (optional)

In a large pan, sauté onion and celery in water until tender.

Add soup, broth, lemon juice, and pepper. Mix well.

Add turkey and spaghetti. Bring to a boil.

Turn heat to low and cook 15 to 20 minutes or until spaghetti is done.

Sprinkle with cheese if desired.



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