

Ten Superfoods To Zest Up Your Journey

Dairy

Milk is the leading food source of three out of the four “nutrients of concern” outlined in the 2010 Dietary Guidelines –calcium, vitamin D and potassium. So getting the daily recommended servings of lowfat or fat free milk can be an important part of closing the nutrient gap. Lowfat flavored milk “counts” too. It’s a nutrient-rich beverage that provides the same nine essential nutrients as white milk, with calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin. Not only does flavored milk have 9 essential nutrients kids need, but this fall, all chocolate milk offered with school lunch in Minnesota schools is fat-free and is at or below 130 calories. That is just 20 calories more than 1% white milk and is 38% less added sugar than 5 years ago.

Antipasti Holiday Skewers

Yield: 16 servings

Preparation time: 45 min

1 (9 ounce) package cheese filled tortellini, cooked al dente and cooled

½ cup fat-free Italian dressing

8 ounce block of reduced-fat Swiss cheese, cubed

2 cups baby spinach leaves

32 pieces turkey pepperoni

3 ½ cups cherry tomatoes

16 wooden skewers (9 – 10-inch)

In a large bowl, marinate tortellini in Italian dressing for 30 minutes in refrigerator. To assemble skewers, start with two pieces tortellini, one cheese cube, two spinach leaves, one pepperoni slice (folded in fourths), one tomato and repeat again. (Each skewer will have total of four pieces tortellini, two cheese cubes, four spinach leaves, two pepperoni slices and two tomatoes.) Repeat until 16 skewers are made. Refrigerate until serving.

Note: Nutritional analysis per serving: 107 calories, 4 g total fat, 10 g carbohydrate, 7 g protein, 307 mg sodium

From Barb Liebenstein, Wolf Creek Dairy - Minnesota

Cherries

Tart cherries, available year-round as dried, frozen and juice, have a unique sweet-tart taste that can help fight America’s “fruit fatigue” beyond America’s standard four (oranges, bananas, apples and watermelon). Tart cherries are packed with powerful antioxidants called anthocyanins that give the Super Fruit its bright red color, and are also the source of their anti-inflammatory properties. Tart cherries are also a good source of much-needed potassium.

Wild Rice with Cherries Recipe

Makes 6 servings

Preparation time: 1 hr 15 min

1 large onion, diced

1 1/3 c. wild rice, rinsed

3 sprigs fresh thyme or ½ tsp. dried thyme

½ tsp. black pepper

4 c. chicken stock

1/3 c. dried cherries, chopped

Combine all ingredients except cherries in a saucepan and cook over medium heat 35 minutes. Add cherries and cook 15 to 20 minutes longer or until rice is tender but not mushy.

Note: Nutritional analysis per serving: 168 calories; 6.3 g protein; 0.4 g fat; 35.6 g carbohydrate; 384 mg sodium

From the *5 Ingredients for Healthy Living Cookbook*

By the nutrition sisters, Chere Bork, RD and Laurie Meyer, RD, Cookbook info: www.cherebork.com

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Eggs

Eggs contain all essential protein, vitamins, and minerals except vitamin C. They are high in cholesterol, but most dietary cholesterol does not end up in the blood. Saturated and trans fats have a greater effect on blood cholesterol.

Baked Kale Frittata Recipe

Makes 4 servings

Preparation time: 50 min

Vegetable cooking spray

3 c. kale, chopped

1 c. onion, chopped

1 T. vegetable oil

¼ c. water

6 eggs

1/3 c. lowfat or skim milk

½ c. lowfat cheddar cheese, shredded

½ tsp. salt

¼ tsp. pepper

Preheat oven to 375°F. Coat 9" round baking pan with vegetable cooking spray. Wash and drain kale using colander. Chop or tear, removing stems. Heat oil in large frying pan on medium heat. Cook onion for 3 to 5 minutes, until soft. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool. In a large bowl, combine eggs, milk, cheese, salt and pepper. Blend in kale mixture. Pour mixture into prepared 9" round baking pan and bake for 25 minutes. Remove from oven and let set for 2 to 3 minutes. Slice into wedges and enjoy!

Note: Nutritional analysis per serving: 243 calories, 16.2 g total fat, 5.7 g saturated fat, 293 mg cholesterol, 10.1 g carbohydrate, 15.8 g protein, 512 mg sodium

From the *Healthy Meals Resource System*, USDA, <http://healthymeals.nal.usda.gov>

Cruciferous Vegetables

Cruciferous vegetables include broccoli, cauliflower, Brussels sprouts, kale, cabbage and bok choy. These vegetables have many phytochemicals, vitamins, minerals, and fiber important to health. Some of the compounds in cruciferous vegetables may lower the risk of cancer or heart disease.

Broccoli Soup Recipe

Yield: 4 servings

Preparation time: 30 min

1 ½ c. chopped broccoli (or 10-oz. pkg. frozen)

¼ c. diced celery

¼ c. chopped onion

1 c. low-sodium chicken broth

2 c. non-fat milk

2 T. cornstarch

¼ tsp. salt

Dash pepper

Dash ground thyme

¼ c. grated Swiss cheese

Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

Note: Nutritional analysis per serving: 115 calories (27 from fat), 3 g fat, 10 mg cholesterol, 255 mg sodium

From *Fruit & Vegetable of the Month: Broccoli*, US Centers for Disease Control & Prevention

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Salmon

Salmon are one of the few creatures that can live in both fresh and salt water. To reproduce, they return to the stream where they were born, sometimes finding their way from thousands of miles away. Salmon is a protein-rich food that contains omega-3 fatty acids. Omega-3 fatty acids help prevent heart disease and inflammation in the body.

Marn's Maple Mustard Salmon Marinade Recipe

Yield: 4 servings

Preparation time:

1 pound salmon fillets

3 T. maple syrup

1 T. balsamic vinegar

3 T. Dijon mustard

Mix together the syrup, vinegar and mustard. Marinade the salmon for 2 – 3 hours before grilling. Grill on your indoor or outdoor grill. Serve with wild rice and broccoli.

Note: Nutritional analysis per serving: 202 calories, 23 g protein, 7 g fat, 11 g carbohydrate, 58 mg cholesterol, 522 g sodium

From: www.cherebork.com Taste Life Ezine, March 2005

Sweet Potatoes

Though many people use the names interchangeably, sweet potatoes are not at all related to yams. Sweet potatoes contain over 200% of the daily value of vitamin A, which is necessary to maintain healthy skin, hair, and tissues, and night vision.

Sweet Potato Turkey Burger Recipe

Yield: 8 burgers

Preparation time: 20 min

2 c. mashed sweet potato (about 1 lb.)

1 pkg. ground white turkey meat (about 1-1/4 lb.)

1/2 c. finely diced red onion

1 tsp. salt

3/4 tsp. ground cumin

Oil for sautéing

In a small pan over medium heat, heat 1 teaspoon oil. Add onions; cook and stir until slightly soft, about 1 minute; set aside. In a large bowl, combine sweet potatoes, turkey, salt, cumin and cooked onion; mix well. Form eight 4- to 5-ounce patties. In a large pan over medium heat, heat oil; cook patties until browned and cooked through, about 5 minutes per side. Assemble burgers with your choice of toppings.

Note: Nutritional analysis per serving: 161 calories, 3 g total fat (0.4 g saturated fat), 16 g carbohydrates, 2 g fiber, 18 g protein

Adapted from *The Bicycle Chef* blog by Laura Curtis

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Nuts

There are many varieties of nuts, and some are not actually “true nuts.” Some, like almonds, coconuts, pistachios, and walnuts, are more closely related to pitted fruits. Peanuts are legumes and sunflower seeds are just as the name suggests – seeds. Pecans are true nuts. However, all varieties have healthy fats, fiber, protein, and antioxidants that are thought to lower heart disease risk.

Pear, Walnut, and Roquefort Cheese Salad Recipe

Yield: 6 servings

Preparation time: 15 min

Vinaigrette:

½ c. canned whole-berry cranberry sauce

¼ c. fresh-squeezed orange juice

1 T. vegetable oil

2 T. balsamic vinegar

1 tsp. fresh ginger, minced

¼ tsp. salt

Salad:

4 c. salad greens

2 ripe pears, cored and sliced

2 T. fresh-squeezed orange juice

1 small red onion, sliced

½ c. Roquefort cheese, crumbled

2 T. walnuts, coarsely chopped

In a medium-sized bowl, whisk together all vinaigrette ingredients. Arrange salad greens on six plates. Toss pear slices with the 2 tablespoons of orange juice then divide pears and onion slices among the salad plates on top of greens. Top each serving evenly with crumbled Roquefort cheese and walnuts. Drizzle each plate with vinaigrette to desired amount.

Note: Nutritional analysis per serving: 146 calories (57 from fat), 6 g total fat, 2 g saturated fat, 5 mg cholesterol, 22 g carbohydrates, 3 g protein, 223 mg sodium

From the *Public Health Cookbook*, Seattle & King County Department of Public Health

Quinoa

Quinoa is a grain from the Andes region of South America that can be used as a substitute for rice or couscous. It is a good source of protein, fiber, and many minerals. Though it is packed with nutrients, quinoa is also low in calories, and is gluten-free.

Southwest Quinoa Recipe

Yield: 6 servings

Preparation time: 30 min

1 c. quinoa, rinsed several times

1 c. water

15 oz. can diced tomatoes with chilies

2 green onions, chopped

½ tsp. cumin

½ c. chopped cilantro or parsley

½ tsp. salt

¼ tsp. black pepper

Combine quinoa, water, tomatoes and their juice, green onion and cumin in saucepan and bring to a boil. Reduce heat to low, cover and simmer 20 minutes or until liquid is absorbed and quinoa is puffed. Stir in cilantro, salt and pepper. Adjust seasonings to your taste.

Note: Nutritional analysis per serving: 124 calories, 5 g protein, 1.6 g fat, 22.3 g carbohydrate, 327 mg sodium

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Dark Chocolate

The melting point of chocolate is just below body temperature. This gives chocolate its wonderful melting texture. Dark chocolate contains flavonoids, which have benefits on heart health.

Dark-Chocolate Dipped Strawberries Recipe

Yield: 10-12 servings

Preparation time: 40 min

6 oz. dark chocolate
3 T. half and half cream

½ T. unsalted butter
20 large or 30 medium strawberries

In a one-quart glass bowl combine chocolate and cream. Heat in microwave oven on high 1 ½ to 2 minutes, stirring occasionally, until smooth. Add butter and stir until melted. Dip each strawberry into the chocolate mixture allowing the excess chocolate to drip back into the bowl. If necessary, add additional cream to the chocolate to achieve desired coating consistency. Transfer the coated strawberry to a baking sheet lined with foil or waxed paper and repeat process. Allow the chocolate to cool and then chill the strawberries until chocolate is set, about 20 to 30 minutes.

Note: Nutritional analysis per serving (3 dipped strawberries): 114 calories, 7 g total fat, 5 g saturated fat, 12 g carbohydrates, 1 g fiber, 1 g protein, 2 mg sodium

From *Meals Matter*™, Dairy Council of California, <http://www.mealsmatter.org>

Dates

Dates have the highest polyphenol level of any common fruit or vegetable. They provide a burst of energy that can carry you throughout the day. Dates are the first dry fruit to receive the American Heart Association's heart healthy checkmark.

California Date Breakfast Smoothie Recipe

Yield: 2 servings

Preparation time: 5 min

1 c. nonfat plain yogurt
1 c. nonfat milk
1 c. California dates, pitted

1 tsp. vanilla extract
3 c. ice cubes

Blend all ingredients, except ice, in a blender or food processor until smooth. Then add ice cubes, blending until the mixture is thick and smooth. Divide into two glasses. Garnish with an optional dusting of nutmeg, unsweetened cocoa or date pieces. Serve with straw.

Note: Nutritional analysis per serving: 248 calories, 12 g protein, 0.5 g total fat, 52 g carbohydrates, 146 mg sodium

From www.DatesAreGreat.com

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