



Nourish

ISSUE 78

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

Enjoy Some Garden-fresh Veggies!



gardenkoff_iStock.com

Have you tried any vegetables from a garden or farmers market this month? Invite kids or grandkids to help you select, harvest and/or prepare them. Try these interesting ways to enjoy early season lettuce, radishes and green beans.

Lettuce is very low in calories at about 5 calories per cup because it is very high in water. It provides vitamins C and A, potassium and some fiber. Be sure to rinse lettuce thoroughly under cool, running water and allow it to drain on paper towels or in a strainer.

- Set up a make-your-own-salad buffet. Start with bowls of fresh lettuce and a variety of toppings, such as chopped apples, sliced strawberries, sunflower seeds, dried cranberries, sliced hard-cooked eggs, canned black beans (drained and rinsed), chopped ham and/or turkey, a couple of choices of salad dressing and any other toppings that you like.
- Use a large lettuce leaf to make a sandwich wrap. Spread egg salad or tuna salad on a large lettuce leaf, wrap it and enjoy. If desired, add some chopped fruit or nuts to your wrap.
- Sauté pieces of lettuce in a stir-fry or add shredded lettuce to your favorite soup.

Radishes add a zesty flavor, color and crunch to your menus. One medium-sized radish has only 1 calorie and provides some vitamin C. Radishes often are served cold on relish trays or sliced on salads. Try roasting radishes with these easy steps to discover their sweeter taste.

- Preheat oven to 450 F.
- Rinse radishes in cool, running water.
- Cut off both ends of the radishes, then slice in half and place in a bowl.
- Add a small amount of your favorite cooking oil (such as canola, sunflower or olive oil) to the bowl. You will need about 1 tablespoon per 2 cups of sliced radishes. Mix to coat the radishes lightly in oil.
- Spread the radishes on a cookie sheet, cut side down.
- Roast for about 10 minutes.
- Sprinkle lightly with salt if desired and serve immediately.

Green beans, or string beans, are low in calories at about 40 calories per cup. They provide vitamins A, C and B; fiber; and other nutrients. Green beans can be steamed, grilled, roasted or sautéed. Here's how to make sautéed green beans with garlic:

- Trim the ends from the beans and rinse in cool water. Cut to desired size to make 4 cups of beans.
- If desired, chop 1 clove of garlic.

Continued on back.

NDSU

EXTENSION

Get this newsletter in your email **every** month. Subscribe at

www.ag.ndsu.edu/food

- To sauté, heat about 1 tablespoon of olive oil (or your favorite oil) in a fry pan over medium-high heat.
- Add green beans and cook while stirring for about 5 minutes.
- Add chopped garlic, if desired.
- Add ½ cup of water and cover the pan. Allow to steam for two minutes or until tender and bright green.
- Sprinkle lightly with Parmesan cheese or red pepper flakes before serving, if desired.

Question

What are some foods that are safe to bring on a picnic? We won't be cooking anything at the site.

You can bring almost any food on a picnic, but you need to keep perishable foods (salads, cut fruit, meat) cold. Use freezer packs or blocks of ice instead of cubes so your cooler stays cold longer. Be sure to bring your cooler in the passenger compartment of your vehicle rather than the trunk, and keep the cooler in the shade out of direct sun.

The sky's the limit for the menu! How about chicken salad with chopped green grapes in pita pockets, strawberries and melon balls on wooden skewers with yogurt dip, tortilla chips and homemade salsa, and lemonade? Visit www.ag.ndsu.edu/food and click on "recipes" for an array of recipe ideas.

Add some veggies to your menu. Check the grocery store flyer for sales on fruits and vegetables. A wide variety of colorful fruits and vegetables are in season. Try some avocados, blackberries, blueberries, cucumbers, corn, green beans, kale, mangos, peaches, radishes, raspberries, strawberries, tomatoes and many others. We can't grow all these foods in the Midwest, but they will be available at their best price and quality in many stores.

Enjoy eating outside during July, National Picnic Month!



monkeybusinessimages_istock.com

Use some fresh-from-the-garden fruits and veggies in this month's recipe. It's courtesy of the Iowa State University Extension and Outreach Spend Smart. Eat Smart program.



Nicholas77_istockphoto.com

Chicken Club Salad

- 1 cup uncooked whole-wheat macaroni (such as rotini or rotelle)
- 6 cups romaine lettuce or spinach, torn into pieces
- 2 cups chopped veggies (any mixture of green pepper, celery, cucumber, carrots, cauliflower)
- 2 large tomatoes, chopped
- 1½ cups roasted (or grilled) chicken breast, cut into cubes
- ½ cup low-fat Italian dressing
- 1 hard-cooked egg, sliced (optional)
- ¼ cup cheddar cheese, shredded

Cook pasta according to package directions. Drain and cool. Place 1½ cups of lettuce in each of four large bowls or plates. In a separate bowl, combine pasta, chopped vegetables and chicken. Add Italian dressing to pasta, vegetables and chicken. Toss lightly to coat, then divide evenly among the four bowls. Top each serving with egg slices and shredded cheese.

Makes four servings. Each serving has 260 calories, 8 grams (g) fat, 19 g protein, 31 g carbohydrate, 6 g fiber and 380 milligrams sodium.

Menu Idea

- Chicken Club Salad
- Blueberries and cantaloupe chunks
- Oatmeal raisin cookie
- Unsweetened iced tea