

Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

"Warm bread pudding, holiday dinner rolls, spring picnic sandwiches, summer cookout buns – no matter the season, bread plays a central role in year-round traditions that nourish both our bodies and our souls" says Carolyn Logue, Nebraska Wheat Board. "And, bread's "feel good" qualities may go deeper than its reputation as a comfort food. Serotonin, a natural, feel-good hormone, can be released by consuming carbohydrate-rich foods, such as breads, rolls and buns" states Logue.

Consuming bread and wheat products is also a positive for Nebraska's economy according to Logue. Nebraska wheat farmers produced over 84 million bushels of wheat in 1998 and approximately 50% of that production was shipped to domestic flour mills. The wheat was ground into flour and used in products consumed by the general population or used for all-purpose flour sold on your grocery shelf.

To add cheer to a gathering—and to ward off winter's chill—Logue offers a recipe for a warming bread pudding topped with a brandy-laced apricot sauce. (Note: orange juice may be substituted for brandy). For more recipes or information on wheat, please contact the Nebraska Wheat Board at 800/651-6736 or nwb@nrcdec.nrc.state.ne.us

Bread Pudding with Brandy Apricot Sauce

5 cups dry French or white bread with crusts, cubed
3 large eggs
1/2 cup sugar
3/4 cup brown sugar, firmly packed
1 tablespoon vanilla extract
1 teaspoon cinnamon
3 tablespoons butter, melted
2 cups reduced-fat milk
1/3 cup raisins

Spread bread cubes in 8 x 8-inch pan coated with nonstick spray.

In a medium bowl, beat eggs until frothy. Add sugar, brown sugar, vanilla, cinnamon, butter and milk. Beat until well-mixed. Stir in raisins. Pour over bread, pressing bread down until coated. Cover and let stand in refrigerator 40 minutes, occasionally pressing bread down to soak. Bake 50 minutes at 325°F. Bake an additional 10 minutes at 400°F or until pudding is browned and puffy. A knife inserted near the center of the pudding should come out clean when the pudding is done.

Brandy Apricot Sauce:

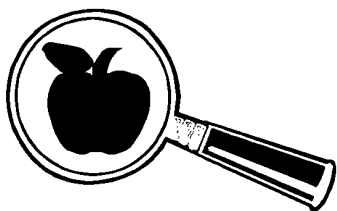
1 cup apricot preserves (2 12-oz. jars)
1/4 cup water
3 tablespoons brandy or orange juice

Bring apricot preserves and water to boil. Cook 1 minute. Add brandy and mix. Serve warm over bread pudding. Serves 12.

Approximate Nutrition Analysis (per serving): calories, 270; carbohydrates, 50 g; fat, 5 g; protein, 5 g; fiber, 1 g; sodium, 200 mg. (AH)

Call Alice Henneman at 441-7180 about Clean Hands Campaign!

Focus on Food



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Q: What type of yeast should I use in my bread machine?

A: The Wheat Foods Council advises the following: Most machines are programmed to use active dry yeast. Consult the manual if using a different kind of yeast. Cake or compressed yeast is not recommended. Both quick and regular dry yeasts may be used as directed by the manual.

The Wheat Foods Council also recommends that you check the expiration date on the package of yeast for freshness. Tightly seal containers of yeast and refrigerate or freeze. Bring to room temperature before using. One package equals 2 1/4 teaspoons, or 1/4 ounce.

Source of information: Wheat Foods Council Web site (<http://www.wheatfoods.org/got>). (AH)

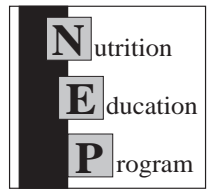
NEP teaches non-English Families Nutrition

Non-English speaking families move to Lincoln, Nebraska for a variety of reasons. Imagine the challenges of beginning a new life in Nebraska after fleeing persecution, poverty and/or war in your home country. During the 1997-98 fiscal year, Lancaster County NEP provided education for 239 non-English speaking families, including 99 Hispanic families. One-hundred thirty-six have graduated from the program.

Catholic Social Services, WIC and Even Start are just a few of the programs that have provided volunteer interpreters, space and clients for NEP. Barbara Yllescas, EFNEP nutrition assistant, provides major leadership for non-English speaking NEP education. Barbara is bilingual and bi-cultural in the Hispanic community and has also provided translation for the Spanish newsletters.

Many of the Bosnian and

Croatian families have learned to use a shopping list and to shop only once-a-week. They were used to going to the market daily. A Bosnian family had a concern about sell-by dates on products. They had gone to the market that day and purchased meat which would expire that day. It was explained that the meat could be frozen and used later. Clients are also learning how to use frozen vegetables and that frozen and canned vegetables have the same amounts of vitamins and are as nutritious as fresh. It was thought that these were inferior. Many clients were defrosting their frozen vegetables first and not happy with the taste. CSS clients expressed an interest in the difference in milk in the U.S. They were used to buying raw, whole milk and boiling it. They were also interested in knowing that all the milk had the same amount of calcium; it only differed in the amount of fat.



Nutrition Education Program

for Limited Resource Families

Barbara Yllescas
Nutrition Assistant

The Hispanic group found out that you don't have to fry all the typical foods. Some foods can be baked in the oven, non-stick pans can be used or spray oils. Soup stock, instead of oil, can provide moisture for refried beans, and scrambled eggs can be made without oil.

Working with the non-English speaking families has been a rewarding and learning experience. We have all learned from each other.

Bake your sweetheart something heart healthy!

February is the American Heart Association's Heart Month and is also the month of Valentines and chocolate. Here's a sweet treat from the New American Heart Association Cookbook, 25th Anniversary Edition to bake for a loved one or yourself! It tastes good and is heart healthy too with only one gram of fat per serving!

Fudgy Buttermilk Brownies

Here's a wonderfully moist brownie to serve alone or topped with nonfat frozen yogurt.

Serves 16; 1 brownie per serving

Ingredients:

Vegetable oil spray

BROWNIES

1 cup all-purpose flour

1 cup firmly packed light brown sugar

cup unsweetened cocoa powder

1/2 teaspoon baking soda

1/4 teaspoon salt

Whites of 2 large eggs, egg substitute equivalent to 1 egg, or 1 egg

1/2 cup fat-free fruit-based fat replacement or unsweetened applesauce

1/2 cup nonfat or low-fat buttermilk

2 teaspoons vanilla extract

FROSTING

1-1/2 cups sifted confectioners' sugar

1/4 cup unsweetened cocoa powder

1 teaspoon vanilla extract

2 to 3 tablespoons fat-free milk

1. Preheat oven to 350°F. Spray a 9 x 9-inch square baking pan with vegetable oil spray; set aside.
2. For brownies, in a medium bowl, combine flour, brown sugar, cocoa powder, baking soda, salt and stir well.
3. In a small bowl, lightly whisk egg whites. Whisk in remaining brownie ingredients. Whisk into flour mixture until well blended. Pour batter into baking pan.
4. Bake for 30 minutes. Let cool in pan on cooling rack.
5. For frosting, combine confectioners' sugar and cocoa powder in a small bowl, stirring well.
6. Stir in vanilla extract, then gradually stir in milk until frosting is spreading consistency.

Spread over cooled brownies. Cut into 16 squares

Nutrient Analysis

Calories: 163; Protein: 2 gm; Carbohydrate: 38 gm; Sodium: 112 mg; Total Fat: 1 gm;

Saturated Fat: 0 gm; Polyunsaturated Fat: 0 gm; Monounsaturated: 0 gm; Cholesterol: 0 mg

Source: Used with permission from the American Heart Association. (AH)



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NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

308 Foods That Do Not Freeze Well

330 Handling Eggs Safely

331 How Long Should You Keep Commercially Canned Foods?

and many more...

Nutrition and Food Safety Web Site

Visit our internet web site at: <http://www.ianr.unl.edu/ianr/lanco/family/safety.htm>

FREE monthly FoodRelections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.