



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Savor the season...with beef!

Preparing a prime rib for your holiday dinner sounds like a big job, but it couldn't be easier. Follow these steps to making a savory prime rib from Ann Marie Bosshamer, Nebraska Beef Council (NBC).

1) Select your prime rib. Ask your meat department manager to help you find the perfect roast. A prime rib is named on the meat label as a "Rib Eye Roast."

2) All you need is a shallow roasting pan, a roasting rack and a meat thermometer.

3) Heat oven to 350 degrees F. Place roast, fat side up, on the roasting rack in the shallow pan. Insert meat thermometer into the thickest part, not touching bone or fat.

4) Season beef as desired and place in the oven. Do not add water.

5) Remove roast when thermometer reaches 5 to 10 degrees below final desired doneness, 135 to 140 degrees F for medium-rare or 150 to 155 degrees for medium. (Final temperature after standing 15 minutes following removal from oven should be 145 degrees F for medium rare and 160 degrees F for medium.)

6) Tent roast loosely with aluminum foil and let stand for 15 minutes. The roast temperature will continue to rise and you can carve across the grain. Enjoy!

The NBC has a "Savor the Season...with Beef" holiday recipe brochure. For your free copy, call NBC at 1-800-421-5326. While supplies last, each caller will also receive a FREE meat thermometer. Here's a recipe from Ann Marie that you might enjoy.

Classic Beef Rib Eye Roast

Makes 8 to 12 servings.

Total preparation and cooking time: 2 3/4 to 3 1/2 hours

6 to 8 pounds well-trimmed beef rib eye roast

Seasoning:

- 6 large cloves garlic, crushed
- 1 1/2 teaspoons dried thyme leaves
- 1 teaspoon cracked black pepper

Heat oven to 350 degrees F. Combine seasoning ingredients. Press evenly into surface of beef roast. Prepare roast as described above. Roast approximately 2 1/4 to 2 1/2 hours for medium rare; 2 3/4 to 3 hours for medium. (Follow temperature guidelines given earlier.) (AH)

Focus on Food



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Q: What's the best way to freeze cookies?

A: Prepare cookies and bake as usual. (NOTE: Meringue-based cookies and cookies containing beaten egg whites, such as macarons, don't freeze well. Also, fragile cookies don't freeze well.) Cool thoroughly. Place cookies on a wire cooling rack to allow air to circulate around them to promote faster cooling. Pack in a rigid freezer container to help keep them from breaking. Place moisture-vapor-resistant freezer wrapping between layers.

Rigid freezer containers include plastic, glass and ceramic containers labeled suitable for freezing. Milk and cottage cheese cartons aren't moisture-vapor-resistant enough for freezing. When using glass and ceramic containers, use only those designed for freezing. Other types of glass and ceramics may break in the freezer.

Too much air in a container can lower the quality of a food. If you don't have enough cookies to fill the container, you might place the separated layers of cookies inside a large plastic freezer bag or surround them with freezer wrapping within the container. Thaw in wrapping at room temperature.

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It's not the potato's fault

Many people think potatoes are fattening. Actually, potatoes are low in fat and are an excellent source of vitamin C and a good source of potassium, phosphorus and iron. The potato skin is a good source of dietary fiber.

A medium to large (8-ounce) baked potato contains:
 Calories: 247 Carbohydrate: 57 grams
 Fat: 0.2 grams Dietary fiber: 5 grams
 Vitamin C: 26 milligrams Potassium: 948 milligrams
 Sodium: 18 milligrams

Compare figures for a baked potato with other potato dishes below. It's not the potato's fault that we often add a lot of fat to them when we fix them.

	Amount	Calories	Total fat, grams	Sodium, milligrams
Baked potato	4 ounces	124	trace fat	9
French fries	10	157	8	108
Mashed potato	1/2 cup	112	4	310
Potato chips (15 chips)	1 ounce	152	10	168

Meal-in-one Baked Potato

1. Scrub and prick a large baking potato such as a Russet Burbank.
2. Microwave or bake the potato until done.
3. Choose two or three toppings from the list below.

- Yogurt or low-fat sour cream
- Cooked, chopped broccoli or cauliflower and shredded cheese
- Chili (from a can) and yogurt
- Refried beans and salsa
- Cooked chicken topped with mushroom soup (thinned slightly with milk)
- Crumbled, cooked ground beef pattie and green peas topped with mushroom or other soup
- Canned vegetable soup (undiluted) with slice of cheese

Source: HELP recipes, Healthy Eating for Life Program, Cooperative Extension Service, Kansas State University, Manhattan.

Gift ideas defend against bacteria

At a loss about what to buy for a stocking stuffer for a holiday gift?

Kitchen gadgets are popular gift items that can also help protect your family's health, which is important year-round.

"With all the talk about food safety, it's important to remember that Americans enjoy the safest food supply in the world," says Jim Larson of the

Wisconsin Department of Agriculture, Trade and Consumer Protection, "but food safety officials can't do the job alone. Consumers should remember that their kitchens will always be the last line of defense against harmful bacteria that can make you sick."

Here are food safety gift item ideas from Jim, all of which can help you make sure your family's food is safe:

● Meat thermometers.

"Every kitchen should have one," Larson says. He recommends you purchase an instant-read thin probe thermometer with either a dial or digital face. The advantages of these thermometers are they can be used in a variety of foods—roasts, casseroles, as well as thin meats like burgers and chops. Cost: \$5

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Life's little luxuries for 100 calories or less

"Pleasure Revenge: Consumers, tired of all the rules and regulations, want to cut loose and have secret bacchanals with a bevy of forbidden fruits.

Small Indulgences: Stressed-out from ever-increasing expenses, consumers are finding ways to reward themselves with affordable luxuries."

Source: Faith Popcorn and Lys Marigold, *CLICKING*—16

Trends to Future Fit Your Life, Your Work and Your Business (HarperCollins, 1996)

Diet soft drinks AND fried foods. Plain pasta AND extra virgin olive oil. Faith Popcorn, chairman of BrainReserve and internationally known writer and speaker on future trends, might define these eating patterns as "pleasure revenge" and "small indulgences."

Looking at the Food Guide Pyramid, many of the foods that fit these trends probably are at the tip in the "Fats, Oils & Sweets" category. Does the "Use sparingly" recommendation that accompanies this category warn of danger if one climbs too high on the Pyramid?

The "star" on the tree?

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