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Enjoy healthy, calcium-rich milk during June, Dairy Month and throughout the year. Here's a quick, cool and easy recipe, courtesy of Jenni Meyer, Dairy Council of Nebraska, to get your day off to a good start. For more dairy recipe ideas, visit the Dairy Council of Nebraska Web site at www.drinkmilk.org or the 3 a Day of Dairy Web site at www.3aday.org. You also can e-mail Jenni at Jenni@DrinkMilk.Org or call 800-279-2643.

Yogurt Breakfast Parfait

(2 servings)

1 cup lowfat vanilla yogurt
1/2 cup granola
1/2 cup fruit sliced (strawberries, blueberries, pineapple or peaches)

To assemble parfait, begin with 1/2 cup yogurt in the bottom of a bowl or tall glass. Add 2 tablespoons of granola and 1/4 cup fruit. Top with 2 tablespoons of cereal.

Turkey isn't just for Thanksgiving. During June, Turkey Lover's Month, enjoy this nutritious, easy-to-fix turkey sandwich made with flour tortillas. This recipe is courtesy of Mary Torell, Nebraska Department of Agriculture, Poultry & Egg Division. For more turkey recipe ideas, visit the Poultry & Egg Division Web site at www.agr.state.ne.us/division/ped/ped.htm or the National Turkey Federation Web site at www.eatturkey.com. You also can e-mail Mary at mtorell2@unl.edu or call 402-472-0752.

Turkey Caesar Wrap

(Servings: 4 wraps)

4 cups romaine lettuce, shredded
2 tablespoons Parmesan cheese, freshly grated
4 green onions, chopped
2 to 3 tablespoons vinegar-based, Caesar salad dressing
4 eight-inch flour tortillas
8 one-ounce turkey slices OR 8 one-ounce pepper-crusted turkey slices
1 medium tomato, chopped
Fresh grated pepper to taste

In a medium bowl, combine lettuce, cheese, green onion and salad dressing. Arrange 1-cup mixture over each of the 4 tortillas. Top each with 2 slices of turkey, tomatoes and pepper to taste. Fold in bottom and top portions. Roll up from side to completely enclose filling.

Chocolate Candy for Dessert: A Tiny Piece Is All It Takes for Health & Pleasure!

There are very few of us that dislike dessert, especially if it contains chocolate! What could be quicker and tastier than a luscious piece of chocolate candy for dessert. Eaten in moderation, chocolate may be good for our health, especially dark chocolate!

Chocolate contains flavonoids, the same substances we hear about in red wine and green tea. These flavonoids may help protect against heart disease. Dark chocolate is higher in flavonoids than other forms of chocolate.

Dark chocolate has a slightly bitter flavor. It may be more appealing to adult taste-buds than to those of children.

It is possible to eat a small piece of chocolate candy (sometimes more!) at the end of a meal and stay under 100 calories. This is fewer calories than we consume from most desserts. A small piece of chocolate may be the only "diet pill" you need.

Web Resources of the Month

June is a month of food celebrations from National Dairy Month to Turkey Lover's Month to Beef Steak Month to Fresh Fruit and Vegetable Month. For tips on using these nutritious foods in recipes, go to www.lancaster.unl.edu/food/ciqlinks.htm#june

Should you use dark metal, shiny lighter-colored metal or glass bakeware? Learn which works best at www.lancaster.unl.edu/food/ciq-pans.htm

Learn tips and recipe ideas to help prepare healthy foods in a hurry by signing up for monthly **Cook It Quick** e-mail messages at lancaster.unl.edu/food/ciqupdat.htm

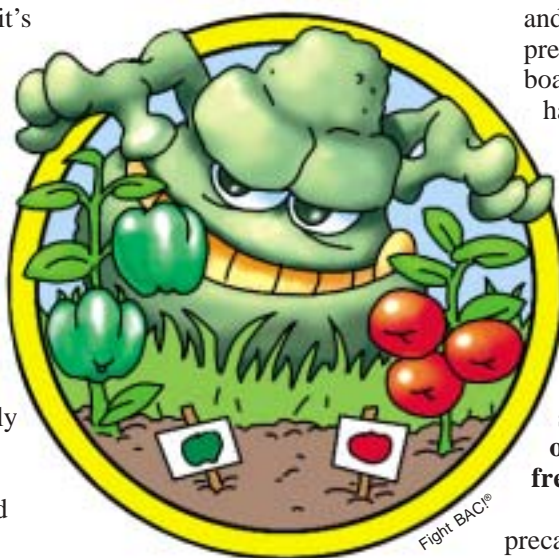


Food Safety and Summer Produce

As with other foods, it's important to handle fruits and vegetables safely to help prevent food-borne illness. It's especially important to follow safe food practices in summer months when temperatures are warmer and bacteria can grow faster. There also is more chance for contamination as we may eat outside more, especially in sites away from home where there is little or no access to refrigeration and washing facilities.

Following are some steps from a Food and Drug Administration (FDA) Talk Paper, "FDA Advises Consumers about Fresh Produce Safety," that consumers can take to reduce the risk of food-borne illness from fresh produce:

- **At the store, purchase produce that is not bruised or damaged.** If buying fresh cut produce, be sure it is refrigerated or surrounded by ice.
- **At home, chill and refrigerate foods.** After purchase, put produce that needs refrigeration away promptly. (Fresh whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- **Wash hands often.** Hands should be washed with hot soapy water before and after handling fresh produce or raw meat, poultry or seafood, as well as after using the bathroom, changing diapers or handling pets.



- **Wash all fresh fruits and vegetables with cool tap water immediately before eating.** Don't use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.
- **Wash surfaces often.** Cutting boards, dishes, utensils and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce or raw meat, poultry or seafood. Sanitize after use with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.
- **Don't cross contaminate.** Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry



and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry or seafood. Do not consume ice that has come in contact with fresh produce or other raw products.

- **Use a cooler with ice or use ice gel packs when transporting or storing perishable food outdoors, including cut fresh fruits and vegetables.**

As an extra measure of precaution you may wish to wash pre-packaged salads, especially if you are uncertain about how they were cleaned. Don't assume because a food is pre-packaged it's ready to eat.

Even if you don't eat the peel of a fruit or vegetable — such as melons — it's still important to wash them. Bacteria from the outer surface can be transferred to the inside of the fruit or vegetable. Discard the outer leaves of leafy vegetables before washing them.

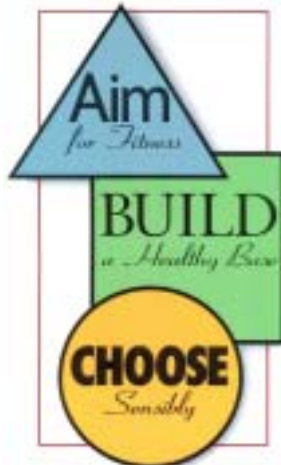
Rinsing fruits and vegetables under running tap water helps remove bacteria. An easy way to wash smaller items such as berries is to place them in a colander and spray them with a kitchen sink sprayer. Gently turn the produce as you spray. As a general rule, wash fruits and vegetables just before using them, not before you store them.

Check for and follow label instructions such as "keep refrigerated" or "use by (date)" on items. This information is frequently found on pre-cut produce at the store. (AH)

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UPCOMING DATES

Wednesdays, June 2, 9, 16 • 6–8 p.m.
 Wednesdays, Aug. 11, 18, 25 • 6–8 p.m.

Lancaster Extension Education Center, 444 Cherrycreek Road
 Call 441-7180 to register. Please register at least 1 week before the 1st session.