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In addition to being National Salad and National Egg Month, May is National Strawberry Month. Did you know strawberries are full of nutrition with everything from “folate to fiber to phytochemicals.” Plus, they have only 50 calories per cup!

To maintain their flavor, the California Strawberry Commission recommends “Store strawberries loosely covered and unwashed in the refrigerator. Just before eating, rinse with cool water.” Enjoy this strawberry pizza recipe from the California Strawberry Commission ([www.calstrawberry.com/recipes](http://www.calstrawberry.com/recipes)).

### Strawberry Breakfast Pizza

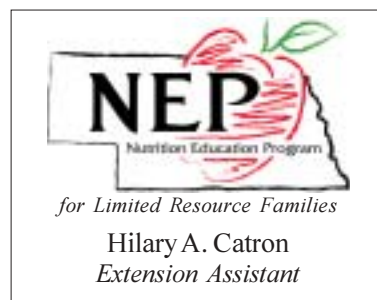
Yield: 5 servings

- 1 package (7-1/2 ounces) refrigerated biscuits (10 biscuits)\***
- 1 orange**
- 2 packages (3 ounces each) cream cheese, softened**
- 4 teaspoons honey, divided**
- 1 pint basket fresh California strawberries, stemmed and halved**
- Mint sprigs, for garnish**

Preheat oven to 400° F. Stack 2 biscuits; roll out to a circle about 6 inches in diameter, 1/8 inch thick. Place on ungreased baking sheet. Prick all over with fork. Repeat with remaining biscuits to make a total of 5 circles. Bake until lightly browned for 6 to 8 minutes. Loosen biscuits and cool slightly. Meanwhile, finely grate peel from orange. In bowl, beat cheese, peel and 2 teaspoons of the honey to blend thoroughly; set aside. Juice orange into another bowl. Add strawberries and the remaining 2 teaspoons of honey; toss. Increase oven temperature to 425° F. Spread biscuits with cheese mixture to within 1/2 inch of edges, dividing equally. Bake just until edges of cheese brown lightly. Top with drained strawberries. Garnish with mint sprigs. Serve immediately.

\*Available in supermarket refrigerator cases

## Making Your Own Baby Food



Making your own baby food is a great way to provide your child(ren) with tasty nutritious foods and is cheaper than buying baby food from the store. It is also very easy to do.

### You Will Need

1. Something to mash or grind the food such as: a blender, food processor, potato masher or fork.
2. Good quality food without added salt, sugar, fat or spices. (Do not use leftovers that have been kept for more than one day.)
3. Containers for storage: clean dry jars (do not freeze glass jars), plastic storage containers or ice cube trays.

### What To Do

1. Wash your hands with hot soapy water. Wash all equipment in hot soapy water and air dry.
2. Wash fruits and vegetables and remove skin and seeds. Remove all bones and visible fat from meat.
3. Bake, boil or steam food until tender.
4. Use blender, food processor, potato masher or fork to mash food until smooth. Throw

away lumps or hard pieces.

5. Add liquids such as water, formula or breast milk to thin out thick foods.

6. Pour prepared baby food into labeled and dated containers. Store in the refrigerator or freezer until ready to use.

### Remember Food Safety

- Special care should be taken when preparing food for infants because they are more vulnerable to germs than are older children and adults.
- Always consult your child’s doctor before introducing solid foods.
- Do not add sugar, honey, corn syrup, salt, spices or fat to

### Storage Times

Food*	In Refrigerator	In Freezer
Fruits and Vegetables	2 to 3 days	6 to 8 months
Meats or Egg Yolks	1 day	1 to 2 months
Meat and Vegetable Combinations	1 to 2 days	3 to 4 months

\* Do not use leftovers that have been kept for more than one day. If using day-old leftovers, subtract one day from refrigerator storage times above.

baby food.

• Do not let baby food sit at room temperature for more than two hours. Refrigerate or freeze baby food as soon as possible.

• Raw foods contain bacteria. Never let cooked foods come in contact with raw food. Thoroughly wash cutting boards and utensils that have been used to prepare raw foods.

• Thaw frozen baby food in the refrigerator.

• Use caution if microwaving baby food. Use the defrost setting. Stir the food well. Test the temperature of the food before feeding.

### Baby Food Recipe — Combination Meat Dinner

- 1/2 cup cooked meat**
- 1/4 cup cooked vegetable (or fruit) pieces**
- 1/4 cup cooked rice or potato**
- 1/4 formula or breast milk**

Combine all ingredients and blend or mash until few lumps remain. Some good combinations are beef, peas and potatoes; chicken, carrots and rice; pork, peaches and rice.

Adapted from Ohio State University Extension Fact Sheet “Making Baby Food,” Family Consumer Sciences, 1787 Neil Avenue, Columbus, Ohio 43210.

## Enjoy May — National Salad Month and National Egg Month

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Say “salad” and the first thing that pops into some people’s minds is a picture of iceberg lettuce with dressing on top, maybe a couple slivers of carrot, a few croutons and half a cherry tomato.

YOU can change that picture.

Bowl family and friends over this season with nutrient-packed, hunger-satisfying, scrumptious salads that can help slim you down as they fill you up. Here’s how.

### Color It Healthy

Create your salads from a variety of colorful fruits and vegetables to gain the most advantage from the nutrients, fiber and phytochemicals in these foods. Phytochemicals are chemicals plants produce that are thought to have beneficial health effects.

Eating five or more fruits and vegetables a day has been associated with helping protect against certain types of cancer, heart disease and osteoporosis as well as with aiding in weight control. The current “Dietary Guidelines for Americans, 2000” has a new guideline developed solely for fruits and vegetables: “Choose a variety of fruits and vegetables daily.” For starters, here’s a palette of possible colors:

- **Red:** Tomatoes, watermelon, strawberries, red grapes, raspberries, red peppers;
- **Orange:** Apricots, cantaloupe, carrots, papaya, peaches, oranges;
- **Green:** Broccoli, lettuce and other greens, spinach, chives, peas, kiwi fruit, green peppers. When considering green plant foods you might also think about adding herbs for flavor and

color. Some possibilities include: basil, dill, mint, oregano, parsley, rosemary;

- **White:** Cabbage, cauliflower, onions, garlic, scallions, leeks, potatoes, bananas;
- **Purple/Blue:** Blueberries, blackberries, red cabbage, raisins;
- **Yellow:** Corn, yellow peppers.

### Fix It Low-Fat

Dress your salad skinny with nonfat or low-fat dressings. Or — if you use a fat-based dressing — reduce the fat in other parts of your meal. A fourth cup of a high-fat dressing can quickly add 300 or more calories to your salad!

Likewise, emphasize lower-fat forms of meat, poultry, seafood and dairy products in salads. Or, balance them with lower-fat choices in the rest of your meal.

For a flavorful oil-based dressing, consider olive oil.

Olive oil is high in monounsaturated fat. It can help lower total blood cholesterol without lowering HDL or “good” cholesterol when consumed in moderation.

### Put The Pyramid On Your Plate

Move salads from side dish to main dish status for some of your meals. Include foods from the other Food Guide Pyramid Groups in addition to fruits and vegetables:

- **Meat Group:** Mix in meat, poultry, seafood, cooked dry beans, eggs and/or nuts.
- **Dairy Group:** Slip in slivers of cheese. Drizzle on a yogurt-based dressing.
- **Bread Group:** Add croutons for crunch — store-bought or homemade. Put in pasta or rice as the base for some of your salads.



Eating right can be confusing. Every stage of life brings different concerns. Pregnant moms are anxious about their unborn babies. Parents worry about proper nutrition for their children. Many of us fret when swimsuit season looms just around the corner. And as we age, maintaining our vision becomes a concern. May, National Egg Month, is a good time to reevaluate eating habits and make some positive changes because eggs can provide some of the answers.

Eggs are an excellent source of choline, a nutrient now considered essential for human health. Pregnant moms need to know that choline is vital for normal fetal/infant brain development as well as for memory — even later in life. In addition, six months of age is a good time to introduce egg yolks. They provide the hard-to-get nutrient, heme iron, just as babies are weaning off breast milk and formula. Just hold the whites until the baby is at least a year old.

Is your older child a picky eater or junk food junkie? Try eggs. Scrambled, fried, hard-cooked — kids like eggs. Nutrient-dense breakfasts have been shown to help children focus and perform better in school. They also help to reduce snacking on less



nutritious and more calorie-laden foods throughout the day. And as long as you’re making eggs for the kids, don’t neglect yourself. Research indicates that breakfast is just as important for adult cognition and memory.

For seniors, macular degeneration, a leading cause of irreversible blindness, is a concern. Lutein and zeaxanthin found in egg yolks and green vegetables may both reduce the risk for cataracts and help prevent macular degeneration. And there’s more good news. The American Heart Association, while limiting total daily cholesterol intake to less than 300mg, has lifted its three-yolk-per-week restriction on eggs. They now emphasize balanced eating, downplaying specific daily amounts.

Source: Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division.