



By Alice Henneman, RD, UNL Extension Educator

A handful of nuts a day may be good for our health. Here's a delicious way to include walnuts in your diet.

Awesome Banana Walnut Shake

Servings: 2 • Prep Time: 5 minutes

1 medium very ripe banana, frozen
1/2 cup vanilla low-fat yogurt
1/4 cup chopped California walnuts
1–2 tablespoons honey



Place banana, yogurt, walnuts, and 1 tablespoon honey in a blender. Blend on low speed until ingredients start to mix together. Then increase to high speed and blend until smooth. For a sweeter smoothie, add another tablespoon of honey. Serve immediately.

TIP: To make a frozen banana, peel and cut the banana into chunks. Wrap in plastic and place in freezer several hours or overnight.

Nutrition Information: Calories, 267; Total Fat, 11 g; Saturated Fat, 2 g; Monounsaturated Fat, 2 g; Polyunsaturated Fat, 7 g; Trans Fat, 0 g; Cholesterol, 3 mg; Sodium, 42 mg; Total Carbohydrate, 41 g; Dietary Fiber, 2.5 g; Protein, 6 g

Source: Recipe courtesy of Rosemary Mark for the Walnut Marketing Board; Find more great walnut recipes at www.walnuts.org

Drying and Roasting Pumpkin Seeds

Drying seeds and roasting seeds are two different processes. To dry, carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in the sun, in a dehydrator at 115–120 degrees F for 1–2 hours, or in an oven on warm for 3–4 hours. Stir them frequently to avoid scorching. To roast, take dried pumpkin seeds, toss with oil and/or salt and roast in a preheated oven at 250 degrees F for 10–15 minutes.

Source: National Center for Home Food Preservation at <http://www.uga.edu/nchfp/tips/fall/pumpkins.html>



Free Seminar, Oct. 24

“Make-Ahead Meals” will be presented Tuesday, Oct. 24, 7–8:30 p.m. at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street, Lincoln. No cost to attend. Register by calling BryanLGH at 481-8886.

One way to eat healthier in our fast-paced world is to prepare meals ahead of time. Enjoy delicious, homemade foods when you don't have time to cook. Alice Henneman, registered dietitian and extension educator with University of Nebraska–Lincoln Extension in Lancaster County, will show you how!

Participants will receive an extensive handout with specific tips and easy, family-pleasing recipes for make-ahead meals.

Healthy Food in a Hurry!

If you'd like to prepare healthier foods, but are short on time, visit the “Cook It Quick” section of the University of Nebraska–Lincoln Extension in Lancaster County Web site at <http://lanaster.unl.edu/food/ciq.shtml>

You'll find quick and easy ideas for including fruits and vegetables, whole grains, lean meat and dairy foods in your meals. Here is an example:



“Cook It Quick!” Dishes Out Advice

Dear CIQ: My family and I all arrive home about the same time every night. Everyone's starved. They get cranky if they have to wait very long to eat. Or they spoil their appetites by nibbling on snacks. What would you suggest?

Reply: Help your family dine healthy when they're hungry and want to eat with these tactics:

- Have some nutritious snacks ready to tide them over until the meal is on the table. For

example, rather than serving milk with the meal—offer them some milk right away. Or, keep on hand some of those individually wrapped cheese sticks as a quick and healthy snack. A low-fat or non-fat yogurt would be another possibility.

- Consider whole fruit such as apples, or raw veggies such as carrot sticks as another munchie to help hold hunger at bay.
- Prepare a “first course” the night before that your

family can eat while your main course is cooking. This might be veggies and a low-fat dip. Or, enjoy a salad that you or a family member assembled the previous night.

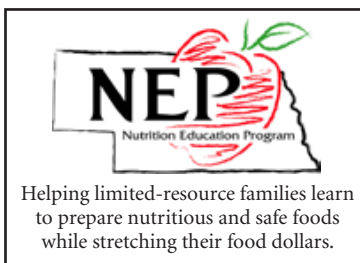
- Enlist various family members to help speed up the cooking, plus keep them occupied until the meal is on the table!
- Assemble quick meals the night before, such as ready-to-heat casseroles. Add a bread, a salad, milk, and you've got a meal.

The A, B, C's for a Healthy School

If you're involved in programming with schools and their School Wellness Policy, the Nebraska State Department of Education in cooperation with University of Nebraska–Lincoln Extension has developed a new PowerPoint called “The A, B, C's for a Healthy School.” You can download it at <http://lanaster.unl.edu/food/healthy-schools.html> and use/adapt as best promotes healthy schools in your area.



Nutrition Education Program Partners with Salvation Army's Summer Day Camp



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Hilary Catron
UNL Extension Assistant

The Nutrition Education Program once again partnered with the Salvation Army to teach nutrition to youth participants of their Summer Day Camp. The camp ran from April through June and provided a low-cost day camp alternative for limited resource families. The camp also served as a summer feeding site and provided breakfast, lunch and a snack to each participant. The camp was for those who have completed kindergarten through fifth grade.

NEP provided six lessons

to 45–60 campers each week. Each lesson included a food preparation activity. The favorite lessons of the summer were:

- **Food Safety** — “Germs” were hidden around the room. The campers were asked to remember where they found the germs and what other places germs might hide. The campers then tested their handwashing skills using glo-germ lotion and a black light. Food Safety BINGO allowed the campers to learn about what foods were safe to eat and what foods should be thrown away.
- **Fruits and Vegetables** — Fruit Jeopardy was the activity of the day and allowed the campers to discuss what fruits they liked and disliked and how they might try to incorporate more fruit into their diet. The fruit and vegetable relay kept the campers on their toes as they sprinted back and forth

with models of different fruits and vegetables—carrots, eggplants, apples, etc. The participants prepared a pudding fruit cup for snack and enjoyed measuring their own ingredients to make the pudding and then topping it with fresh strawberries.

- **Milk and Physical Activity** — Strong bones and strong bodies. The campers sorted different milk products based on their calcium content. Many were surprised to find all milks (whole, 2%, or skim) had the same amount of calcium. Since physical activity is also important for strong bones, the campers spun the activity wheel and did some fun exercises. Apple smiles were the snack activity for the day. The campers had a great time spreading the peanut butter on their apple wedges and using cheese slices to create a smile.