



By Alice Henneman, MS, RD, UNL Extension Educator

Here's a quick, colorful, lowfat, potato salad highlighted by the addition of tiny dots of green peas.

Country Style Potato Salad

Serving Size: 1 cup • Yield: 4 servings

- 3 medium baking potatoes
- 1 cup chopped celery
- ½ cup minced onion
- 1 cup frozen peas
- 1 tablespoon prepared mustard
- ½ cup



- mayonnaise, lowfat
- ½ cup yogurt, nonfat plain
- fresh cracked black pepper to taste
- garnish: lettuce and tomato**

Wash potatoes, leave skin on and cut in bite-size chunks. Place in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes. Drain in colander and sprinkle lightly with cold water. In the mean time, put the rest of the ingredients in a large mixing bowl. Add drained potatoes to the bowl. Mix well and refrigerate until ready to use. Garnish with fresh lettuce and sliced tomatoes.

Source: Adapted from: *Cooking Demo II, Food and Health Communications, Inc.* available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>

Nutrition Facts: Calories, 180; Calories from Fat, 90; Total Fat, 10g; Saturated Fat, 1.5g; Trans Fat, 0g; Cholesterol, 10mg; Sodium, 330mg; Total Carbohydrate, 18g; Dietary Fiber, 5g; Sugars, 8g; Protein, 6g.

What Counts as a Cup of Fruits and Vegetables?

The MyPyramid Food Guidance System recommends eating 2 cups of fruit and 2½ cups of vegetables for a 2,000 calorie diet. How much is this?

In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Here are the cup amounts of some common fruits and vegetables.

- 1 small apple 
- 12 baby carrots or 2 medium carrots 
- 16 grapes 
- 8 large strawberries 
- 1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens) 
- 1 medium potato 
- 1 large banana 
- 1 small wedge watermelon 
- 1 large ear of corn 

Source: Adapted from information provided by the Centers for Disease Control and Prevention at <http://www.fruitsandveggiesmatter.gov/index.html>

Name That Food!

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Most of us eat at least three times a day. How much do you REALLY know about the foods you eat? Play "Name that Food" and find out! Answers are at the bottom.

Food 1: I'm red, round and contain vitamins C and A. Though most people call me a vegetable, I'm really a fruit. I taste best when I'm stored at room temperature away from direct sunlight.

Food 2: While I'm often thought of as a vegetable side dish, I also can be served as a meat-free entrée. I'm kidney or oval shaped. I provide protein, fiber and am an excellent source of folate, a B vitamin.

Food 3: I'm a green fruit that is a source of "monounsaturated" fat, a heart-healthy fat. Store me at room temperature until I ripen.

Food 4: I'm on the nutty side of the same plant family as peaches and apricots. I'm a good source of vitamin E. There are 23 of me in one ounce, about a handful. Hint: I begin with an "A" and am often served in a mixture with other similar foods.

Food 5: I'm a member of the grain food group and a good source of fiber. I increase in size after I'm prepared. Three cups of me, served without added fat or sugar, provide less than 100 calories. I'm often eaten as a snack.

Food 6: A cup of me is similar to milk in calcium content. I'm available in several flavors. I'm a good source of protein and the B vitamin, riboflavin.

Food 7: I'm a good source of potassium. Store me at room temperature until I ripen; then



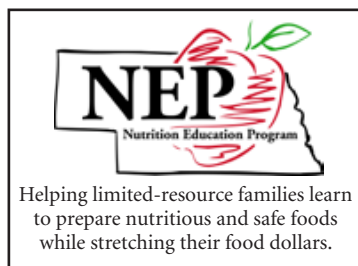
refrigerate me. Though my skin darkens in the refrigerator, I'll still be light inside.

Food 8: I belong to the morning glory family. I'm orange and high in vitamin A. I taste best stored in a cool, dry, dark place (55 to 60 degrees F) and stay fresh for 3 to 5 weeks. At room temperature, I'm at my peak for about a week. I'm sometimes served mashed.

Food 9: And for a last question, here's a food riddle... You throw away the outside and cook the inside. Then eat the outside and throw away the inside. I'm yellow in color. Hint: after throwing away the "outside," the "inside" becomes the "outside."

- ANSWERS**
1. Tomato
 2. Dried beans (Great Northern, kidney, garbanzo, black beans, etc.)
 3. Avocado
 4. Almond
 5. Popcorn
 6. Yogurt
 7. Banana
 8. Sweet potato
 9. Corn on the cob. You throw away the husk (outside), cook and eat the corn (inside) AND new (outside), then throw away the cob (inside).

Stretch Your Food Dollar With These 10 Money Saving Strategies



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On the average, Americans are spending close to 15 percent of their annual income on food. Prices continue to rise, so shopping smart is more important than ever. Do you know about these ten money saving strategies?

1. Keep a master list of the items you replenish weekly, such as milk, bread, cereals, produce etc. and add additional items you need at the bottom. This helps keep your priority items at the top of the list and saves time. If you have pre-planned your week's menu, it is easy to make sure the items needed to serve those foods are on your list.

2. Know your supermarket. Supermarkets fall into two categories—"EDLP (everyday low prices) and "high-lows", which have the reputation of being more expensive. You may think the EDLP stores are always less expensive, but this isn't necessarily the case. High-lows often drop prices on sale items lower than the EDLPs. Also know which stores will match the

price of food from sale ads of other stores and take advantage of this opportunity.

3. Look for sales cycles. Many supermarkets cycle the various categories of food on sale approximately every 12 weeks. If you shop for just what you need every week, you miss out on many of the sales. Buy larger quantities of shelf-stable foods, including canned, dried and non-perishable foods when they are on sale and stock your pantry.

4. Cut coupons from many sources, including on-line coupons. You will save the most if you use coupons for items you normally purchase, not "extras".

5. At the store:
A. **Shop the perimeter** of the store first. This is where the fresh produce, meats and dairy are located. Then check the inner aisles for other needed items, avoiding the more pricey prepackaged foods.

B. **Look up and down.** The higher-priced foods are often placed on the shelves at eye-level. Look up and look down to check out the store brands and sale items.
C. **Check the unit price** on the shelf and the weight. The bigger box may not contain more. Also, if purchasing individual servings of foods, you are probably paying much more for the package than for the food. Buy the larger quantity and divide into small containers yourself, freezing them, if

necessary.
6. Look for products on sale that are close to their sell-by date. Be ready to use the food immediately or freeze it and use later.
7. Sign up for the store cards that are offered, even if you don't shop there often. You may be missing out on store specials, double coupons, rain checks or other money-saving opportunities.

8. Look for meat savings. Meat is usually the highest-priced food in your cart. Many butchers will package smaller cuts of meat or run tougher cuts through the tenderizer. Ask what time of day they do their markdowns and try to shop accordingly. If you find a package with a sell-by date "today," ask if they will mark it down.

9. Make your own, whether it is chopping, slicing, grating, peeling, cooking, etc. Pre-made meals are always more expensive. If you find though, you are often ordering in or eating out, a ready-to-cook meal may be less expensive.

10. Watch the scanner when you check out. Try to unload your items before the checkout person starts scanning them so you can make sure the prices are correct. Also, always check your receipt before leaving the store.

Use these strategies and you will most likely see your food bills decrease rather than increase.