



By Alice Henneman, MS, RD, UNL Extension Educator

Here's a tummy-warming, nutrient-rich stew to enjoy on a cold winter day!

Turkey Stew

(Serving Size: 1/4 of recipe • Yield: 4 servings)

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- 1 finely chopped garlic clove or ½ teaspoon garlic powder
- 4 chopped carrots
- 2 chopped celery stalks
- 2 chopped potatoes
- 1 can (15 ounce) tomatoes, diced
- 2 cups water
- 2 cups chopped, cooked turkey
- salt and pepper to taste
- Italian seasoning or oregano, basil or thyme to taste



Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir two minutes. Add potatoes, tomatoes and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Season to taste before serving. Refrigerate leftovers.

Source: Adapted from: Montana Extension Nutrition Education Program Web site Recipes, Montana State University Extension Service, available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>

Alice's Notes:

- Start checking the vegetables for tenderness after about 15 minutes, especially if you like them to have a crunch to them. Also, how fast they cook will depend on their size.
- I tossed in the turkey the same time as the vegetables to help assure I didn't overcook the vegetables.
- If you like, you might use a low sodium chicken broth instead of water in this recipe for added richness.
- Add salt at the end, if desired, to season to taste. As soup cooks, if the broth in a soup has cooked down, the broth will taste saltier than when you started.
- I like to use a yellow potato such as a Yukon Gold potato in soups. They have a thin skin; just wash and scrub; cut into cubes and toss them into your soup.
- This recipe also may be made with chopped, cooked chicken.

Are You Winning the "Fruit & Vegetable Bowl Game"?

Alice Henneman, MS, RD
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Just when you thought bowl games were over, here's another one!

If your dinner plate were a playing field, would you be winning or losing the "fruit and vegetable bowl game"?

Choose the ONE best answer for each of the following seven questions.



ANSWERS:

1. F – All of the above.
2. F – All of the above.
Phytochemicals usually are related to the color of fruits and vegetables. There are hundreds of phytochemicals — eating colorful fruits and vegetables daily helps us benefit from all of them.
3. F – All of the above. *Are you surprised at how healthy it is to eat a variety of colors of fruits and vegetables? Some studies also show an association between high fruit and vegetable consumption and reduced risk of cataracts, diverticulosis, lung disease and bone loss.*
4. D – 2½ cups. *For more specifics about how many cups of vegetables you need at other calorie levels, check www.mypyramid.gov*
5. E – Both A and B are correct. *While two cups of "raw" spinach are equivalent to 1 cup of vegetables, once spinach is cooked, 1 cup of cooked spinach counts as 1 cup.*
6. C – 2 cups. *For more specifics about how many cups of fruits you need at other calorie levels, check www.mypyramid.gov*
7. C – Both of the above. *Make sure to select 100% fruit juice. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber. Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.*

1. Which colors of fruits and vegetables are healthiest to eat?

- A. Red
- B. Green
- C. Blue/purple
- D. Yellow/orange
- E. White
- F. All of the above

2. Fruits and vegetables are full of phytochemicals (fight-o-chemicals). Which of the following are functions of phytochemicals in the body?

- A. Act as antioxidants
- B. Stimulate detoxification enzymes
- C. Stimulate the immune system
- D. Positively affect hormones
- E. Act as antibacterial or antiviral agents
- F. All of the above

3. Fruits and vegetables can help reduce risk for which of the following diseases:

- A. Cancer
- B. High blood pressure
- C. Diabetes
- D. Heart disease
- E. Stroke
- F. All of the above

4. How many cups of vegetables should a person eat daily at the 2,000 calorie level?

- A. 1 cup
- B. 1½ cups
- C. 2 cups
- D. 2½ cups
- E. 3 cups

5. Which of the following are equivalent to 1 cup of vegetables?

- A. 2 cups raw, leafy greens
- B. 1 cup tomato or mixed vegetable juice
- C. 2 cups cooked spinach
- D. All of the above
- E. A and B

6. How many cups of fruit should a person eat daily at the 2,000 calorie level?

- A. 1 cup
- B. 1½ cups
- C. 2 cups
- D. 2½ cups
- E. 3 cups

7. Which of the following are equivalent to 1 cup of fruit?

- A. ½ cup dried fruit
- B. 1 cup juice
- C. Both of the above
- D. Neither of the above

Bonus Point: Are YOU eating a variety of colorful fruits and vegetables daily?

Whether you answered all the questions correctly or missed a few, the following Web sites can serve as your "playbooks" to help plan YOUR fruit and vegetable bowl strategy!

- www.mypyramid.gov
- www.fruitsandveggiesmatter.gov
- www.fruitsandveggiesmorematters.org

5 Main Dishes—Each Using Only 5 Ingredients



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

Mardel Meinke
UNL Extension Associate

Towards the end of the day, the question often is, "What's for dinner?" With a little planning, many possibilities are created! These five main dishes using ground beef can each be prepared with only a few additional ingredients. To save time, a quantity of ground beef (hamburger) can be cooked ahead and frozen. Go to <http://lanaster.unl.edu/food/ciq-beef-crumbles.shtml> for specific directions on cooking, freezing and thawing ground beef.

These recipes provide approximately four servings and can be doubled so foods can be reheated for another meal. Many combination dishes taste even better when reheated.

Skillet Lasagna

- 1 pound ground beef, cooked (season with ½ teaspoon onion powder and ¼ teaspoon garlic powder)
- 1 can (15 ounces) tomato sauce
- 3 cups "no boil" wide noodles (uncooked)
- 1 cup cottage cheese
- 8 ounces Mozzarella cheese, shredded

In a large skillet, layer the ingredients in the order they are listed. Cover and simmer 10-15 minutes, until the noodles are tender. If using regular noodles, boil for 10-15 minutes before adding. Refrigerate leftovers promptly.

Cornbread Taco Bake

- 1 pound ground beef, cooked
- 1 envelope (1.25 ounce) taco seasoning
- 2 packages (7.5 ounces) cornbread mix, prepared according to package directions
- 1 can (15 ounces) creamed corn
- 8 ounces grated cheese (taco mix or other)

Mix the taco seasoning with the cooked ground beef. Set aside. To save time, prepare both cornbread mixes together. Spread 1/2 of the batter into a 9 x 13 inch baking dish. Sprinkle ground beef mixture on top of batter. Spread creamed corn and then cheese over the mixture. Top with other half of cornbread batter. Bake at 350 degrees 35-40 minutes or until done. Refrigerate leftovers promptly.

Sloppy Joes

- 1 pound ground beef, cooked
- 1 can (8 ounces) tomato sauce
- 2 teaspoons mustard
- 2 teaspoons vinegar
- ½ teaspoon onion powder

In a medium saucepan, combine the ingredients. Simmer for 10-20 minutes. Serve over buns. Refrigerate leftovers promptly.



Chili

- 1 pound ground beef, cooked
- ½ cup chopped onion
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) red beans or kidney beans
- 2 teaspoons chili powder

Combine the ingredients in a large sauce pan. Add 1/2 cup or more of water to desired consistency. Boil gently at least 20 minutes; longer to develop the flavor. Refrigerate leftovers promptly.

Mini-Pizzas

- 1 tube biscuits (makes 10 mini-pizzas)
- 1 can (15 ounces) pizza sauce or tomato sauce
- 1 pound ground beef, cooked
- 1/8 teaspoon ground oregano (optional)
- 8 ounces Mozzarella cheese, grated

Roll out biscuits until quite thin (1/8 inch). Use flour on counter and hands to keep from sticking. Place the biscuits on a large cookie sheet. Top with pizza sauce and cooked ground beef. Sprinkle with a little oregano and top with cheese. Bake at 375 degrees for 10-15 minutes until browned on top. Refrigerate leftovers promptly.