

A big summertime holiday weekend is nearly up on us! Independence Day seems to be the peak of the summer and of course, it's associated with parades, fireworks and good summer time eating! Here are some summertime recipes to consider that are tasty and also offer good nutritional value!

Berry Lemonade Slush (4 servings-6 ounces each)

½ cup lemonade flavor dry drink mix
½ cup water
3 cups ice cubes
1 cup fresh or frozen strawberries

Put lemonade mix into blender. Add other ingredients, cover and blend on high speed for 10 seconds. Turn off blender and stir with spoon, Cover, and blend another 5 seconds or until smooth using pulsing action. Serve immediately. Store any leftover slush in freezer.

*Can also be made with blueberries!

Per serving=140 calories, 75 mg sodium, 1 g fiber, 70% of DV of vitamin C

Spicy Bean Salsa (makes 4 cups-12 servings)

1 can (15 ounces) black-eyed peas
1 can (15 ounces) black beans, rinsed and drained
1 can (15 ounces) whole kernel corn, well drained
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1 can (4 ounces) diced jalapeno peppers
1 can (14.5 ounces) diced tomatoes, drained
1 cup Italian-style salad dressing
1/2 tsp. garlic powder

In medium bowl, combine all ingredients except salad dressing. Season with salad dressing and garlic powder. And mix well. Cover and refrigerate (overnight is best!) to blend flavors. Serve with baked tortilla or pita chips (or at least choose a brand without trans fat!) or whole grain crackers.

Per serving=190 calories, 10 g fat, 0 mg cholesterol, 168 mg sodium, 5 g fiber, 5 g protein

**Fat could be lowered by using reduced fat or fat free salad dressing

Here is a salad that is red, white and blue to fit your patriotic theme! Jicama is a root vegetable from Mexico that resembles a turnip. The flesh is sweet and juicy, much like an apple. It is very low in calories, provides a good source of vitamin C and also offers vitamin E, potassium, iron and calcium and fiber. It is quite nice added to a vegetable tray or in salads or used in stir-fry dishes (it makes a great substitute for water chestnuts!)

Patriotic Salad (Serves 6)

3 cups cubed seeded watermelon
2 cups blueberries
1 cup chopped jicama
1/4 cup lime juice
2 Tbsp. canola oil
2 Tbsp. honey
1/4 tsp. salt

1/8 tsp. pepper (optional-adds a little spice!)

Put fruit and jicama into medium bowl. Combine dressing ingredients and pour over fruit. Mix gently. Chill well before serving.

It just wouldn't be a summer holiday without potato salad! I prefer mine without mayonnaise (see recipe on Nutrition Clinic website @ http://www.fshn.hs.iastate.edu/nutritionclinic/handouts/recipe9_03_04.pdf) or try this lower fat recipe below. If you have a favorite potato salad recipe, consider "lightening it up" using lower fat ingredients as in this recipe. Check out other healthful salad recipes on the Nutrition Clinic website such as Chopped Salad and Mediterranean Medley Salad.

Dilly Potato Salad (Makes 8 servings)

2 pounds red potatoes, diced
6 hard-cooked eggs, chopped
1 cup nonfat plain yogurt (or sub nonfat mayonnaise)
3 Tbsp. fat-free mayonnaise
¼ cup chopped green onions
1 tsp. prepared Dijon-style mustard
1 tsp. dried dill weed
1 tsp. garlic powder

Bring large pot of water to boil. Add potatoes. Cook until tender, but still firm, about 15 minutes. Drain and set aside to cool. In large bowl, combine potatoes and chopped eggs. Mix together yogurt, mayonnaise, onions, mustard, dill weed and garlic powder in separate bowl. Pour dressing over potatoes and eggs. Toss gently and chill until ready to serve.

Per serving= 170 calories, 4 g fat, 160 mg cholesterol, 131 mg sodium, 2 g fiber, 8 g protein

Burgers just seem to go along with this all American holiday! You can keep them leaner by choosing 93% or 95% lean ground beef. You can stretch that meat and lower the fat content of the finished burger even further with the addition of dry oatmeal, bread crumbs or textured vegetable protein (TVP). This can be purchased at your local grocery or health food store. You reconstitute it using an equal amount of boiling water and allowing it to sit for 10 minutes before adding to your ground beef. This works for hamburgers, chili, spaghetti sauce, taco meat, stuffed peppers, etc. Another healthy option would be a burger made with ground turkey or a completely vegetarian burger such as a Boca burger or a Portobello mushroom burger (see recipe on Nutrition Clinic website @ http://www.fshn.hs.iastate.edu/nutritionclinic/handouts/may12_05.pdf)

Cajun Style Burgers (Makes 4 servings)

1 pound ground beef, choose 93-95% lean
1/4 cup dry bread crumbs or oatmeal
1 egg
3 green onions, chopped (or sub 1/4 c. dried onion flakes)
1 Tbsp. Cajun seasoning (Tone's has one!)
1 tbsp. prepared mustard
¼ cup barbecue sauce
1 tsp. Cajun seasoning
4 slices cheese of choice (optional)

Spray grill grate and preheat for high heat. In medium bowl, mix ground beef, bread crumbs/oatmeal, egg, onions, 1 Tbsp. Cajun seasoning and mustard. (It's best if you can

refrigerate for 2-4 hours at this point but not absolutely necessary!) Form into 4 patties. In small bowl, mix barbeque sauce and 1 tsp. Cajun seasoning. Cook patties 5-6 minutes per side or until completely cooked. Do not go by appearance as this can be deceiving! Check with meat thermometer and cook until burgers reach 160 degrees! Place cheese on burger if desired and allow to melt.

Per serving= 400 calories, 22-28 g fat, 946 mg sodium, 1 gm fiber, 29 g protein
To lower sodium content, prepare your own Cajun seasoning without salt.

Another grilling suggestion that will encourage intake of vegetables is a kabob. Meat or poultry is marinated and skewered onto metal or bamboo skewers (soak in water for 30 minutes) with fresh vegetables. Here is one recipe but you can get creative and choose your own marinade and whatever veggies you like best!

http://www.fshn.hs.iastate.edu/nutritionclinic/handouts/may27_05.pdf Keep in mind that vegetables are disease fighters!

If you like spicy food, you will love the easy “Jammin Jerk Chicken” which requires no marinating ahead of time! (See recipe on Nutrition Clinic website, http://www.fshn.hs.iastate.edu/nutritionclinic/handouts/recipe9_03_04.pdf) Cook chicken to a temperature of 170 degrees to ensure it is safe to eat!

My suggestion for a sweet to finish off the meal would be an ice cream sundae (consider low fat ice cream or frozen yogurt) or strawberry shortcake. You could have both strawberries and blueberries with either of these to keep that red, white and blue theme going! How about an all American trifle as the grand finale?

All American Trifle

- 1 (5.9 ounce) package vanilla instant pudding
- 1 whole angel food cake, cut into 1 inch cubes
- Sliced fresh strawberries and blueberries
- Slivered almonds

Prepare instant pudding according to package directions. Layer ingredients as follows from bottom of trifle bowl to top; 1/2 of cake cubes, 1/2 of pudding, strawberries, remaining cake cubes, remaining pudding, blueberries, and top with slivered almonds.

Here's to an enjoyable, safe and healthy holiday weekend!!

Sally

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