

Looking for something different to grill? A portobello mushroom makes a healthy substitute for a burger and its texture seems very "meaty"! They require only 15-20 minutes for marinating (about the time it would take to mix and make burger patties!) Portobellos can be found in most produce sections and are excellent sources of the B vitamin, niacin and good sources of potassium and selenium. They contain virtually no fat. (as compared to a 3.5 ounce broiled ground beef burger with 10-24 g fat and much of it as saturated fat).

Portobello Mushroom Burgers

4 Portobello mushroom caps
1/4 cup balsamic vinegar
2 Tbsp. olive oil
1 tsp. dried basil
1 tsp. dried oregano
1 Tbsp. minced garlic
salt and pepper to taste
Sliced provolone or other cheese if desired

Place mushroom caps smooth side up in a shallow dish. In a small bowl, whisk together marinade ingredients (or you can purchase a bottled marinade!) Pour over the mushrooms and let stand at room temperature for 15 minutes or so, turning twice. Preheat grill or broiler. Place mushrooms on grill or broiler pan 4 to 6 inches from heat source. Cook for 4 to 8 minutes, basting with marinade frequently. Top with cheese during last 2 minutes if desired. Serve on bun or whole grain bread along with a vegetable or fruit salad. (check out the one below!)

This salad offers the tastes of sweet, salty and creamy all in one! Broccoli is considered a nutritional powerhouse and one of our most nutritious vegetables. It is high in antioxidants, vitamin C, folate and fiber (5 g per medium stalk). It also offers calcium, iron, vitamins A and E, and potassium. Regular consumption of broccoli can decrease risks for chronic diseases including cancer, diabetes, osteoporosis and heart disease.

Layered Broccoli Salad

(6 servings)

6 cups chopped broccoli flowerets
1 small red onion, very thinly sliced
1 and ½ cups (6 ounces) grated reduced fat cheddar cheese
2/3 cup dried cranberries or raisins
½ cup plain fat free yogurt
3 Tbsp. honey
2 Tbsp. reduced calorie mayonnaise
2 Tbsp. cider vinegar
¼ cup dry roasted hulled sunflower seeds or chopped walnuts
1 ounce (2 Tbsp.) lower fat bacon pieces

In large glass bowl, layer broccoli, onion and cranberries. In a small bowl whisk together yogurt, honey, mayonnaise and vinegar. Drizzle the yogurt over the layered salad. Layer cheese on top. Cover and refrigerate until ready to serve. Sprinkle with sunflower seeds/nuts and bacon pieces just before serving.

Per serving=280 calories, 12 g fat, 25 mg cholesterol, 350 mg sodium, 14 g protein

Are you looking for summer suppers that can be put together in very little time but still offer good nutrition? Chopped salads are light, filling and versatile. They are a wonderful way to boost your vegetable consumption (most adults need 2 and ½ cups daily according to new Dietary Guidelines). Chopped salads can be made from almost any vegetables in your refrigerator.

Different ingredients and different seasonings make for wonderful variety. For 6 servings, chop at least 4 cups of veggies, (various colors of peppers, cucumber, celery, summer squash, onion, corn, broccoli, cauliflower), add a cup of protein (such as beans, shrimp, diced ham, smoked turkey breast, chickpeas) and season to taste. Try international flavorings such as cilantro and lime for Mexican, basil for Italian, lemon and garlic for continental, and soy sauce and sesame seeds for Asian. Here's one version to get you started but the combinations are endless!

Pete's Chopped Salad

6 servings

½ cup chopped red pepper
½ cup chopped green pepper
½ cup chopped cucumber
½ cup diced red onion
1 and ½ cup diced tomato
1 cup fresh, canned or frozen corn kernels
1 cup canned black beans, drained
2 Tbsp. red wine vinegar
1 Tbsp. olive oil
1 Tbsp. lime juice
2 tbsp. minced cilantro
1 jalapeno pepper, finely minced (optional)

Combine all ingredients in large bowl. Divide into 6 equal portions and serve!

Per serving=330 calories, 5 g fat, no cholesterol, 510 mg sodium, 10 g fiber, 11 g protein, 40 mg calcium

Eat healthy and enjoy eating!

Sally

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