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2013

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Eat Well!!

A Newsletter for Healthy Eating

Eat Well and You!

By Kate Yerxa, Extension Educator

Welcome to the new look of the *Eat Well!* newsletter. You may be a previous subscriber, or you may be new to our newsletter. For past subscribers, you will still see the same article headings, and the same current and useful information you received before.

Along with the updated *Eat Well!* newsletter look, the University of Maine Cooperative Extension's Eat Well Nutrition Education Program will be working exclusively with limited income:

- adults with children in the household,
- pregnant women and teens, and
- youth age 5–18.

As before, the Eat Well Nutrition Education Program and the *Eat*

Well! newsletter will continue to provide up-to-date information about how to:

- prepare healthy meals and snacks,
- save money on groceries,
- expand cooking skills,
- keep food safe to eat, and
- maintain a healthy weight.

To learn more about where Eat Well Nutrition Education Program classes are being held locally, call 800.287.0274 (in Maine). Like us on Facebook (facebook.com/extensioneatwellprogram) for great nutrition and health information and for upcoming programs statewide.



Looking for ways to save money on food? The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the Eat Well newsletter to find great tips to save money on food. **SAVE MONEY.**

Food Safety Corner

Leafy Greens Safety By Jason Bolton, Extension Educator

Leafy green vegetables are an important part of a healthy diet. Local grocery stores, supermarkets and farmers markets have a large variety of leafy greens being marketed to consumers. However, these greens can come in contact with harmful bacteria that may be present in the water and soil where the produce is grown. These fresh greens may also be contaminated during harvesting, preparation and/or storage. The consumption of contaminated leafy greens can make people sick. The Centers for Disease Control (CDC) reported that leafy green vegetables are the number one food that lead to food-borne illness in the United States.

Choosing leafy greens at the store or farmers market

- Bagged or boxed greens on display should be refrigerated or surrounded by ice.
- When choosing bulk or unpackaged greens, transport in new clean plastic bags.
- Keep leafy greens separate from meat, poultry and seafood when placing them in a grocery cart or bag.

Storing leafy greens at home

- Refrigerate greens at 35–40°F within two hours of purchasing.

Separate

- Keep greens that will be eaten raw separate from other foods, including raw meat, poultry and seafood.
- Wash cutting boards, countertops, dishes and utensils with soap and hot water

between preparation of raw, meat, poultry and seafood and preparation of leafy greens and other vegetables.

Prepare

- Wash hands with warm soapy water for at least 20 seconds before preparing leafy greens.
- Remove damaged or bruised areas or pieces of greens.
- Wash greens by separating leaves and soaking them in a bowl of water for a few minutes.
 - Another technique is to presoak greens for five minutes in a mixture of vinegar and water (1/2 cup distilled white vinegar per two cups water), which should be followed by a clean water rinse. This has been shown to REDUCE but NOT eliminate bacteria contamination, and it may slightly affect texture and taste.
- Do NOT rewash packaged products labeled “ready-to-eat,” “washed” or “triple washed.”
 - Pay attention to “Use By” dates marked on the package.
- Drain leafy greens with a clean strainer or colander, then dry with a clean towel or salad spinner. Salad spinners should be thoroughly cleaned with warm soapy water after every use.



Kid's Korner

Go Green Smoothie

A delicious and nutritional drink

Ingredients:

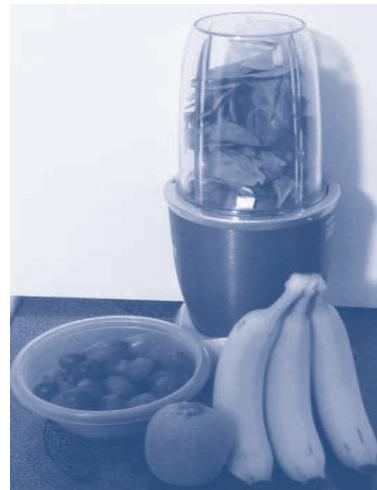
- 1 banana, peeled and cut into slices
- 1 cup green grapes
- 1 kiwi, peeled and sliced
- 1 cup baby spinach (washed and patted dry)
- 1 cup nonfat plain yogurt (or key lime yogurt)
- 1/4 cup apple juice or lime juice
- 4–5 ice cubes

Directions:

1. Place banana, grapes, kiwi and spinach in the blender. Add yogurt, juice and ice.
2. Puree until smooth.

Makes 4 servings
Serving size: 6 ounces

Nutrition Facts		
Serving Size 6.00 fluid ounce(s) (171g)		
Amount Per Serving		
Calories	107	Calories from Fat 4
		% Daily Value
Total Fat	0.4g	1 %
Saturated Fat	0.1g	1 %
Trans Fat		
Cholesterol	1.2mg	0 %
Sodium	55.2mg	2 %
Total Carbohydrate	23.1g	8 %
Dietary Fiber	1.9g	7 %
Sugars	17.6g	
Protein	4.5g	
Vitamin A	16 %	Calcium 14 %
Vitamin C	45 %	Iron 3 %



Ask Eat Well!

Debra Spurling Community Education Assistant, Hancock County



Debra Spurling has worked with the University of Maine Eat Well Nutrition Education Program in Hancock County for 17 years. Debra and her husband live on Mount Desert Island.

Q. How can I get my kids to eat dark leafy green vegetables?

A. Below are a few suggestions to try.

Make a salad: Have your child help you make a salad that is packed with color. Leafy greens such as romaine lettuce, spinach and arugula taste great when mixed in a salad with different kinds of vegetables, such as tomatoes, cucumbers, carrots and peppers.



Add to sandwiches: Make a wrap or sandwich with tuna, chicken or turkey and add romaine lettuce, spinach, arugula and other vegetables for some extra flavor.

Add to a soup: Try mixing chopped leafy greens such as collard greens, kale or chard into your family's favorite soup.

In a stir-fry: Add chopped leafy greens or broccoli to your stir-fry. Chicken or tofu stir-fried with olive or canola oil and your favorite dark green vegetable is delicious.

Add to an omelet or scrambled eggs: Try adding in steamed broccoli and/or spinach to an egg-white omelet for a vitamin and iron-rich meal.



Eat Well! is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well!, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; Alan Majka, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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Food Bites

Going "Greens" By Kate Yerxa, Extension Educator

The word "greens" is used to describe many green, leafy vegetables. These include beet greens, spinach and dandelion greens, as well as members of the cabbage family including kale, collard greens, turnip greens and mustard greens.

Greens are a nutrient powerhouse. Leafy greens are rich in vitamin A, and a good source of vitamin C, folate and vitamin K. Greens also contain calcium and are a good source of fiber.

Mild greens, such as spinach, kale and chard can be steamed, sautéed or eaten raw. If you choose to cook them, these types of greens should be cooked quickly to preserve their bright green color.

Greens will cook down to about half of their original size. So two cups of raw kale will cook down to one cup of cooked kale.

Other great uses for greens include adding to omelets, quiches, lasagnas, soups and casseroles.

The availability of greens varies by type. The peak season for dandelion greens in Maine is early spring, beet greens are available beginning in late June, and other greens are available throughout the summer into late fall.

Adapted from Bulletin #4180, Vegetables and Fruits for Health: Greens, University of Maine Cooperative Extension (umaine.edu/publications/4180e).

Ways to prepare greens:

Preparation Method	Instructions and Notes
Steaming	<p>Choose spinach, beet greens, turnip greens or mustard greens.</p> <p>To steam:</p> <ol style="list-style-type: none">1. Bring one inch of water to boil in the bottom of a pan.2. Place a colander or steaming basket in the pan.3. Toss in the greens and cover the pan tightly.4. Reduce heat to medium-low, making sure it is high enough to keep the water bubbling.5. Steam for three to five minutes or until greens are bright green.
Sautéing	<p>To sauté greens:</p> <ol style="list-style-type: none">1. Heat a skillet and add a small amount of vegetable oil, such as canola or light olive oil.2. When oil is hot, add greens. If you are sautéing small leaves, there is no need to cut them, but if you are working with larger greens such as chard, cut them into smaller ribbons.3. Cook for three to four minutes, stirring occasionally. The volume of greens will be reduced significantly, and they should still be bright green.4. Add salt and pepper to taste, if desired. Serve immediately.



Quick and Easy Eat Well Recipe Crustless Spinach Pie



INGREDIENTS

2 tablespoons butter or margarine
3 eggs
1 cup flour
1 cup fat-free (skim) milk
1 teaspoon garlic powder
1 teaspoon baking powder
1½ cups low-fat cheese, shredded
4 cups chopped, fresh spinach (or other greens, such as bok choy, kale, or Swiss chard)

DIRECTIONS

1. Preheat oven to 350° F.
2. Melt butter or margarine in 9-by-13-inch pan, and spread on bottom and sides of pan.
3. Beat eggs well, add flour, milk, garlic powder and baking powder. Add to the 9-by-13-inch pan pan. Stir in cheese and spinach.
4. Bake for 30–35 minutes until edges are brown and firm all over.

Makes 8 servings Cost: \$5.34 Cost per serving: 67 cents

Nutrition Facts

Serving Size 1.00 slice(s) (105g)

Amount Per Serving		
Calories	209	Calories from Fat 107
% Daily Value		
Total Fat 11.9g		18 %
Saturated Fat 5.6g		28 %
Trans Fat 0.5g		
Cholesterol 92.6mg		31 %
Sodium 246.7mg		10 %
Total Carbohydrate 14.7g		5 %
Dietary Fiber 0.8g		3 %
Sugars 1.9g		
Protein 10.8g		
Vitamin A 38 %	Calcium 23 %	
Vitamin C 7 %	Iron 9 %	