

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

EXTENSION

Richland County – May 2014

Did You Know?

Lettuce Varieties

Romaine -A crisp and slightly bitter lettuce with elongated, narrow leaves with a prominent rib that gives a good crunch. Romaine is the lettuce with the highest amount of vitamin C and is also a good source of fiber, folate & potassium.

Iceberg - Has little flavor or nutritional value but has lots of crunch and is the most popular lettuce in America.

Red & Green Leaf Lettuce - These are loose-leaved lettuce that grow in large, open heads with a profusion of ruffled leaves. Red and green are both good sources of folate and red is a

Family Play Time

May is the perfect time to get the bikes out and spend some family time riding! In order to be safe when riding be sure you follow the tips below:

1. Wear a properly fitting helmet.
2. See and be seen. The best way to make yourself more visible to drivers is to wear neon, fluorescent or other bright colors when riding in daylight or dark. Also, wear something that reflects light, such as reflective tape or markings, or flashing lights.
3. Control your bicycle. Always ride with at least one hand on the handlebars. Carry books or other items in a bike basket or backpack.
4. Obey all traffic laws. A bicycle is a vehicle and you are the driver. When you ride in the street, obey all traffic signs, signals and lane markings.
5. Don't get distracted. Don't listen to music or talk on the phone while riding.
6. And remember, just because you can see a driver doesn't mean they can see you.



Cooking School

Unpackaged lettuces from a grocery store, farmers market or homegrown, and pre-packaged lettuces that are NOT labeled "washed", "triple washed" or "ready-to-eat" should be washed before consumption. For a thorough cleaning, fill a clean sink or bowl with lukewarm water, swish for 30 seconds, drain the water from the sink and rinse the sink free of any grit. Refill with clean cold water and repeat procedure two more times until no grit remains in the bottom of the sink, when water is drained. For iceberg lettuce, remove the core, and hold upside down under running water and invert to drain. Dry lettuces by letting them drain in a colander and then wipe with a clean cloth towel or paper towel to reduce any bacteria that may be present.



What year was the bicycle invented?
(Answer in the 2nd May Edition)

Nutrition Nugget

May is National Blood Pressure Month

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fats and cholesterol can lower your blood pressure. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

Italian chopped Salad

- 6 cups torn romaine lettuce
 - 1 ½ cups chopped, cooked boneless, skinless chicken breasts
 - 1 cup cooked small pasta, such as fusilli or rotini
 - 1 cup cauliflower florets
 - 2 large tomatoes, chopped
 - 1 large green pepper, chopped
 - ½ cup grated cheese of your choice
 - ½ cup Italian dressing (low fat)
 - ¼ cup grated parmesan cheese
- Place 1 ½ cups of romaine in four bowls. Combine all ingredients except dressing and parmesan in large bowl. Add dressing and toss. Spoon evenly over romaine lettuce. Sprinkle with parmesan cheese.



Super Salad

- 2 cups elbow macaroni, uncooked
 - 2 (6 ½ oz. each) cans tuna, drained
 - 1 cup diced Cheddar Cheese
 - 1 cup pared and diced cucumbers
 - ½ cup diced green peppers (opt.)
 - 2 hard cooked eggs, minced
 - 1 ½ cups diced tomatoes
- Prepare macaroni according to directions for salad use. Drain. Combine macaroni, tuna, cheese, cucumber, tomatoes, celery, green pepper and green onion. Add mayo and toss well. Chill and garnish with minced egg. You can substitute cooked chicken or ham for tuna. (8 servings)

- ½ cup diced celery
- ¼ cup sliced green onion
- ½-¾ cups light mayo



ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

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What Can I Do Today?

Adjust Your Bicycle to FIT

Stand over your bike, there should be 1 to 2 inches between you and the top bar if you have a road bike and 3 to 4 inches if it is a mountain bike. The seat should be level front and back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebars should be at the same height as the seat.