

NEWS

You Can Use

April 2015

NUTRITION EDUCATION WITH SENIORS



With the summer months just around the corner, it's time to start thinking about fresh, seasonal produce. Eating produce daily, whether fresh, frozen or canned, helps fuel our body with the energy and nutrition it needs to stay strong and healthy.

In addition to the great taste of seasonal fruit or vegetable, it is usually cheaper than non-seasonal fresh produce. Be sure to try these delicious, in-season fruits!

<u>FRUIT</u>	<u>PEAK SEASON</u>
Apricots	June to July
Sweet cherries	May to June
Nectarines	June to September
Peaches	June to September
Plums	June to September

Apricots Anyone?

Canned apricots contain peeled or unpeeled apricot halves and are packed in light syrup, unsweetened fruit juice, lightly sweetened fruit juice or lightly sweetened fruit juice and water. Each 15.5-ounce can contains 3½ servings (½ cup each).

Selection:

- ◆ Select cans that are free from cracks, dents, leaking or bulging.

Storage:

- ◆ Check the product's "Best By" or "Best if Used By" date. This tells us how long the canned apricots will stay at peak quality. When stored properly, canned apricots will be safe to eat for a little while after the printed date, but their quality may decrease.
- ◆ Store unopened canned apricots in a cool, dry place for up to 12 to 18 months.
- ◆ Once opened, place the apricots in an airtight container or re-sealable plastic bag. DO NOT put the apricots back in the opened can to store.
- ◆ Refrigerate for up to four days or freeze for one to two months in an airtight container or heavy-duty freezer bag.



Nutrition: 1 cup apricot halves:

- ◆ Provides 159 calories, 4 grams of fiber and 2/3 of your daily vitamin A needs
- ◆ Is fat- and cholesterol-free and low in sodium
- ◆ Counts as one cup from the MyPlate fruit group

Uses:

- ◆ Serve chilled directly from the can for a delicious snack or side dish to your meal
- ◆ Slice and add to your morning hot or cold cereal
- ◆ Use in baked fruit desserts such as apricot cobbler or crisp

Food Safety 101: Cooking in the Microwave Oven

Defrosting

- Remove packaging (e.g., foam trays, plastic wrap) from food.
- Select “defrost” or “30% power” on the microwave and defrost as indicated on the timer.

Reheating

- Heat ready-to-eat foods (e.g., hot dogs, leftovers) until steaming hot.
- Reheat foods to a minimum internal temperature of 165°F.



Cooking

- Arrange food evenly on a dish. Loosely cover with a lid or plastic wrap, allowing for steam to escape.
- Stir or rotate food halfway through microwaving to ensure even cooking.
- If partially cooking food in the microwave, cook using another source of heat immediately afterward. DO NOT re-store.
- Cook large cuts of meat on medium power (50%). This will allow the middle to cook thoroughly without overcooking the outside.
- Use a food thermometer to ensure the food item has been cooked to the appropriate minimum internal temperature.

Source: USDA Food Safety and Inspection Service

Apricot Pops

Serving Size: 8
Serves: 1 pop (½ cup)



Ingredients:

1 can (15-ounces) apricots, packed in juice or light syrup
2 cartons (6-ounces each) low-fat, sugar-free vanilla yogurt

Supplies:

8 small paper cups
8 wooden sticks or plastic spoons (for handles)

Instructions:

1. Drain apricots.
2. Combine the drained apricots and yogurt in a blender or food processor. Blend until smooth.
3. Pour mixture into 8 small paper cups and place in the freezer. After a half hour (when they start to freeze), stand a wooden stick or plastic spoon in the pops.
4. Freeze for 3-4 hours or until pops are solid.
5. Place bottom of cup under hot running water for 20 seconds. Peel off paper cup and serve.

Nutritional analysis (1 pop): 35 calories, 0 g fat, 0 g saturated, 0 g trans, 25 mg sodium, 7 g carbohydrates, 1 g fiber, 6 g sugar, 2 g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart Eat Smart website,
<http://www.extension.iastate.edu/foodsavings/recipes/apricot-pops>

Helpful Resources

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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