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Websites of interest:

- fightbac.org
- fsis.usda.gov
- dashdiet.org

Inside this issue:

Recipe Corner	2-3
It's Tailgate Time!	4-5
DASH Diet Resurfaces	**6**

Food and Fitness

Eggs—Are They Safe to Eat?

The much maligned egg is in the news again, but this time it's not about cholesterol. It's about salmonella.

With the recall of more than half a billion eggs last month you may be wondering if you should ever eat an egg again. No one wants to think about germs in the food supply but they are always present.

Salmonella and many other organisms causing food borne illness can be destroyed by cooking eggs until both white and yolk are firm or to a temperature of 160º F. It is always prudent to follow the advice "if in doubt, throw it out!" If it looks bad, smells bad or tastes bad, something is wrong.

Symptoms of salmonella poisoning include fever, chills, abdominal cramps and diarrhea. If you think you may be sickened by contaminated eggs, the best bet is to see your doctor.

The tenets of safe food handling include:

Clean—wash hands and all utensils with hot soapy water.

Separate—separate foods that will not be cooked such as fruits and salad ingredients from those that must be cooked to destroy bacteria, such as meat and poultry.

Cook—cooking food to a temperature of 160-170º F destroys most harmful bacteria. A meat thermometer is a must in the kitchen.

Chill—food should be refrigerated quickly to less than 40º F.

Recipe Corner

Tortilla Roll-Ups

Original version from Cookbook Digest, 1997---this version contains less fat and healthier fat

Spread:

8 oz. package fat-free cream cheese

4 oz. roll goat cheese

2 oz. horseradish mustard

5 11-inch whole wheat tortillas

Filling:

1 cup sliced black olives

11/2 cups thinly sliced red onions

7 oz. jar roasted red peppers, sliced thinly

2 jalapeno peppers, veined, seeded and chopped

1 large avocado, peeled and diced

1 can small mild green chilies, drained and chopped

½ cup fresh cilantro, finely chopped

Combine cheeses with horseradish mustard and blend well. Spread evenly on tortillas.

Combine vegetables and layer on tortillas to the edges. Roll up and secure with toothpicks. Chill for at least 8 hours. Slice into bite-sized pieces (about ¾ inch thick) and secure each with a toothpick if necessary. Serve cold. This recipe can be prepared a day in advance and travels well.

New Orleans Remoulade "Light"

¼ cup parsley, finely chopped

¼ cup green onions, finely chopped

1 stalk celery, chopped finely

½ cup reduced fat mayonnaise made with olive oil

½ cup plain yogurt

2 Tablespoons horseradish

2 Tablespoons Creole mustard

2 Tablespoons ketchup

Juice of 1 lime

1 teaspoon each, black pepper and Tony's Creole Seasoning

Use food processor to mince vegetables finely. Blend all other ingredients together. Serve over chilled boiled shrimp for a cool Southern treat.

Recipe Corner (Continued)

Tomato Leek Pie

Easy as 1, 2, 3!

Recipe adapted from July 2009 Southern Living Magazine; original was contributed by Kelly Rudat, St. Louis, Missouri

2 medium sized red, 2 yellow, and 1 green tomato, sliced

1/2 teaspoon salt

1 medium leek

1 T. olive oil

1 tsp. black pepper

1/2 cup fresh grated mozzarella or crumbled feta cheese

½ cup reduced fat mayonnaise made with olive oil

1 egg or egg substitute, lightly beaten

1 prepared pie crust or pie crust mix

2 tablespoons Zatarain's Creole mustard or other whole grain mustard

Preheat oven to 450º. Bake piecrust for 8-10 minutes or until golden brown. Reduce oven temperature to 350º.

Place tomato slices on paper towel to drain; sprinkle with salt. Let stand 20 minutes. Pat dry with paper towel.

Remove and discard root end and dark green top of leek. Cut in half lengthwise and rinse thoroughly. Chop into bite sized pieces. Use oil to sauté leeks 3-5 minutes or until tender.

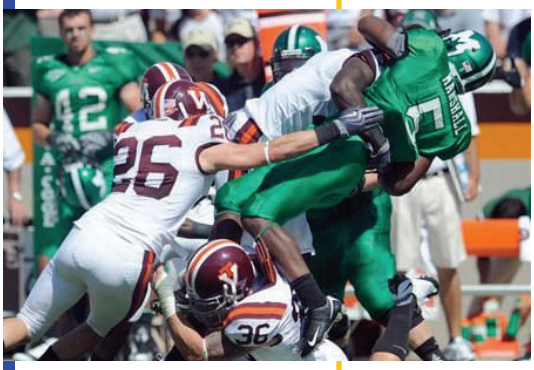
Brush bottom of pre baked pie crust with mustard. Spread leeks on next. Top with tomatoes and sprinkle with pepper.

Stir together mayo, egg and grated cheese in a medium bowl until blended. Spread this mixture over tomatoes. Bake at 375º for about thirty minutes or until thoroughly set.

This recipe may be served warm--let stand ten minutes before serving.

For an after-school snack or tailgate treat, prepare the recipe in an 8x8 glass casserole. Roll out dough and pat into bottom of baking dish. Follow recipe as above. Cool until room temperature, then refrigerate for several hours. Cut into small squares for serving.

It's Tailgate Time!



September brings fall and fall means football. Many of us will be trekking to the football stadium to watch our favorite teams play ball.

When you think of football, you may also think--tailgating. Nowhere is tailgating taken more seriously than in college football. A bit of tailgate trivia—perhaps the largest tailgate party in North America occurs for the Florida vs. Georgia game in Jacksonville, Fla. Many of the partiers arrive on Wednesday for the game on Saturday! Fun! Food! Drinks! Calories! Yikes!

Not to worry. Tailgating doesn't have to mean packing on the pounds. Fall brings an opportunity to kick up your exercise program in anticipation of tailgating and fast-approaching holidays.

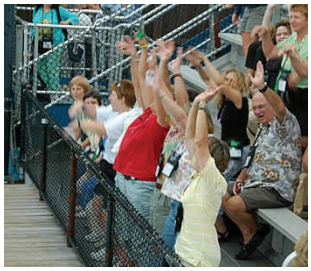
Fall brings cooler temperatures, making exercise more comfortable than in the heat and humidity of summer. Make a date with yourself to take a walk the morning of the big game. Or go to the local gym for 30-60 minutes and work out on your favorite machine. Get up early and get it done before the kickoff!

You can also work exercise into your tailgate party. Instead of settling down in a lawn chair at the tailgate party, pass a football with the young, or old, folks or play a game of corn hole or ladder golf.

It's Tailgate Time!

Is your tailgate party in a grassy area? Bring horse shoes or bocce ball. Better yet, take a walk. Walk through the tailgate lot to soak up the atmosphere. Visit other fans' tailgate parties to catch up with what's been happening since last football season. Walk over to the practice field to watch the marching band run through a pre-game rehearsal.

Be active at the game. Don't just sit there, get up and cheer for your team. Shake your pom-poms, wave your "terrible towel". Par-

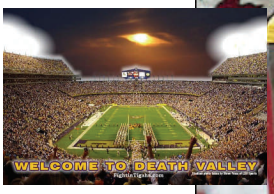


ticipate in the "wave". If your team has first down or touchdown "rituals", such as jumping up and

down and singing, just do it!

At halftime, don't go back to eat more tailgate good-

ies, get up and walk. Walk around the stadium,



walk up and down the steps. Walk to the top of the stadium

and see what the view is like from there. However you choose to celebrate fall, be active, be safe, have fun and maybe it will all help your team to win!

Your business tag line here.

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DASH DIET RESURFACES

Is it another new fad diet? In a word, no! The DASH—Dietary Approaches to Stop Hypertension—diet study first appeared in 1997. It showed that subjects could lower blood pressure by eating more fruits, vegetables, and low fat dairy products.

In August a new DASH Diet study of 436 subjects showed a 20% risk reduction for heart attack after only 8 weeks. The low fat diet included 11 servings of fruits and vegetables, plus whole grains, fish and poultry, low fat dairy and nuts.

This could be done easily. Add berries to your whole grain cereal. Have tuna salad with nuts and grapes on whole wheat bread. Snack on carrots and cucumbers and low fat dip. Serve fish with sides of squash, broccoli, mushrooms, and wild rice with apples.