



Kay County Health News

OCTOBER 2013

Did you know one of the potential benefits of a Certified Healthy Business is reduced absenteeism?

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This newsletter is funded through the cooperative efforts of United Way of Ponca City and Smart Start Kay County.



Waldorf Slaw

- 2 cups chopped apple (about 1 large apple)
- 1 cup chopped pear (about 1 pear)
- 1/2 cup raisins
- 3 tablespoons chopped walnuts
- 16-ounce package cabbage-and-carrot cole-slaw mix
- 1/2 cup low-fat mayonnaise
- 1/2 cup low-fat buttermilk
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Combine first 5 ingredients in large bowl. Combine mayonnaise, buttermilk, rind, juice, salt, and pepper stirring well with a whisk. Drizzle mayonnaise mixture over cabbage mixture and toss to coat. Cover and refrigerate at least 30 minutes.

Makes 10 1-cup servings

Amount per serving: Calories: 89; Fat: 3.3 g; Saturated fat: 0.6 g; Monounsaturated fat: 0.3 g; Polyunsaturated fat: 1.1 g; Protein: 1.7 g; Carbohydrate: 15.4 g; Fiber: 1.2 g; Cholesterol: 0.0 mg; Iron: 0.5 mg; Sodium: 187 mg; Calcium: 44 mg

Curried Chicken Salad

- 1 cup skinless, boneless chicken seasoned with lemon, pepper and thyme
- 1/4 cup low-fat mayonnaise
- 1 tsp curry powder
- 2 tsp water
- 3/4 cup chopped apple
- 1/3 cup diced celery
- 3 TBSP raisins
- 1/8 tsp salt

Grill the chicken; season with lemon, pepper and thyme. Cool and chop.

Combine mayonnaise, curry powder, and water in a medium bowl. Whisk until well blended. Add the chicken, apple, celery, raisins, and salt. Stir well. Cover and chill.

Makes 2 servings, 1 cup each

Amount per serving: Calories 222, Fat 5.4 gm, Saturated Fat .9 gm, Monounsaturated Fat 1.7 gm, Polyunsaturated Fat 2 gm, Protein 17.5 gm, Carbohydrate 26.9 gm, Fiber 2.5 gm, Cholesterol 50 mg, Iron 1.5 mg, Sodium 731 mg, Calcium 30 mg



What to Eat Now

People often think they don't like a particular food but selecting produce in the peak season and using the right variety for the right purpose can make a huge difference! Your grocery store may have a larger selection of apples and pears now. **Pears** are entering their peak season and you will likely have more choices. One medium pear has 102 calories, no fat, 24% of the Daily Value for fiber and 12% of the Daily Value for Vitamin C. Pears with a crunchy texture make great addition to salads; tender textures are better for snacking.

When fully ripe:

Anjous are firm, mild-flavored pears with green or red skin.

Bartletts are a sweet, tender, flavorful and juicy pear. Really juicy pear for snacking.



Asian pears are full-on crunchy and very mild flavored. Tough skinned.

Apple pears look like an apple and have a sweet flavor and crunchy texture.

Bosc pears are wonderfully crisp, with a delicate flavor.

Apples are also at their best now with more varieties available. If someone in your family doesn't like apples, try a different variety. One medium apple contains 95 calories, no fat, 17% of the Daily Value for fiber and 14% for Vitamin C. Varieties found in peak season in this area may include:

Red Delicious heart-shaped fruit is bright red skinned. Crunchy with a mildly sweet flavor, Reds are great in salads.

Golden Delicious is a commonly available variety. This apple has a flowery aroma and sweet flavor. They keep their shape making them perfect for pies and tarts.

Gala apples are crisp, mild and sweet. Their juiciness and thin skins make it a good eating apple for kids. Excellent for eating and salads.

Jonathon apples have a rich, almost creamy texture and particularly tart, spicy flavor. A great eating apple, since they are so juicy. They also bake well.

Pink Lady's are crisp and firm with creamy white flesh zippy with a dense skin and tart flavor. They are excellent for snacking, salads and baking.

Granny Smith's are green, extremely tart, crisp, juicy and versatile. Grannies are a favorite of pie-bakers. They're also excellent for snacking and salads.

Rome Beauty apples are crisp and firm. Great for baking, since they hold their shape well.

They tend to be a bit dry and so are less commonly used as eating apples.

McIntosh apples are pretty red-and-green apples with a good sweet-tart balance and a crisp, juicy texture. They are great eating apples but turn to mush almost immediately when cooked.

Winesap apples are small, very firm, crisp apples. They have a slightly spicy flavor that's great for eating and baking. An excellent storage apple.

Braeburn's rich, sweet-tart, spicy flavor is high-impact. Color varies from orange to red over a yellow background. Aromatic, juicy and crisp, this apple is very firm and great for snacking and baking.

Fuji holds its texture when baked. It's known for its hard texture and syrupy sweetness. It's also excellent for baking and salads.

Honeycrisp is exceptionally crisp and juicy. Its flesh is cream colored and coarse. The flavor ranges from mild and well-balanced to strongly aromatic, depending on the degree of maturity.

Food Safety Matters

If you've been reading sites such as Google News or other media you may have noticed information about a cooking technique called *sous vide*.

While not a new technique, it has recently promoted as a simple way to prepare meats in an ice chest at cookouts and tailgating parties this Fall. The article suggested placing your meat in a ziplock bag, pouring water heated to a specific temperature over the meat and closing the lid for the appropriate "cooking time". Sous vide requires a *very controlled environment not available at any typical cookout or tailgating function and very few family kitchens.*

Cooking sous vide requires precise, stable temperature control for both quality and safety. While coolers can keep foods cool as long as enough ice remains, they cannot hold hot or cold temperatures constant. Trying to "cook meat" in an ice chest provides a prime condition for bacterial growth.

Sous vide also requires a vacuum packaging process to remove sufficient air from the plastic bag the food is "cooked" in. The cooking vessel also needs a method to circulate the water to pull cool water away from the food as the hot water cooks the food.

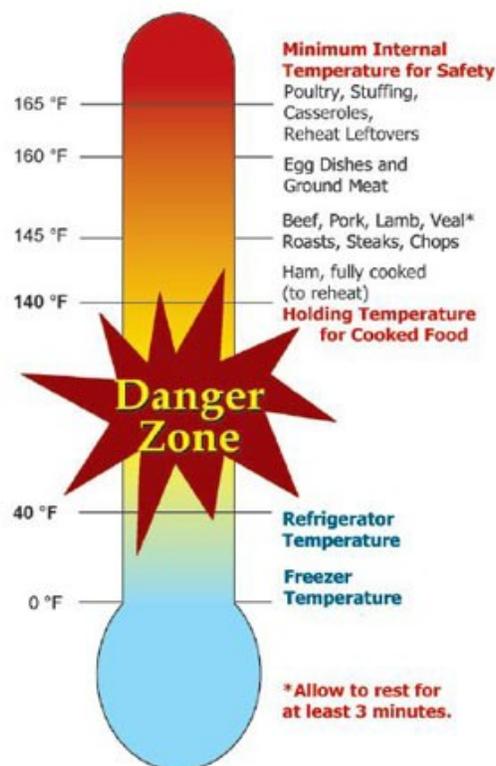
If you are having a cookout at home or at an athletic event this fall, use conventional BBQ equipment and techniques. Remember food safety basics so all your memories of the event are pleasant ones! Regardless of where you are preparing, serving or storing food the safety guidelines are the same.

Wash - Clean hands before, during and after preparing food. Sing your favorite team's fight song while lathering with soap and water for 20 seconds.

- Be sure to pack moist towelettes for guests to clean up before digging in.

Separate - Defrost meats in the refrigerator or in the microwave – never at the tailgate. Marinate meat in the refrigerator and don't reuse the marinade.

- For the trip to the tailgate, tightly seal raw meat in plastic wrap to prevent juices from contaminating other food items. Consider packing meat products in one cooler and additional foods in another.
- Keep raw meats and ready-to-eat foods separate.



- Pack extra or color-coded plates or utensils to help prevent cross-contamination. Use one set for raw and another for cooked foods.
- Cook** - A food thermometer is the only reliable way to ensure foods are cooked to the right temperature.
- Favorites like steaks and chops should be cooked to 145°F; hamburgers and bratwurst at least 160°F; chicken breasts to 165°F
 - Keep food hot until served - at 140°F or warmer.
- Refrigerate** - Pack food in an insulated cooler with plenty of ice to keep temperatures below 40°F. Keep a refrigerator thermometer inside the cooler at all times to monitor the temperature.
- Transport coolers in the backseat of your air-conditioned car instead of the hot trunk, especially for long road trips.
 - Throw away perishable tailgate items before the game. Foods should not be left unrefrigerated for more than 1 hour in 90°F weather.
 - After the game, eat only perishable foods packed in the cooler and stored at 40°F or below.

Fresh Apple Salsa

1/3 cup fresh lime juice
1 TBSP honey
1/4 tsp salt
1/4 tsp freshly ground black pepper
2 cups diced peeled apples (about 3/4 pound)
1/2 cup diced red bell pepper
1/4 cup diced red onion
1/4 cup minced fresh cilantro
1 jalapeno pepper, seeded and minced

Instructions:

1. Combine lime juice, honey, salt and pepper in bowl. Peel and dice apples and add to lime juice mixture, coating apples well to prevent browning.
2. Clean, dice and mince the red pepper, onion, cilantro and jalapeno.
3. Add vegetables to the apple mixture and toss well.

Yield: Twelve 1/4 cup servings

Calories 21, Fat .1 gm, Protein .2 gm, Carbohydrate 5.7 gm, Fiber .8 gm, Sodium 50 mg, Calcium 4 mg

Name This News

This newsletter is available to Kay County businesses, agencies, schools, or any other workplace participating in the Certified Healthy Business program. The purpose is to encourage a healthy lifestyle through sharing of ideas, information, recipes, exercise tips, local events and more. We want your involvement! This newsletter is for YOU and we want YOUR ideas in selecting a name for it. Let's see what creative minds are working in Kay County. Submit your ideas by Oct 23, 2013 to kchealthnews@yahoo.com

Fitness in the Workplace

We know many worksites are interested in the health and fitness of their employees. We would like to spotlight activities in worksites around Kay County that encourage employees to improve their mental and/or physical well-being. Other worksites might like to adapt your ideas for their employees! Take a minute to write a short explanation and share it with us. Tell us about who, what, when where, why and how of the activities you conduct when writing your short story. Don't forget to tell us the benefits you have seen from your efforts if you have conducted the activity long enough to see results. Send your information to kchealthnews@yahoo.com