

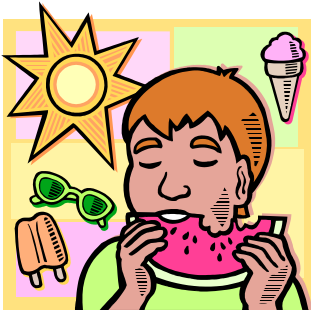


Beaver County Newsline

June 2006

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As the month of May has been very stressful for me, I found this article interesting. I've also talked my husband into planting a huge garden so I have an incentive to get outside and exercise more. Besides, not much compares to fresh garden tomatoes on a BLT!



Make Your Comfort Food Healthy

Many people think that real comfort foods must be high-fat, high-calorie and bad for your health. A new study, however, which adds to other research from the last few years, suggests

that a food becomes a comfort food for physical and psychological reasons. You can take steps to improve the healthfulness of a favorite food or choose an alternative to warm your heart.

The term comfort food refers to specific foods people eat for psychological comfort. They often have moist, creamy textures and other fatty characteristics. Yet research now suggests that calling a food a comfort food has less to do with its qualities than with its ability to trigger happy memories and feelings. Consequently, the foods that people choose as comfort foods vary depending on their age, cultural background and gender.

Studies show that men are most apt to want comfort foods as part of a celebration or a reward. They often like warm, hearty foods, like soups, casseroles, steak, pizza, or pasta. These foods tend to be main-dish entrées their mothers prepared.

Women, in contrast, often crave comfort foods when they are unhappy. Their choices are less likely to require cooking. Ice cream (which is a top choice for men, too, in some studies), chocolate and cookies are frequent favorites. More often than men, women express guilt over their comfort food choices.

Some research suggests that our decision to eat comfort foods has a physical basis. Chronic stress can set off a cascade of hormones. One result is that our pleasure in eating foods high in fat or sugar increases. Because those excess calories tend to be deposited around the waist, another chain of hormonal events occurs that turns off the original chain of stress hormones. Although rats exposed to chronic stress usually lose weight, the same hormonal changes often lead people to eat so much more

they gain weight. However, people can also eat less under stress and lose weight.

Since many main-dish comfort foods like chili come from a time when we knew less about food's relation to health and people were more active, they can cause a weight problem today, unless you alter them. For example, add or increase the amount of vegetables in soups, stews, casseroles and chilies you love. Or try replacing some of the meat in these dishes with beans. You can reduce the fat in sauces and soups and retain a thick, creamy texture by using evaporated nonfat milk or puréed vegetables like potatoes instead of heavy cream. Although main dishes like pizza can be made healthier by adding vegetables, a better addition is a green salad or vegetable side dish and eating in moderation.

Cookies and other bakery items can be made more healthful by reducing the amounts of fat and sugar, but studies suggest that women who crave these comfort foods are unlikely to prepare healthier versions. A more practical plan is to focus on portion control. For example, try eating small wrapped pieces of chocolate, or place a few cookies on a plate instead of holding the entire package.

Some researchers contend that after about four bites of a food your brain reaches its maximum ability to savor and remember it. Since four bites may be enough to satisfy your craving, don't eat your comfort food while doing something that distracts you from fully savoring it. By turning to another activity after eating a small amount, you may get the comfort you want without the guilt, extra calories, or fat.

Besides explaining why we want comfort foods, research on stress hormones suggests that there are alternative ways to deal with stress. Exercise, yoga, meditation and even a relaxing bath can all bring stress relief to the brain. It makes more sense to choose one of these healthier alternatives instead of one that can hurt our physical health.

Source: <http://health.msn.com/dietnutrition/articlepage.aspx?cp-documentid=100124386>

Heat up the Grill Not the House

The lazy, hazy days of summer are fast approaching. This means less time in the kitchen and more casual menus such as salads, sandwiches and meals on the grill. Make this summer's dining memorable with tempting, easy beef recipes.

Grilled Lime-Cilantro Beef Chuck Steaks



4 boneless beef chuck eye steaks, cut 3/4 to 1 inch thick (about 1-3/4 pounds)

Marinade:

3 tablespoons fresh lime juice

3 tablespoons water

1 small jalapeno pepper, minced

1 tablespoon chopped fresh cilantro

1 large clove garlic, minced

¼ teaspoon ground cumin

Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 1 to 2 hours, turning occasionally. Remove steaks; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 16 to 20 minutes for medium rare to medium doneness, turning occasionally. Season with salt and pepper.

Source: <http://www.beefitswhatsfordinner.com>

Nutrition information per serving: 332 calories; 17 g fat (7 g saturated fat; 7 g monounsaturated fat); 138 mg cholesterol; 93 mg sodium; 1 g carbohydrate; 0.1 g fiber; 41 g protein; 3.5 mg niacin; 0.4 mg vitamin B6; 3.2 mcg vitamin B12; 4.8 mg iron; 34.8 mcg selenium; 13.4 mg zinc.

Testing for Doneness

With a little practice you can tell when your meat is done with the touch of your finger or tongs. As meat cooks, the proteins contained within it break down and recombine in a process called denaturing. The texture of the various degrees of doneness of meat corresponds closely to the feel of the fleshy part of your palm below the thumb: The more the meat is cooked, the more rigid it becomes. Try this finger test the next time you cook a steak and see how accurate your equipment is!



Rare: Touch your thumb and forefinger together and press on the fleshy part below your thumb (see photo) -- it should feel soft to the touch with your other forefinger and a little bouncy. This is how a rare steak feels.



Medium: Touch your thumb and middle finger together and press on the fleshy part below your thumb (see photo) -- there's some give and it's springy to the touch. A medium steak will feel the same.



Well-Done: Touch your thumb and little finger together and press on the fleshy part below your thumb (see photo) -- there's no give and it's quite firm. This is what a well-done steak feels like.

Source: © The Exploratorium, www.exploratorium.edu



Portobello



The portobello - pronounced [por-toh-BEHL-loh] also called portabella is really simply a brown crimini mushroom in disguise. The three mushrooms you see to the left are all actually the

same species. Portabella is a marketing name the mushroom industry came up with for more flavorful brown strains of *Agaricus bisporus* that are allowed to open to expose the mature gills with brown spores; crimini is actually the same brown strain that is not allowed to open before it is harvested. *Agaricus bisporus* is the most commonly grown mushroom in the United States, accounting for up to 90% of the mushroom production here. Per capita consumption in the United States is about 2.2 pounds per year. Many people love to eat mushrooms in omelets, in stir-fry, on pizza and in salads. Marinated and grilled portabella is a treat not to be missed. Mushrooms are an excellent low-calorie meat substitute with great nutritional value and lots of vitamins.

There are, of course many other species of *Agaricus*. However, *Agaricus* species are notoriously difficult to identify, and some of the species are poisonous, causing mild to severe gastrointestinal upset, so you must be **absolutely** sure of your identification, not only to the genus, but to the species, before eating any wild mushrooms.

http://botit.botany.wisc.edu/toms_fungi/apr2001.html

Buy and Store

Select plump firm and solid mushrooms. Avoid the limp or dried looking ones. They should not be shriveled or slippery (which indicates decomposition). The mushroom should have a nice earthy smell.

Remove the mushrooms from any wrapping and spread on a tray and cover with paper toweling. Don't moisten the toweling or the mushrooms and

place them in the refrigerator in an area that allows the air to circulate. Avoid placing any other items on top of them. The mushrooms should keep about 5 - 6 days.

Cooked Portabellas can be frozen and will keep for several months. Place in freezer containers or bags, excluding as much air as possible. (Uncooked mushrooms don't freeze well.)

Cooking Tip: The longer you cook the portabella the meatier (firmer textured) the mushroom gets. Source: <http://www.gourmetsleuth.com>

Ginger-marinated Grilled Portobello Mushrooms

Serves 4

- 4 large Portobello mushrooms
- 1/4 cup balsamic vinegar
- 1/2 cup pineapple juice
- 2 tablespoons chopped fresh ginger, peeled
- 1 tablespoon chopped fresh basil



Clean mushrooms with a damp cloth and remove their stems. Place in a glass dish, stemless side up.

To prepare the marinade, in a small bowl whisk together the vinegar, pineapple juice and ginger. Drizzle the marinade over the mushrooms. Cover and let marinate in the refrigerator for about 1 hour, turning mushrooms once.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Using tongs, transfer the mushrooms to a serving platter. Garnish with basil and serve immediately.

Nutritional Analysis per mushroom: 69 Calories, 4g Protein, 14 g Carbohydrate, 10mg Sodium, 2g Fiber, 19mg Calcium, 0g Fat or Cholesterol **Diabetes Meal Plan Exchanges:** 2 Non-starchy Vegetables Source: <http://www.mayoclinic.com>



JoAnna M. McAndrews Lund, 61, DeWitt, Iowa, died Saturday evening, May 20, 2006 in her home following a courageous four-year battle with inflammatory breast cancer. She started Healthy Exchanges in 1991. She authored more than 40 cookbooks, sold more than 2,000,000 copies of her various books and wrote and published the monthly subscription based Healthy Exchanges Food Newsletter. Besides her love of sharing her "common folk" healthy recipes, she enjoyed gardening, cookbook collecting, sewing, and spending time with her family and traveling all over America with her husband, Cliff. She and Cliff conducted a Healthy Exchanges

Cooking School in Beaver in 2002. Condolences may be expressed and a photo tribute viewed at www.schultzfuneralhomes.com.

OHCE NEWS

Spring Council was May 9th. Thanks for the great help! If you were unable to attend you missed an informative business meeting, a hilarious skit by Clearlake, and a delicious, healthy lunch. Sue Grose, Anthony HCE member and retired Director of Nursing at Beaver Hospital, gave a presentation on Women's Health followed by an active dance lesson with the help of Sandy Turner, Balko HCE member.

71st OHCE State Meeting is JULY 9-11 in OKC

The Presidents were each given a detailed handout about the meeting. Plan to have a great time on Sunday evening touring the Oklahoma History Center and presenting the museum our "Cemetery Index Project". You will see the Red River Walk and the OHCE bench. Supper is with the End O' Main.

Monday morning, the fun will begin with great workshops including: "China Painting"(cost \$5.00), "Sew & Sew Printing Photos on Fabric", "Agri-Tourism-Building Your Field Of Dreams", "Leadership Development & LDCE Workshop", "Tatting"(bring a shuttle, crochet thread and sewing needle), "Your Role in Stewardship & Sustainability", "Across America-Migration Trails of Our Ancestors", "God Made You A Woman, What Made you a Victim?", "Appliqué Antics" (bring a thimble), "A is for Ambassadors", "New Ideas

On Container Gardening", "The Lazy Gardener", "Money And Your Habits".

Monday Luncheon: Keynote Speaker is Senator Ron Justice to give a talk on Empowering Today's OHCE Member. Monday afternoon is the Business Meeting followed by the Friendship Banquet. Keynote Speaker is LaDonna Gatlin, the Gatlin Brothers' sister.

Awards and Reports Program will be Tuesday morning. The most outstanding projects will be highlighted. Tuesday Luncheon's Speaker is Cleveland Co. Deputy Kim Lopez. She will talk about Empowered Women-Empowering Others.

OHCE Leaders' Lesson is July 21st

Training for the lesson, "Computers 101", will be held Wednesday morning at 10:00 am in the Beaver Co. Extension Office. A representative from PTCI will be here to give you the basics of using a computer. Even if you are not the leader, you may find our speaker very beneficial.

- ♥ Please submit lesson ideas for the 2007 yearbook
- ♥ Please turn in the number of steps you have walked this month to Walking, Chairman Joyce Bensch. Your accomplishments are published on the Web at <http://ohce.org/State%20Project.ht>

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