Southern University and A&M College System

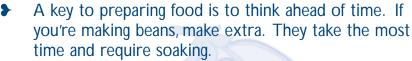
AGRICULTURAL RESEARCH AND EXTENSION CENTER

UTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

COOL COOKING SOLUTIONS

When summer temperatures are on the rise, stay cool in the kitchen by following some of the tips listed below.



- In warm weather, try using the following cooking methods:
 - Steam or guick-boil
 - Serve cool or warm temperature foods
 - Eat lighter
 - Choose soft, leafy greens
 - Use less salt
 - Cook twice the amount of food and save half for another meal.
 - Serve fresh raw vegetables at mealtime
 - Salads make cool summertime meals



- Keep cleaned and sliced salad vegetables on hand.
 Add variety to your salads the easy way. Add the following ingredients to your salads:
 - ✓ Canned ingredients tuna, beets, olives, pineapple, chick peas, beans, etc.
 - ✓ Leftover pasta, potatoes or rice
 - ✓ Leftover cooked meat or poultry
 - ✓ Fresh or canned fruit
 - ✓ Make use of the microwave for more than just defrosting and re-heating.

"Eat Healthy - Stay Healthy"



What's Cooking?

Bubbling Pineapple Punch

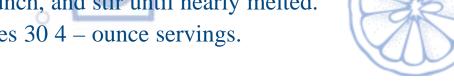
1 46-ounce can chilled pineapple juice 11/2 cups orange juice 2 quarts (1 liter) club soda 1 quart pineapple or orange sherbet

- 1. Mix pineapple juice, orange juice, and club soda together.
- 2. Drop spoonfuls of sherbet into punch, and stir until nearly melted.

Makes 30 4 – ounce servings.

Serving Size			
Servings Per	r Containe	er:	
Amount Per Ser	rving		
Calories 60	Ca	alories fro	m Fat
		% D	aily Value
Total Fat 0g			09
Saturated Fat 0g			09
Cholesterol 0mg			0%
Sodium 15mg			19
Total Carbohydrate 14g			50
Dietary Fiber 0g			09
Sugars 6g			
Protein 0g			
in a second	term and a		
Vitamin A 0%	6 • '	Vitamin (15%
Calcium 2% • Iron 0%			
*Percent Daily V diet. Your daily v depending on yo	alues may be	higher or k	
Total Fat	Less than	65g	80g
Saturated Fat		20g	25g
Cholesterol Sodium	Less than	300mg 2,400mg	300mg 2,400m
Total Carbohydra		300g	375q
Dietary Fiber		2000	0000





References:

Health and Wellness Center, Bolling Air Force Base, DC Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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