

Knowledge @ Noon

“Luck of the Irish”



Wednesday, March 21,, 2018

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*



Potatoes, nutrition and diet

Potatoes can be important staple foods, but balanced diets need to include other vegetables and whole grain foods

Key Points

The potato is a good source of dietary energy and some micronutrients, and its protein content is very high in comparison with other roots and tubers.

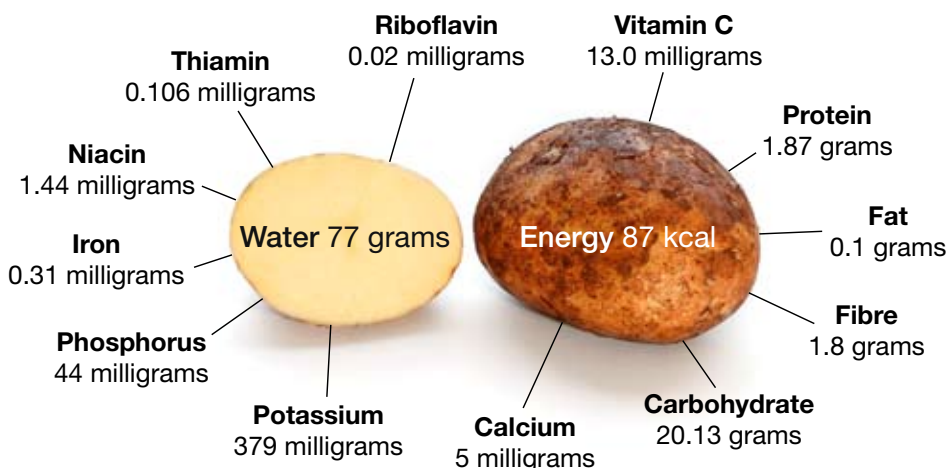
Potato is low in fat – but preparing and serving potatoes with high fat ingredients raises the caloric value of the dish.

Boiling potatoes in their skins prevents loss of nutrients.

Potatoes are important in many diets, but need to be balanced with other vegetables and whole grain foods.

Further research is needed to determine the link between potato consumption and Type 2 diabetes.

Nutrient content of potatoes



(Per 100 g, after boiling in skin and peeling before consumption)

Source: United States Department of Agriculture, National Nutrient Database

Potato is a versatile, carbohydrate-rich food highly popular worldwide and prepared and served in a variety of ways. Freshly harvested, it contains about 80 percent water and 20 percent dry matter. About 60 to 80 percent of the dry matter is starch. On a dry weight basis, the protein content of potato is similar to that of cereals and is very high in comparison with other roots and tubers. In addition, the potato is low in fat.

Potatoes are rich in several micronutrients, especially vitamin C – eaten with its skin, a single medium-sized potato of 150 g provides nearly half the daily adult requirement (100 mg). The potato is a moderate source of iron, and its high vitamin C content promotes iron absorption. It is a good source of vitamins B1, B3 and B6 and minerals such as potassium, phosphorus and magnesium, and contains folate, pantothenic acid and riboflavin. Potatoes also contain dietary antioxidants, which may play a part in preventing diseases related to ageing, and dietary fibre, which benefits health.

Effects of potato preparation methods

The nutritive value of a meal containing potato depends on other components

served with them and on the method of preparation. By itself, potato is not fattening (and the feeling of satiety that comes from eating potato can actually help people to control their weight). However, preparing and serving potatoes with high-fat ingredients raises the caloric value of the dish.

Since the starch in raw potato cannot be digested by humans, they are prepared for consumption by boiling (with or without the skin), baking or frying. Each preparation method affects potato composition in a different way, but all reduce fibre and protein content, due to leaching into cooking water and oil, destruction by heat treatment or chemical changes such as oxidation.

Boiling – the most common method of potato preparation worldwide – causes a significant loss of vitamin C, especially in peeled potatoes. For french fries and chips, frying for a short time in hot oil (140 °C to 180 °C) results in high absorption of fat and significantly reduces mineral and ascorbic acid content. In general, baking causes slightly higher losses of vitamin C than boiling, due to the higher oven temperatures, but losses of other vitamins and minerals during baking are lower.

Potato's role in the developing world's "nutrition transition"

In many developing countries, and especially in urban areas, rising levels of income are driving a "nutrition transition" toward more energy-dense foods and prepared food products. As part of that transition, demand for potato is increasing. In South Africa, potato consumption has been growing in urban areas, while in rural areas maize is still the staple. In China, higher income and increased urbanization have led

to increased demand for processed potatoes. Thus, the potato already plays a role in diet diversification in many countries. However, where other staple crops are available to meet energy requirements, potato should not replace them but rather supplement the diet with its vitamins and mineral content and high quality protein. Potatoes can be important staple foods, but balanced diets need to include other vegetables and whole grain foods.

As part of the trend toward greater consumption of “convenience foods”, demand for fried potatoes is increasing. Over-consumption of these high-energy products, along with reduced physical activity, can lead to overweight. Therefore the role of fried potato products in the diet must be taken into consideration in efforts to prevent overweight and diet related non-communicable diseases, including heart disease and diabetes. Type 2 diabetes is caused by many factors, and further research is needed to determine whether potato consumption and Type 2 diabetes may be linked.



Toxic components of potato

As part of the potato plant's natural defences against fungi and insects, its leaves, stems and sprouts contain high levels of toxic compounds called glycoalkaloids (usually solanine and chaconine). Glycoalkaloids are normally found at low levels in the tuber, and occur in the greatest concentrations just beneath the skin.

Potatoes should be stored in a dark, cool place in order to keep glycoalkaloid content low. Under exposure to light, potatoes turn green in colour due to increased levels of chlorophyll, which can also indicate higher levels of solanine and chaconine. Since glycoalkaloids are not destroyed by cooking, cutting away green areas and peeling potatoes before cooking ensures healthy eating.

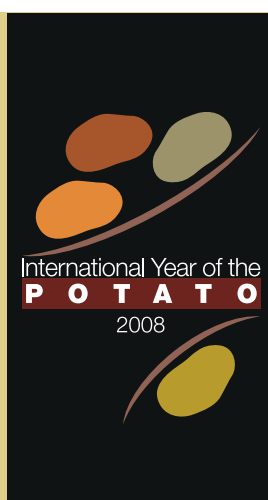
About IYP 2008

The **International Year of the Potato**, to be celebrated throughout 2008, aims at raising global awareness of the potato's key role in agriculture, the economy and world food security.

www.potato2008.org

Credits:

Information provided by the Nutrition and Consumer Protection Division of FAO
Photo: © FAO/Giulio Napolitano



HIDDEN
TREASURE



Contact:

**International Year of the Potato Secretariat
Food and Agriculture Organization
of the United Nations**

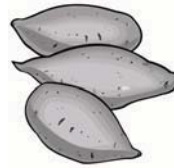
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Sweet Potatoes & Yams



Fun Facts: Sweet potatoes are often called yams, but the two are different plant species. True yams only grow in the tropics. Many Americans like sweet potatoes. They are among the top fifteen most-frequently eaten vegetables in the U.S.

Selecting Fresh Sweet Potatoes: Look for thick sweet potatoes that taper at the ends. Choose a firm sweet potato with smooth, uniformly colored skin. Sweet potatoes have a moist orange flesh that is somewhat brighter than the color of the skin. Avoid sweet potatoes with sunken, soft or decayed areas, and those with discolored, wrinkled, shriveled or broken skin.



Measuring Fresh Sweet Potatoes

1 pound = about 3 medium (5" x 2" each) = 2 cups boiled = about 1 1/2 cups mashed
1 medium cooked sweet potato, peeled = about 5 ounces by weight = about 150 grams

Handling and Preserving: Handle gently, since sweet potatoes bruise easily. Do not store in a plastic bag and do not refrigerate. Store unwashed sweet potatoes, stacked no more than three deep, in a dark pantry, potato bin or a covered ventilated basket on a countertop away from heat, and use within one or two weeks. Or keep in a cool (50-55° F.), humid, dark, dry, well-ventilated place for up to 4 months. **To freeze:** Wash and bake or boil whole, mature, cured sweet potatoes until almost tender. Cool. Do not peel. Wrap each in foil. Pack into freezer bags. Seal, label and freeze.

Preparation and Serving: Scrub sweet potatoes under cold running water. Cut out any bad spots. Use as directed in a main dish, side dish, baked product or dessert recipe! To serve, boil or steam halved or quartered sweet potatoes for 15-25 minutes or bake whole in a 400° F. oven for about 30 minutes, until fork-tender. Or pierce with a knife or fork to make steam holes and cook one in a microwave oven on high power for about 4 minutes, or until fork tender. Peel after cooking, if desired.

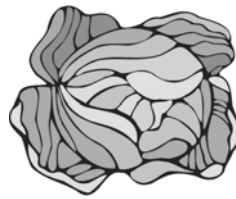
Nutrition Facts for 1 serving, or 1/2 cup baked sweet potato without the skin: Calories 103; Protein 2 grams; Carbohydrates 24 grams; Fat 0 grams. Sweet potatoes contribute fiber (even if you do not eat the skin), carotenoids (which the body converts to vitamin A), B vitamins, vitamin C, potassium and other essential nutrients to the diet.

References: www.urbanext.uiuc.edu/veggies; www.fda.gov/fdac/special/foodlabel/raw.html; ESHA Food Processor; <http://agnews.tamu.edu/dailynews/stories/CROP/Nov1902a.htm>; <http://aggie-horticulture.tamu.edu/plantanswers/vegetables/sweetpotato.html>; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall

Prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Sept. 2003
Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.
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Cabbage



Fun Facts: Cabbage is the ninth most frequently eaten vegetable in the U.S. The top of a green cabbage head is more tender and shreds easier than the bottom half. Most cabbage has smooth leaves, but Savoy cabbage leaves are crinkly. Savoy cabbage is more tender and milder in flavor than green or red cabbage. It may be substituted for either of them in a recipe. Bok choy, napa and pe-tsai cabbage form oblong-shaped heads that have a crisp texture similar to lettuce yet have the flavor of cabbage. Cabbage family vegetables are called cruciferous vegetables. Sulfur contributes to the distinctive flavor and smell of cabbage. Sauerkraut and kimchee are pickled cabbage dishes.

Selecting Fresh Cabbage: Look for green or red/purple cabbage heads that are solid, heavy, tight and firm, with outer leaves that are smooth and fresh. With Savoy cabbage, look for flexible, crumpled, dark green or blue/green leaves forming a loosely-packed head. Avoid cabbage that is wilted, discolored, blemished, cracked or split, insect-infested or decayed.

Measuring Fresh Cabbage:

1 medium head green cabbage = about 2 pounds as purchased = about 8 cups ready-to-eat, raw, shredded = about 4 cups cooked, shredded

1 cup raw or 1/2 cup cooked = about 2 1/2 ounces by weight = 75 grams



Handling and Preserving: Refrigerate unwashed, uncut cabbage in a perforated plastic bag in the vegetable drawer. Store Savoy and green or red cabbage that will be eaten raw for up to 4 days, and green or red cabbage that will be eaten cooked for up to 4 weeks. **To freeze:** Rinse the head and discard outer leaves. Shred, cut into thin wedges, or separate the layers of leaves. Place in boiling water for 1 1/2 to 3 minutes, depending on the size of the pieces. Remove immediately and place in ice water for 1 1/2 to 3 minutes. Drain. Place in freezer bags, squeeze out the air, seal, date and freeze.

Preparation and Serving: Rinse cabbage. Discard the outer leaves. For best results, use stainless steel knives and pans when preparing cabbage. Cook by boiling, steaming, stir-frying or microwaving it, but do not overcook. Cook red cabbage with an acidic ingredient, such as vinegar, to prevent undesirable color changes.

Nutrition Facts One serving = 1 cup raw, or 1/2 cup cooked, shredded cabbage and has: Calories 17; Protein 1 gram; Carbohydrates 4 grams; Fat 0 grams. Cabbage provides vitamins C and K, B vitamins and essential minerals, and helps protect against heart disease and cancer.

References: www.urbanext.uiuc.edu/veggies; www.fda.gov/fdac/special/foodlabel/raw.html; ESHA Food Processor; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.msue.msu.edu/imp/mod01/01600060.html

Prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Nov. 2003.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.

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Cruciferous (Cabbage-family) Vegetables: "Best Buys" Guide

Fruits and vegetables have much flavor and nutrition. Eating a variety of fruits and vegetables is recommended because they provide vitamins, minerals, fiber and other natural substances, such as antioxidants and phytochemicals, that are important for good health.

Eating cruciferous vegetables promotes good health and decreases risk for colon and rectal cancers.

Try to eat 5 or more servings of fruits and vegetables each day, with at least one serving per day of vitamin A-rich, vitamin C-rich, and fiber-rich foods. In addition, eat several servings per week of cruciferous vegetables.

One way to stretch the value of your food dollar is to buy fresh fruits and vegetables in season. The following information shows an alphabetical listing of cruciferous vegetables. The "best time to buy" lets you know when to buy those fruits and vegetables for the best quality at their lowest cost.

Cruciferous Vegetable	Best time to Buy Fresh
arugula	All year, especially March, April, May, September, October, and November
Bok choy	All year
broccoli	All year
Brussels sprouts	January, February, March, April, May, September, October, November, and December
cabbage	All year, especially January, February, March, November, and December
cauliflower	All year, especially August, September, October, and November
collards	All year, especially January, February, March, April, May, September, October, November, and December
kale	All year, especially January, February, October, November, and December
kohlrabi	All year
mustard greens	All year
radishes	All year, especially June, July, and August
rutabaga	All year, especially January, February, March, April, October, November, and December
turnips	All year, especially January, February, September, October, November, and December
turnip greens	January, February, March, October, November, and December
watercress	March, April, May

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Make a Perfect Baked Potato

Salt (coarsely ground is best)
Fork
Cooking oil
Toppings of your choice
Medium potato

Wash the potato thoroughly. Use lukewarm water and wash the entire surface of the potato, scrubbing away any dirt or loose material from the surface of the potato's skin.

Perforate the potato's skin. Use the fork and punch holes in the skin of the potato about every inch or so in order to allow steam to vent.

Dry the potato. Make sure that you dry it well with a clean towel.

Rub the potato with oil. Use the cooking oil of your choice and lightly coat the entire skin of the potato.

Liberally sprinkle salt on the skin of the potato.

Place the potato directly on oven rack. Make sure to first pre-heat the oven to 325° F.

Bake the potato for roughly 90 minutes.

Test for doneness. The baked potato is fully cooked when a fork will pierce through its center with minimal pressure.

Split in half and serve with the toppings of your choice, salt and pepper.

Tips & Warnings

*Some great baked potato toppings include salsa, butter, sour cream, bacon, ranch dressing, blue cheese, blue cheese dressing, guacamole, cheese, chives and anything else that sounds good to you.

*Failure to adequately vent your baked potato can result in the potato exploding during the baking process, so be careful.

*Don't cover your baked potato with foil while it's in the oven!

Crock Pot Baked Potato

8 russet potatoes, unpeeled (6-8 ounces each)
4 teaspoons olive oil
1 teaspoon salt
¾ teaspoon coarse black pepper

Stab potatoes with fork. Coat potatoes with oil. Sprinkle with salt and pepper.

Wrap each potato individually in aluminum foil; place in a 5 to 6 quart slow cooker.

Cover and cook on LOW heat setting 6 to 8 hours or until potatoes are tender.

Serve with toppings.

Nutritional Facts: One 7.5 ounce potato: 190 calories (20 calories from fat), 2.5g fat (0g saturated & trans-fat), 0mg cholesterol, 300mg sodium, 39g carbohydrate (3g fiber, 1g sugar), 5g protein.

Crock Pot Potato Soup

30 ounces of Southern style hash browns
32 ounces chicken broth
1 can cream of chicken soup
3 ounces bacon bits
1 cup shredded cheddar cheese
8 ounces cream cheese

Put potatoes, chicken broth, bacon bits, soup and shredded cheese in the crock pot. Add the cubed cream cheese about an hour before serving.

Cook on low for 8 hrs. Top with additional bits, if desired. (I have used $\frac{1}{3}$ less fat cheese but do not use fat free.)

Nutritional Facts: per 11 ounces: 410 calories (160 calories from fat), 17g fat (10g saturated fat, 0g trans-fat), 55mg cholesterol, 950mg sodium, 45g carbohydrate (3g fiber, 3g sugar), 16g protein.

Recipe submitted by Viola Lee, MFV

Erma Anthony's Cream of Cabbage Soup

4 cups chicken broth
3 cups diced - peeled potatoes
1 cup diced onion
 $\frac{1}{2}$ cup diced carrots.

Cook 5 minutes.

Add: 6 cups chopped cabbage
1 cup chopped celery
 $\frac{1}{2}$ cup chopped green pepper

Cook until tender.

In sauce pan: 1 cup butter, 1 cup flour, 1 garlic cloves, 1 teaspoon salt, and 1 teaspoon dill. Add 2 cups milk and 2 cups chicken broth. Combine and stir in $\frac{1}{2}$ pound Velveeta cheese.

Nutritional Facts: per 11.5 ounces: 300 calories (160 calories from fat), 18g fat (11g saturated fat, 0g trans-fat), 50mg cholesterol, 820mg sodium, 26 carbohydrate (3g fiber, 7g sugar), 10g protein.

Recipe submitted by Jennie Miller, MFV

Runza Casserole

2 pounds hamburger	4 cups shredded cabbage
2 tubes crescent rolls	1 pound mozzarella cheese
2 onions, finely chopped	Salt and pepper to taste

Brown meat then drain it. Put onions and cabbage on top of meat and steam a few minutes. Season as desired. Using one tube of rolls, spread the crescent roll pieces over bottom of a 9x13 inch pan. Spread hamburger mixture over it. Add a layer of cheese. Using second tube of rolls, put roll pieces on top of cheese layer. Bake at 350 degrees for 30 – 40 minutes. Brush with a little oil the last 10 minutes to soften crust. Makes approximately 12 servings.

Nutritional Facts: per 5.5 ounce serving: 240 calories (100 calories from fat), 11g fat (7g saturated fat, and 0.5g trans-fat), 65mg cholesterol, 370mg sodium, 7g carbohydrate (2g fiber, 3g sugar), 25g protein

Recipe submitted by Gayle Plummer, MFV

Rueben Casserole

1 pound pastrami or corn beef	6 slices rye bread
¼ cup mustard	1 can of sauerkraut (14.5 ounce)
3 eggs	4 cups Swiss cheese
⅓ cup Thousand Island dressing	1 cup chopped dill pickles
1 cup milk	

Spray bottom of 9 x 13 casserole dish and layer with: 4 slices of cubed rye bread, ½ pound meat, sauerkraut, dill pickles, 2 cups of Swiss cheese, the other ½ pounds of meat and 2 more cups of Swiss cheese.

Toast and crumb 2 slices of rye bread, make bread crumbs.

Mix mustard, eggs, dressing and milk together and pour over top and then sprinkle with the bread crumbs. Bake 350°F for 40 to 45 minutes. Serves 8

Nutritional Facts: per 9 ounce serving: 450 calories (230 calories from fat), 26g fat (12g saturated fat, 0g trans-fat), 165mg cholesterol, 1150mg sodium, 19g carbohydrate (2g fiber, 5g sugar), 34g protein

Recipe submitted by Debi Doering, MFV

Sauerkraut Salad

1 can sauerkraut (16 ounces), drained but not rinsed
½ teaspoon pepper
1 cup celery chopped fine
½ cup sugar
2 tablespoon onions, chopped fine
⅓ cup salad oil
½ cup green pepper chopped fine
⅓ cup vinegar
½ teaspoon salt

Mix chopped vegetable with sauerkraut. Heat sugar, oil, vinegar, salt and pepper over low heat, just until sugar dissolves. Cool and pour over vegetables. Serves 6

Nutritional Facts: per 4 ounce serving: 160 calories (110 calories from fat), 12g fat (1.5g saturated fat), 0mg cholesterol, 660mg sodium, 16g carbohydrates (3g fiber, 13g sugars), 0g protein.

Recipe submitted by Debi Doering, MFB

Ruben Spread

2 packages cream cheese (8oz each), cubed
3 ¾ cups shredded Swiss cheese
1 can sauerkraut (14 ounces), rinsed, snipped & drained well
4 packages thinly sliced corned beef (2 ounces each), chopped
½ cup Thousand Island salad dressing
Snack rye bread

In greased slow cooker, combine the first five ingredients. Cover and cook on low for 3 to 4 hours, stir to blend. Serve with snack type bread.

Nutritional Facts: per 1 ounce serving: 90 calories (60 calories from fat), 7g fat (3.5g saturated fat, 0g trans-fat), 25mg cholesterol, 200mg sodium, 1g carbohydrate (0g fiber, 1g sugar), 4g protein

Recipe submitted by Rosie Atwood, former MFV

Tangy Red Cabbage with Apples & Bacon

8 slices Irish or thick cut bacon
1 large onion, sliced
½ small head red cabbage (1 pound), thinly sliced
1 tablespoon Sugar
1 Granny Smith apple, peeled & sliced
2 tablespoons Cider vinegar
½ teaspoon Salt
¼ teaspoon Black pepper

Pre-heat large skillet over a medium-high heat. Add bacon; cook 6 to 8 minutes or until crisp, turning occasionally. Drain on paper towel lined plate. Coarsely chop bacon. Drain all but 2 tablespoons of drippings from skillet. Add onion; cook & stir over medium-high heat 2 to 3 minute or until beginning to soften. Add cabbage & sugar; cook & stir 4 to 5 minutes or until cabbage wilts. Stir in apple; cook 3 minutes or until crisp-tender. Stir in vinegar; cook 1 minute or until absorbed. Stir in bacon, salt & pepper; cook 1 minute or until heated through. Serve hot or at room temperature. Makes 4 servings.

Nutritional Facts: per 7 ounce serving: 200 calories (90 calories from fat), 10g fat (3g saturated fat, 0g trans-fat), 20mg cholesterol, 820mg sodium, 21g carbohydrates (4g fiber, 12g sugar), 10g protein

Recipe submitted by Jerri Hefling, MFV from, Favorite Brand Name Recipes April 2014

Kale with Lemon & Garlic

2 bunches kale or Swiss chard (1-1 ¼ pounds)
1 tablespoons olive or vegetable oil
3 cloves garlic, minced
½ cup reduced sodium chicken or vegetable broths
½ teaspoon salt
¼ teaspoon pepper
1 lemon, cut into 8 wedges

Trim any tough stems from kale; stack & thinly slice leaves. Heat the oil in large saucepan over medium heat. Add garlic; cook 3 minutes, stirring occasionally. Add kale & broth; cover & simmer 7 minutes. Stir kale & reduce heat to medium-low; cover & simmer 8 to 10 minutes or until kale is tender. Stir in salt & pepper. Squeeze lemon over each serving.

Nutrition Facts: per 4 ounce serving: 70 calories (25 calories from fat), 3g fat (0g saturated fat, 0g trans-fat), 0mg cholesterol, 280mg sodium, 4g carbohydrates (2g fiber, 0g sugar), 3g protein.

Recipe submitted by Jerri Hefling, MFV from, Favorite Brand Name Recipes April 2014

Amazingly Easy Irish Soda Bread

4 cups all-purpose flour
4 tablespoons white sugar
1 teaspoon baking soda
1 tablespoon baking powder
½ teaspoon salt
½ cup margarine, softened
1 cup buttermilk
1 egg
¼ cup butter, melted
¼ cup buttermilk

Preheat oven to 375° F (190° C). Lightly grease a large baking sheet.

In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg.

Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet.

In a small bowl, combine melted butter with ¼ cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.

Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Nutrition Facts: per 2 ounce slice: 170 calories (70 calories from fat), 7g fat (2.5g saturated fat, 1g trans-fat), 15mg cholesterol, 200mg sodium, 22g carbohydrate (1g fiber, 3g sugar), 3g protein

Recipe submitted by Bob Burns, MFV

Irish Pinwheels with Cucumber Dip

Dip:

1 medium cucumber, peeled and chopped finely
½ onion chopped (can use green onion, chopped)
1 block cream cheese, softened
BIG tablespoon real mayonnaise
Dash salt

Nutrition Facts: per ½ ounce serving: 50 calories (30 calories from fat), 3.5g fat (1.5g saturated fat, 0g trans-fat), 10mg cholesterol, 135mg sodium, 3g carbohydrate (1g sugar) 2g protein

Pinwheels:

Deli meat of your choice. (Turkey and Ham)
LARGE flour tortillas (Colors of the Irish flag are Green, White and Orange)

Combine all the Cucumber Dip ingredients. You can blend all ingredients in a blender or a food processor. Spread Cucumber dip mixture on tortilla and top with deli meat. Roll up into a pinwheel and wrap each roll in foil. Refrigerate overnight. Cut into PINWHEELS and enjoy "as is" or with some salsa!

Recipe submitted by Karen Brown, MFV

St. Patrick's Day Popcorn (Reader's Digest)

4 quarts popped popcorn	1 cup sugar
½ cup packed brown sugar	½ cup water
½ cup light corn syrup	1 teaspoon white vinegar
¼ teaspoon salt	½ cup butter (no substitute)
8-10 drops green food coloring	

1. Place popped popcorn in a large roasting pan, place in a 250°F oven. Meanwhile, in a large heavy saucepan, combine sugars, water, corn syrup, vinegar and salt.

Cook and stir over medium heat until mixture comes to a boil. Cook, stirring occasionally, until candy thermometer reads 260°F (hard-ball stage).

2. Remove from heat; stir in butter until blended. Stir in food coloring. Drizzle over warm popcorn and toss to coat. Let stand until cool. Break apart. Store in an airtight container.

Yield: 6 QUARTS

Nutritional Facts: for a 1 cup serving: 139 calories, 6g. fat (3g saturated fat), 10mg cholesterol, 138mg sodium, 22g carbohydrate, 16g sugar, 1g fiber, 1g protein

Recipe submitted by Karen Brown, MFV

Carmel Corn Snack Mix

8 cups popped popcorn	4 cups oven-toasted rice cereal squares
2 cups miniature pretzel twists	1 cup mixed nuts
1 cup packed brown sugar	½ cup butter
¼ cup light corn syrup	1 teaspoon vanilla
½ teaspoon baking soda	

Preheat oven to 300°F. Combine popcorn, rice cereal, pretzels and nuts in a large bowl. Set aside.

In a saucepan, combine brown sugar, butter and corn syrup. Cook and stir over medium heat until mixture comes to a boil over entire surface. Reduce heat to medium-low. Cook without stirring for 5 minutes.

Remove saucepan from heat. Quickly stir in vanilla and baking soda, stirring carefully. Pour over popcorn mixture, stirring until well coated. Pour popcorn mixture onto large baking sheet.

Bake 30 minutes, stirring after 15 minutes. Transfer popcorn mixture to a large piece of parchment paper. Cool completely, breaking mixture into clusters as it cools.

Nutrition Facts: per ½ ounce serving: 70 calories (30 calories from fat), 3.5g fat (1.5 saturated fat) 5mg cholesterol, 65mg sodium, 9g carbohydrates (5g sugar), 1g protein

Irish Mint Oreo Truffles

1 package Mint Creme Oreo cookies (15.25 ounce)
6 ounces cream cheese
2 cups chocolate chips
Green sprinkles (optional)

1. Crush Oreos into a fine crumb (using a blender or food processor is easiest).
2. Add in cream cheese and blend until mixture is smooth.
3. Roll mixture into small balls and place on a cookie sheet.
4. Put cookie sheet into freezer for 30 minutes to 1 hour.
5. Carefully melt chocolate chips in the microwave in 30 second increments, stirring after each 30 seconds until smooth.
6. Dip frozen Oreo balls into chocolate using a fork. Place on baking sheet lined with parchment paper or waxed paper.
7. Sprinkle tops with sprinkles.
8. Allow to set by placing in fridge for about 15 minutes.
9. Store extras in a Ziploc bag or an airtight container in the fridge for 5-6 days.

Nutrition Facts: per 1 ounce serving: 140 calories (70 calories from fat), 8g fat (4g saturated fat, 1g trans-fat), 5mg cholesterol, 65mg sodium, 17g carbohydrates (1g fiber, 13g sugar), 2g protein

Both Recipes submitted by Karen Brown, MFV

Sweet Potato Cake

4 large eggs	2 teaspoons ground cinnamon
2 cups sugar	½ teaspoon ginger
2 cups canola oil	½ teaspoon ground allspice
2 teaspoons vanilla extract	½ teaspoon salt
2 cups all-purpose flour	3 cups shredded, peeled sweet potatoes (2 medium)
2 teaspoons baking soda	1 cup finely chopped walnuts

Frosting:

1 package cream cheese (8 oz.), softened
½ cup butter, softened
1 teaspoon vanilla extract
2 cups confectioners' sugar

Preheat oven to 350°F. Grease a 9x13 baking pan.

In a large bowl, beat eggs, sugar, oil and vanilla until well blended. In another bowl, whisk flour, baking soda, spices and salt; gradually beat into egg mixture.

Stir in sweet potatoes and walnuts.

Transfer to prepared pan. Bake 40-45 minutes or until a tooth pick inserted in center comes out clean. Cool completely in pan on a wire rack.

In a small bowl, beat cream cheese, butter and vanilla until blended.

Gradually beat in confectioners' sugar until smooth. Spread over cooled cake.

Refrigerate leftovers. Yield: 20 servings.

Nutritional Facts: One piece: 519 calories, 36g fat (8g saturated fat), 67mg cholesterol, 276mg sodium, 47mg carbohydrates (32g sugars, 1g fiber), 5mg protein.

Recipe submitted by Barbara Wilson