

# The Cedar Culinary

News that's good enough to eat!

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The articles on the following pages were provided by [foodsafety.gov](http://foodsafety.gov). For more information about these stories and more please visit their website.

## HEART HEALTHY FOODS

Nothing matters more than taking good care of your heart. Getting regular exercise, not smoking, and controlling stress are just a few things health experts recommend, along with eating a variety of nutritious, heart-healthy foods that make up a healthy diet.

Where to start? Add these five "superfoods" to boost nutritional goodness while eating your way to a healthier heart.



### BLUEBERRIES

Blueberries top the list as one of the most powerful disease-fighting foods. That's because they contain anthocyanins, the antioxidant responsible for their dark blue color. These delicious jewels are packed with fiber, vitamin C, and are available all year long. Boost heart health by adding them into your diet regularly. Here's how:

1. Top your whole-grain cereal with fresh or frozen blueberries to add delicious flavor, a dose of fiber, and heart-healthy antioxidants.
2. Power up pancakes, waffles, or muffins with fresh, frozen, or dried blueberries for a nutritious breakfast.



### SALMON

This cold-water fish is a great source of protein and is also packed with heart-healthy omega-3 fatty acids. The American Heart Association advises eating salmon and other omega-3 rich foods twice a week for benefits that go beyond heart health. Americans love salmon because it is so versatile, easy to cook, and tastes great.

1. Salmon is easy to prepare on the grill, in the oven or microwave, or on the stovetop. Save leftovers to toss into pasta dishes, make into salmon cakes, add to salads, or mix into dips or spreads.
2. Smoked salmon comes in two varieties. The raw type is commonly used in appetizers and on bagels with cream cheese and capers. The dry smoked type has more of a cooked appearance. You can enjoy it the same way as the raw style, and add it to cooked dishes such as pasta.



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# 5 HEART HEALTHY FOODS TO INCLUDE IN YOUR DAILY DIET FOR A BETTER HEART...



## SOY PROTEIN

This inexpensive, high-quality protein contains fiber, vitamins, and minerals -- all the ingredients for a heart-healthy meal. Also, a diet rich in soy protein can lower triglycerides, which help prevent cardiovascular disease and keep your heart strong and healthy. In those with high cholesterol levels, the benefits of soy foods are due to their high levels of polyunsaturated fats, fiber, vitamins, and minerals.

1. Pack a soy protein bar or a bag of soy nuts for a quick snack during the day.
2. Edamame (the Japanese name for green soybeans) are snacks even kids will love! Find these nutritious nuggets in the freezer section at your supermarket. Boil them, then serve warm in the pod. Pop them out of the pod to eat plain or with a low-fat dip.



## OATMEAL

Oats are nourishing whole grains and a great source of vitamins, minerals, and cholesterol-lowering fiber. The FDA allows manufacturers of oats to make health claims about the grain in their products, suggesting that a diet high in oats can reduce the risk for heart disease. Research shows oats lower cholesterol levels, keep you regular, and may help prevent certain cancers.

1. A warm bowl of oatmeal fills the belly for hours with its high fiber content. Top it off with fruit (such as blueberries or strawberries) for added fiber, vitamins, and minerals.

2. Add oats whenever you bake. Substitute up to one-third of the flour with oats in pancakes, muffins, quick breads, cookies, and coffee cakes for an added dose of fiber. Use oats in place of bread crumbs in dishes such as meatloaf, meatballs, or breading on poultry.



## SPINACH

Popeye knew firsthand the value of eating spinach. Hands down, spinach is the powerhouse of the vegetable kingdom. Its rich, dark color comes from the multiple vitamins and minerals that also fight disease, protect against heart disease, and preserve your eyesight.

1. Keep frozen, chopped spinach in your freezer for an easy, quick addition to pizza, pasta, soups, and stews. Just defrost and squeeze the liquid from a box of chopped spinach before you toss into cooked dishes.
2. Mix fresh spinach with salad greens or alone for a satisfying and delicious salad. Steam spinach, mix with garlic, a little olive oil, and a squeeze of lemon for a low-fat potato topper.

Build these five heart healthy foods into your daily diet for great taste and better health.



# Valentine's Day Recipe: Black Forest Mini Cheesecakes



SOUR CREAM TOPPING (recipe follows)  
canned cherry pie filling, chilled

## Directions:

1. Heat oven to 325°F. Line muffin cups (2-1/2 inches in diameter) with foil bake cups. Place one vanilla wafer (flat-side down) in bottom of each cup.
2. Beat cream cheese in large bowl until smooth. Add sugar, cocoa and flour; blend well. Add eggs; beat well. Stir in sour cream and almond extract. Fill each muffin cup almost full with batter.
3. Bake 20 to 25 minutes or until set. Remove from oven; cool 5 to 10 minutes. Spread heaping teaspoon SOUR CREAM TOPPING on each cup. Cool completely in pan on wire rack; refrigerate. Just before serving, garnish with cherry pie filling. Cover; refrigerate leftover cheesecakes.

**SOUR CREAM TOPPING:** Stir together 1 container (8 oz.) dairy sour cream, 2 tablespoons sugar and 1 teaspoon vanilla extract in small bowl until sugar is dissolved.

Makes 2 Dozen Cheesecakes

## **Ingredients:**

- 18 to 24 vanilla wafer cookies
- 2 packages (8 oz. each) cream cheese, softened
- 1-1/4 cups sugar
- 1/3 cup HERSHEY'S Cocoa
- 2 tablespoons all-purpose flour
- 3 eggs
- 1 container (8 oz.) dairy sour cream
- 1/2 teaspoon almond extract

## **Recent Events**

- **November 22nd, 2010, marked the reopening of the Arrow Café in Lowden under new management.**
- **December 15th, 2010, the new Casey's in Clarence opened.**
- **December 17th, 2010, the new bar in Lowden, Schneid's, opened their doors.**
- **Construction on the new Casey's in Mechanicsville is scheduled to begin this month.**
- **Sybil's General Store in Massillon is due to close their doors for good and retire.**



# Kids Corner: Making Your Own Valentine

## DIRECTIONS:

**Step 1** - Carefully cut the heart out by cutting along the curved edges.

**Step 2** - Color and decorate the heart the way you want it.

**Step 3** - Write something nice to the person you are giving it to. Include your name on the heart.

**Step 4** - Deliver it to the person you made it for.



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