

Cookin' With Pizzazz!



Your Way to 5 a Day

COOKIN' WITH PIZZAZZ

Table of Contents

	Page
Introduction	2
Objectives	3
Concepts Covered	3
Sessions	
Cookin' With Pizzazz! 1 (Cookin' Fruits & Vegetables for Holiday/Special Meals)	4
I. Preparation	
II. Session Outline	
III. Resources	
IV. Publicity	
Cookin' With Pizzazz! 2 (Cookin' Homegrown Fruits and Vegetables for the Best Taste)	14
I. Preparation	
II. Session Outline	
III. Resources	
IV. Publicity	
Appendix	25
Promo: Cookin' With Pizzazz!	26
Handouts: Cruciferous Vegetables	27
Tips For Lowering Fat in Recipes	28
Carolina Cookin! With 5 A Day (Recipes)	30
Know Your Serving Size	34
Group Report Form	35
Tips For Seasonal Purchase, Preparation and Storage of Fruits and Vegetables	36
Microwave Oven Information	42
Example Recipes	43
Cookin' With Pizzazz! 5 A Day (Recipes)	45
Transparencies: #1 Cookin' With Pizzazz! 1	49
#2 5 A Day For Better Health	50
#3 To Prevent Certain Cancers	51
#4 Cruciferous Vegetables	52
#5 Storing Fruits and Vegetables	53
#2.1 Cookin' With Pizzazz! 2	54
#2.4 ALL Fruits and Vegetables Have Nutrients to Offer	55
Evaluation: What Do You Think? (Pretest)	56
What Do You Think Now? (Posttest)	57
Pre/Post Test Answer Key	58

INTRODUCTION

“Cookin’ With Pizzazz!” - 1 and -2 sessions were developed as a part of the Black Churches United For Better Health 5 A Day research project in North Carolina. A special thanks to the NC Cooperative Extension state and field faculty (Jackie McClelland, JoAnn Williams, Betty Thompson, Rose Massey, Cynthia Brown & Ellen Childress) for the development and field testing of Cookin’ With Pizzazz. The sessions encourage participants to eat at least five servings of fruits and vegetables a day to help prevent cancer. To do this, the sessions feature recipes using fresh fruits, vegetables, and a number of low fat cooking techniques such as: steaming, microwaving, broiling, grilling, baking and/or stir-frying. Session modules include objectives, concepts, teaching guides, handouts, transparency masters, and evaluation tools.

“Cookin’ With Pizzazz!” means cooking with a flair for making healthful food taste good and look appealing. The recipes and techniques used enhance the flavor of the food. All the recipes meet the 5 A Day For Better Health guidelines set by the National Cancer institute.

Selected comments by participants include:

“I’ve never eaten sweet potatoes and turnips together. The food was delicious.”

“The recipes were easy to prepare. I’m going to fix this at home.”

“The food was different, but good.”

“I never knew healthy eating could taste this good!”

“I will buy low fat foods from this day forward.”

“When I first read the recipes, I didn’t think I would like them.”

“Are we going to get copies of all these recipes?”

“I’m going to eat more baked and broiled foods. And more salads.”

“It was fun.”

“I liked everything!”



Oriental Chicken Salad with Peas

- 2 cups cubed cooked chicken breast
- 2 cups shredded iceberg lettuce
- ½ cup slivered water chestnuts
- ¼ cup sliced almonds
- ¼ cup diced celery
- 2 chopped green onions
- 1 cup green peas
- 1 cup bean sprouts

Dressing

- ¼ cup vinegar
- ¼ cup low sodium catsup
- ¼ cup water
- 4-5 Tbsp. sugar
- 1 Tbsp. low sodium soy sauce
- 1 tsp. cornstarch

Combine dressing ingredients and cook until clear and thick. Then toss rest of ingredients and add dressing. Makes 4 (1 cup) helpings.

Recipe provided by Susan Merrill.

Nutritional analysis per serving: Calories, 325; Cholesterol, 62mg; Sodium, 280mg. Percent calories from fat, 27%; Saturated Fat, 6%.

