



Home on the Range

Add Fiber To Your Diet

Fiber, bulk, and roughage all refer to the part of a plant that can't be digested by humans. Daily intake of high fiber foods can help in weight control as well as the prevention of heart disease. Too little fiber in the diet may result in constipation and intestinal disorders.

Too much bran or fiber can prevent the absorption of some vitamins and minerals.

All fiber is not the same. Insoluble fiber is found in wheat bran, vegetables, and whole grain cereals, and soluble fiber is found in oat bran, barley, dried beans, and fruit. Each plays an important but slightly different role in your body.

Insoluble fiber add bulk to the diet. They absorb water as they go through the digestive tract and help to decrease the time it takes for waste to move out of the body. Insoluble fiber helps to prevent constipation, diverticulitis, spastic colon, and irritable bowel syndrome. They may also dilute some cancer causing agents and decrease their contact with the intestinal wall.

Soluble fiber may aid in the treatment of diabetes and high blood cholesterol. Soluble fiber may help diabetics by slowing absorption of sugar after a meal as well as by lowering fat levels in the blood. Soluble fiber helps people with high blood cholesterol by trapping bile salts, which contain cholesterol, and carrying them out of the body. This is just one dietary factor that may reduce total blood cholesterol.

The American Dietetic Association recommends people consume 20-35 grams of fiber daily, but most people consume only 10 to 20 grams daily.

To add more fiber to your diet, try the following:

- Eat a variety of high fiber foods such as fruits, vegetables, whole grain breads, cereals, oat bran, and legumes.
- Eat the whole fruit in place of drinking fruit juice.
- Add more dried beans and peas to your diet.
- Remember that fiber absorbs water. Dietary fiber without water can result in constipation and hard dry stools.
- Eat the skin of fresh fruits and vegetables.
- When a recipe calls for 1 cup flour, substitute ½ cup white flour and ½ cup oat bran or whole wheat flour.
- Start your day by eating a

breakfast cereal that contains at least 5 grams of fiber per serving.

Add high fiber foods gradually to your diet.

Remember, fiber comes only from plant foods, never meats.

QUICK AND HEARTY VEGETABLE SOUP

- 6 cups water
- 3 15-ounce cans chicken or beef broth
- ½ cup lentils
- 1 large sweet potato, peeled and diced
- 8-ounce can tomato sauce
- 1 tablespoon minced garlic
- 1 tablespoon cider vinegar
- 2 cups broccoli slaw mix
- 2 cups frozen soup vegetables
- 1 cup frozen black eyed peas
- 1 cup quick cooking brown rice
- 5-ounce package frozen spinach, thawed
- ½ cup plain yogurt (optional)
- ½ cup parsley (optional)
- ½ cup green onions, chopped (optional)

In a soup pot, combine water, broth, lentils, sweet potato, tomato sauce, minced garlic, and vinegar. Bring to a boil, covered, and cook for 5 minutes.

Add broccoli mix, soup vegetables, black-eyed peas. Cover, bring to a boil and cook 5 minutes. Stir in rice and cook for 5 minutes. Stir in spinach and cook another 5 minutes. Remove from heat and let stand 5 minutes. Serve with a dollop of yogurt or sprinkle of parsley or green onions or all three.

Yields 8 servings. Dietary fiber 5.7g per serving.

BRAN MUFFINS

Mix together 6 cups bran and 2 cups boiling water. Let set while mixing the remaining. Mix:

- 1 cup oil
- 3 cups sugar
- 4 eggs, beaten
- 1 quart buttermilk
- 5 cups flour
- 5 teaspoon baking soda
- 2 teaspoons salt

Add to bran mix. Bake in muffin tins at 400 degrees for 20 minutes or in microwave for 1-2 minutes on high power.

Dates, apples, raisins, blueberries may be added. Mixture may be stored in airtight container in refrigerator for 2-3 weeks.

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Barley Cheese Timbales can also be served casserole style by spooning barley mixture into 2-quart baking dish and bake, uncovered, at 325 degrees for 1 to 1½ hours.

PASTA WITH SWEET BEANS, BELL PEPPERS And BASIL

- 1 tablespoon soy oil
- 1 cup chopped onion
- ¼ teaspoon fennel seeds, crushed
- 2 cloves garlic, minced
- 2 cups frozen green soybeans
- 2 (14.5 oz.) cans diced tomatoes, no-salt add, undrained
- 1 pound yellow bell peppers, roasted and peeled
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound penne rigate (short tubular pasta)
- ½ cup fresh basil, chopped
- ½ cup grated parmesan cheese

Heat oil in a large nonstick skillet over medium-low heat. Add onion, fennel seeds, and garlic; cover and cook five minutes, stirring occasionally. Add tomatoes and bring to a boil. Reduce heat and simmer uncovered 20 minutes.

Cut peppers in half, clean out seeds. Arrange peppers in a single layer on a baking sheet. Place in the oven under the broiler. Broil them until they are blistered and charred on all sides, about 10 minutes.

Remove and place in a heavy paper bag, close the end and let them sweat for five to 10 minutes. Scrape off charred skins. Cut into julienne strips about two inches long.

Bring a large pot of water to boil for the pasta. Add pasta and cook according to package directions, about 9-10 minutes.

Add bell pepper strips, green soybeans, salt and pepper to tomato mixture; cover and cook for five minutes.

Plate up pasta and top with the tomato mixture and basil. Sprinkle with freshly grated low-fat cheese.

Yield: 7 servings, serving size 1½ cups. Per serving: Calories 414; protein 18.5 g; carbohydrate 69 g; total fat 7 g; percent calories from fat 16%; sodium 308 mg; dietary fiber 10.9 g.

APPLE WHOLE GRAIN BREAD PUDDING

- 4 cups whole wheat bread cubes
- 1 cup skim milk
- ¼ cup apple juice
- 4 cups peeled, thinly sliced apples
- ¼ cup raisins
- 1 teaspoon grated lemon peel
- 1 teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- 2 large egg whites
- 2 tablespoons sugar
- ½ teaspoon vanilla extract

Preheat oven to 350 degrees. Place bread cubes in large mixing bowl. Add milk and apple juice and toss. Add apples, raisins, lemon peel, cinnamon, and nutmeg to bread cubes. In medium-size mixing bowl, beat egg whites until foamy. Gradually add sugar and vanilla, beating until stiff peaks form. Fold egg whites into bread-apple mixture. Pour mixture into 1½ -2-quart casserole. Set in a pan of water and bake 45 to 50 minutes or until lightly browned on top and apples are tender. Makes 6 servings.

BARLEY CHEESE TIMBALES

- 1 cup pearl barley
 - 3 cups chicken broth
 - ½ cup finely chopped onion
 - 2 tablespoons butter
 - Salt and pepper
 - 10-ounces frozen chopped broccoli, thawed, drained
 - 2 eggs, beaten
 - 2 cups milk
 - 1½ cups grated cheddar cheese
- Place barley, chicken broth, onion, and butter in a saucepan. Bring to boil. Cover, reduce heat to low and cook 45 minutes or until barley is tender and liquid is absorbed. Combine cooked barley with broccoli, ½ teaspoon salt, pepper to taste, eggs, milk, and cheese; mix well. Spoon mixture into six oiled 8-ounce custard cups. Place cups in a shallow pan of water. Bake at 325 degrees about 45 minutes or until set. Unmold timbales onto serving plates. Serve with fresh tomato salsa or a warm tomato cream sauce if desired. Makes 6 servings. 7 g fiber.

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

March	28-	Flavored Coffees, Cocoa, etc.
April	4 -	Candy Recipes
	11 -	Easter Dinner
	18 -	Egg Salad Week

Featured Recipe

March is nutrition month. For this reason the focus of many workshops and events are being held this month teach people how to incorporate healthy eating into their lifestyle.

This week, two nutritional events covered in this section include the workshop taught by Marlene Nash, R.D., and the Nutrition Fair planned by Expanded Food and Nutrition Education Program (EFNEP). Although the Nutrition Fair is on the kid's page because it highlights the kids events, the fair included many adult activities to teach parents the importance of diet in the health of families.

Brenda Stallman, EFNEP adviser, told participants that getting children to eat the recommended five servings a day of fruits and vegetables is easier than you think. She handed out many recipes and information sheets. Here is one to warm tummies on a cold, dreary day.

FAST PEA SOUP

- 10-ounce package frozen peas
 - 2 green onions, chopped
 - 2 cups low-sodium chicken broth
 - ½ teaspoon dill weed
 - 8-ounces plain lowfat yogurt
- Combine peas, onions, ½ cup chicken broth, and dill in a microwave-safe dish. Cover the pea mixture and chill until serving time. With a wire whisk, blend in the yogurt.