



Nutrition Tips

Sun Worship: Summer Picnics

Sub the Sandwich

Sandwiches and chips are some of the saltiest foods for a picnic. Try these changes to make a healthier meal.

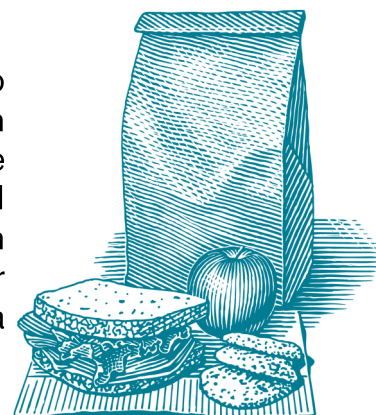
- Switch lunch meats in your sandwich for egg salad, tuna salad, or a fresh chicken breast you cook yourself.
- Deli counters sell Boar's Head brand low sodium meats, which can be a good choice.
- Choose a deli style Swiss cheese for a lower sodium cheese option.
- Pick breads that are low in calories as they often are lower in sodium as well. Try Sarah Lee or Fiber One brands.
- Look for salt-free chips like Tim's Cascade or Erin's brand popcorn.
- Try bringing a salad instead of a sandwich. Steak salad, taco salad, homemade macaroni salad all beat the salty bread.

People in the northwest go a bit crazy in the summer. The days are long, the sun is out, and we do not want to stay inside. Long evenings or weekends are the perfect time to take your meals outside and pack a picnic.

You don't have to have a fancy picnic basket complete with matching silverware to take your meals for a spin. A paper bag with plastic forks, napkins, plates and a water bottle added to a few quick-to-make treats means you can spend more time outside enjoying the sun. If your picnics are low in sodium, they will give you and the people you care about many more years of health to enjoy all those sunsets together.

Picnics can be simple food, a loaf of bread, a wedge of cheese and fresh berries or plums is all you need. Somehow real food just tastes better sitting in the warm grass by a lake or on a driftwood log. To make your picnics even more fun, try adding just one or two dishes that you fixed ahead. Some tasty low sodium treats are on the back of the sheet. Make one and have friends bring another dish, so no one is stuck doing all the cooking ahead.

Buy a bag of apples to snack on. Or pick up fresh berries or plums on the way and serve them sliced with a sprinkling of brown sugar and a dollop of sour cream for a perfect end to a perfect day.





Deviled Eggs

12 large eggs

¼ cup mayonnaise

1 teaspoon yellow mustard

Paprika

Nutrition info: Per serving (2 deviled eggs), Calories: 110, Carbohydrates: 1g, Protein: 6g, Sodium: 92mg

Place eggs in a pot of water and bring to a boil. Boil the eggs until they are hardboiled, about 15 minutes. Drain eggs and let cool.

Peel the shells off the eggs and cut eggs in half, lengthwise. Remove the yolks and mash in a mixing bowl until crumbly. Mix in the mayonnaise and mustard with the yolks.

Spoon the mixture into each egg and sprinkle with paprika for added color. Place in the refrigerator and cool before serving.

Broccoli Brown Rice Salad

2/3 cup raw brown rice

2 cups broccoli florets

1 cup shredded carrots

1 cup diced celery

¼ cup chopped onion

1 tablespoon lemon juice

½ cup mayonnaise or yoghurt, or ¼ cup each

¼ teaspoon Worcestershire sauce

¼ cup chopped fresh parsley

2 tablespoons fresh tarragon

Nutrition Info: Per ½ cup serving, Calories: 83, Carbohydrates: 9 g, Protein: 3 g, Sodium: 99 mg

Cook rice, rinse with cold water and drain.

Meanwhile, boil about 4 cups of water. Cut broccoli into bite size pieces. When water is boiling, add broccoli and cook about 2-3 minutes, until broccoli turns bright green. Remove and plunge into ice water. Drain and chill. You can add the onion raw, but the flavor will intensify with holding. For a milder flavor, sauté onion in small amount of oil. Add all ingredients to rice. Toss lightly. Refrigerate until served.

If you have time, cook brown rice ahead, or next time you make rice, double it and freeze the extra, then you can just thaw it for this great salad. In a hurry? Try converted brown rice to speed up the whole grain healthiness of this recipe. To make this a cool main course salad, add chilled cooked or canned salmon, tuna, sautéed tofu or paneer cheese, and/or hard cooked eggs.

Oven Fried Chicken

¼ cup butter

¼ cup safflower oil

½ cup flour

½ cup cornmeal

1 tablespoon paprika

1 teaspoon ground pepper

1 teaspoon ground mustard

1 tablespoon dried tarragon (or 4 tablespoons fresh)

1 tablespoon dried marjoram (or 4 tablespoons fresh)

1 whole chicken (4 pounds) cut into pieces

Heat oven to 425 degrees. Put ¼ cup butter and ¼ cup oil in bottom of 9x13 inch pan. Put pan in oven to melt butter and oil. While butter and oil mixture is melting, put ½ cup flour and ½ cup cornmeal in a big zip lock plastic bag. Add seasonings. Drop in chicken pieces and shake. Lay chicken pieces, skin side down, in hot oil in pan. Bake 30 minutes. Turn over and bake about 20-30 minutes more (smaller pieces like thighs and gizzards may take less time). Chill till ready to eat.

Nutrition Info: Per 4 ounce serving, Calories: 376, Carbohydrates: 15 g, Protein: 24 g, Sodium: 109 mg