

# HEALTHY EATING

## June is Beef Steak Month

Enjoy the ZIP of beef (zinc, iron and protein)

### Grilled T-Bone Steaks with BBQ Rub

#### **INGREDIENTS:**

2 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 2 pounds)

#### **BBQ Rub:**

2 tablespoons chile powder  
2 tablespoons packed brown sugar  
1 tablespoon ground cumin  
2 teaspoons minced garlic  
2 teaspoons apple cider vinegar  
1 teaspoon Worcestershire sauce  
1/4 teaspoon ground red pepper

#### **COOKING:**

Combine BBQ Rub ingredients; press evenly onto beef T-Bone Steaks. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove bones and carve steaks into slices, if desired. Season with salt, as desired.

*Cook's Tip: To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare to medium doneness, turning once. Source: beefitswhatsfordinner.com*



Men's  
**HEALTH**  
month  
· june ·

June is Men's Health Month, and every year Men's Health Week is celebrated in the week leading up to and including Father's Day. The purpose of Men's Health

Month is to increase awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

### **Tips for men on how to take better care of themselves:**

#### **Get Regular Check-ups.**

- ✓ Did you know men are half as likely to visit a doctor for a check-up as women, and over 7 million men have not seen a doctor in over 10 years?
- ✓ If you cannot remember the last time you had a complete physical, call your doctor and make an appointment. (You would not let 10 years go between oil changes, would you?)

#### **Be More Physically Active.**

- ✓ June is a great time to start a healthier lifestyle by being more physically active.
- ✓ Research shows exercise helps prevent heart disease and obesity, and lowers blood pressure.
- ✓ Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day.

#### **Improve the Nutritional Quality of your Diet.**

- ✓ Some tips on how to improve the nutritional quality of your diet include eating a varied diet rich in fruits, vegetables, whole grains and low-fat foods.
- ✓ Especially limit cholesterol intake and avoid saturated fats.

#### **Pay Attention to Warning Signs.**

- ✓ When a warning light flashes on the car dashboard, most men take the car to the shop. But when warning lights flash on their body, most men do not (or will not) notice.
- ✓ Examples of flashing lights to look for are changes in bowel or bladder habits, persistent backaches, recurrent chest pains, and extreme fatigue.

Men's health issues significantly impact everyone around them, and far too many men never see a doctor unless there is something seriously wrong or a partner or spouse makes the appointment for them. Women and men should educate themselves about potential male health problems. Check out [www.menshealthnetwork.org](http://www.menshealthnetwork.org) for resources and health facts.

## Making Cool 4th of July Memories



The middle of the summer brings the 4th of July and lots of family fun! It's the time we celebrate our great nation with fantastic fireworks, family picnics and backyard barbecues! Make some cool new memories with this easy recipe for old fashioned homemade ice cream.

### The Inside Scoop on the Science of Ice Cream

- Make sure the bags are tightly closed before the tossing begins or you'll have a mess! It takes a lot of shaking and tossing before the mixture turns to ice cream! Another surprise is how cold the ice cream gets! You may even want to dig up those winter gloves for this summer fun as your hands can get COLD!
- Be careful when removing the small bag of ice cream from the larger bag. Rinse it off to prevent your ice cream from getting "salty".
- Try a variety of fruits in your ice cream! Ripe bananas, strawberries, blueberries and diced peaches all work well. Canned, diced, drained fruit can work as well. Remember to wash any fresh fruit you add before mixing in with ice cream mixture.
- Bring up for discussion how we make ice cream! Think back to the cold days of winter on this hot summer day. Salt lowers the temperature at which water freezes, so with salt, the ice will melt even when the temperature is below the normal freezing point of water. The ice-salt combination gets colder than pure water ice and can freeze ingredients to turn them into ice cream. Who knew science could be so delicious!



### Ice Cream in a Bag

Yield: 1 serving - Source: [food.unl.edu](http://food.unl.edu)

#### Ingredients:

- 1 Tablespoon sugar
- ¼ teaspoon vanilla extract
- 1 – 2 Tablespoons soft fruit
- ½ cup low-fat milk
- 1/3 cup rock salt (outside bag)
- Ice cubes

#### Directions:

1. Wash hands with soap and water. Put sugar in quart size freezer bag that has zip closure. Add vanilla and soft fruit. Seal the bag tightly. Mix well by squeezing with fingers until everything is combined.
2. Open bag and add milk. Reseal bag again and mix until everything is combined.
3. Open a gallon size freezer bag with zip closure and put in 1/3 cup rock salt. DO NOT PUT SALT IN SMALL BAG! Fill the gallon size bag halfway full of ice cubes.
4. Put the quart bag into the gallon bag and seal shut. Shake the bag for 5 minutes or until the liquid has changed to ice cream. You can toss the bag gently with a partner, too, to share the fun and the cold.
5. Take quart bag out of gallon bag. Eat with spoon and ENJOY!

Nutrition Information: Calories 100, Total Fat 0g, Sodium 50mg, Total Carbohydrates 20g, Fiber 0g