

## Love Apples for Your Sweet

When early explorers first saw the “new” fruit that looked like an apple and was said to make a person more romantic, they carried its seeds back to Spain. And when healers of the time observed that the shape of the fruit did resemble the human heart, they thought that maybe it would indeed increase romance. Hence the fruit that we call a tomato was called a “love apple”.

The tomato may not make one more romantic, but it does contain vitamins A and C, potassium, phosphorus, and calcium. These are important nutrients for health and contribute to a healthy heart.

Tomatoes also contain a chemical called lycopene. This plant chemical has been shown to slow down cancer cell growth. Some laboratory studies have linked diets rich in lycopene to a reduced risks of prostate and digestive tract cancers.

### Cook Beef to Reduce Fat!

It is not necessary to brown ground meat in oil. Instead, brown the meat in a non-stick skillet without added fat or in a skillet coated with vegetable cooking spray. To remove excess fat after cooking: 1) Spoon the meat into a colander and drain. 2) Rinse the meat in the colander with hot water. 3) Pat meat dry with paper towels. 4) Wipe drippings from the skillet before adding other ingredients.

# Spaghetti With Meat Sauce



1 pound ground round

1 (26-ounce) jar spaghetti sauce

1/2 teaspoon onion powder

1/2 gallon water

1 (8-ounce) box thin spaghetti noodles.

Spray a large cast iron skillet with vegetable spray. Place over medium heat until hot. Add beef and cook until brown and all pink has disappeared.

Pour into colander and rinse with hot water to drain off excess fat.

Add sauce and onion powder to cooked beef. Stir.

Simmer for 20 minutes.

In a large saucepan, bring water to a rapid boil.

Add spaghetti noodles gradually while stirring.

Return to boiling.

Cook uncovered at a fast boil until tender but firm, 5-10 minutes.

Drain water from spaghetti.

Spoon meat sauce over spaghetti to serve.

Serves 8.

Calories: 340 (34% from fat) Fat 13g (saturated fat 4 g)/ Cholesterol 49 mg/ Sodium 348 mg/Carbohydrate 36g/ Fiber .0/ Protein 19g/ Vitamin A 16%/Vitamin C 28%/ Folate 2%/ Calcium 4%/Iron 17%



### Keep Ground Meat Lean!

When a recipe calls for beef, choose one with “round” or “loin” in the name - for example ground sirloin, ground round, tenderloin, etc. You may want to try ground turkey. But if you do, ask the butcher to grind turkey breast. Otherwise, the ground turkey may contain skin or dark meat and be as high in fat as regular ground beef.

### Cook with Commercial Sauces!

Cook with commercial tomato products. Tomato sauce, pasta sauce, pizza sauce, and salsa are better sources of lycopene than fresh tomatoes. Apparently, in processing the heat breaks the plant cell walls, releasing the chemical. And include some fat in the dishes. Small amounts of fat, like that found in lean meat or that used in making sauces, enhance the use of lycopene in the body.

### Use that Cast Iron Skillet!

Did you know that it's not an old wives tale that cast iron skillets add iron to food? And, did you know that when foods are cooked with acid ingredients like tomato sauce, pasta sauce, pizza sauce, and salsa even more iron is pulled from the skillet adding extra iron to the dish?