

Healthy Summer Raspberry Bars



Makes 16 bars • Active Time: 25 minutes • Total Time: 3 3/4 hours

Ingredients

Crust

- 3/4 cup white whole-wheat flour , (see Note)
- 1/2 cup chopped pecans
- 2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 3 tablespoons cold butter, cut into small pieces
- 2 tablespoons ice water
- 1/2 teaspoon vanilla extract

Raspberry Filling

- 2 teaspoons unflavored gelatin
- 2 tablespoons water
- 3 cups fresh raspberries, divided
- 1/2 cup granulated sugar
- 4 tablespoons nonfat cream cheese, softened
- 2 tablespoons low-fat milk
- 1 tablespoon confectioners' sugar

Preparation

1. To prepare crust: Preheat oven to 400°F. Coat an 8-inch-square baking pan with cooking spray.
2. Place flour, pecans, 2 tablespoons sugar and salt in a food processor; process until the nuts are finely ground. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add ice water and vanilla and pulse just until the dough starts to come together. Transfer to the prepared pan. Press evenly and firmly into the pan to form a bottom crust.
3. Bake the crust until it looks set, but not browned, about 15 minutes. Let cool on a wire rack.
4. To prepare raspberry filling: Sprinkle gelatin over 2 tablespoons water in a small bowl; let stand, stirring once or twice, while you prepare the rest of the filling.
5. Reserve 16 raspberries. Puree the remaining raspberries in a food processor until smooth. Transfer to a medium saucepan and stir in 1/2 cup sugar. Cook over medium heat until bubbling. Stir in the gelatin mixture and cook, stirring, until the gelatin is melted, about 1 minute.
6. Fill a large bowl with ice water. Pour the raspberry mixture into a medium bowl and set it in the bowl of ice water. Refrigerate, stirring occasionally with a rubber spatula, until the mixture thickens to the consistency of loose jam and is beginning to set around the edges, about 30 minutes.
7. Meanwhile, beat cream cheese, milk and confectioners' sugar in a medium bowl with an electric mixer until smooth.
8. Spread the thickened raspberry filling evenly over the crust. Dollop the cream cheese mixture over the filling. Draw the tip of a sharp knife or skewer through the two fillings to create a swirled effect. Nestle the reserved berries into the filling, evenly spacing them so each bar will be topped with a berry when cut. Refrigerate until the bars are completely set, about 3 hours. Cut into 16 bars, one raspberry per bar.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day.
- **Note:** White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat. Find it in the baking section of the supermarket.

Nutrition Information

Per bar: 101 calories; 5 g fat (2 g sat, 2 g mono); 6 mg cholesterol; 14 g carbohydrates; 2 g protein; 2 g fiber; 94 mg sodium; 64 mg potassium.



Wim & Wigor

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 16, No. 8, August 2011

Editor: Mendie Ballester

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Director's Note

Stacy Lane - JPA Director

During the course of your coverage with the JPA, it might become necessary for you to phone one of our vendor partners regarding your coverage, claims or obtain other assistance. In addition, you may want to look online for providers, order replacement ID cards, find helpful tips to maximize benefits or receive online access to your account. You may even be able to elect to receive your explanation of benefits electronically instead of via the mail! Following are the contact numbers and websites for each of our vendor partners:

Medical
Blue Shield of California
1.800.642.6155
www.blueshieldca.com

Pharmacy
CVS/Caremark
1.866.260.4646
www.caremark.com

Dental
Delta Dental of California
1.800.765.6003
www.deltadentalins.com

Vision
Vision Service Plan (VSP)
1.800.877.7195
www.vsp.com

The individual carrier websites provide a wealth of information on your individual benefits. Some even let you register your account so you can login to their secure website and view your plan coverage or claim explanation of benefits. I encourage you to visit these sites to learn more about your individual plans. If you ever need assistance in working with one of our vendor partners, please don't hesitate to give our office a call at (707) 445-7777.

5 Mistakes

Even Savvy Shoppers Make When Reading Food Labels

The food label can be, well, boring, and it can also be very confusing. I don't know anyone who has the time to read the fine print and scour the Nutrition Facts panel for everything he or she is dropping into the shopping cart.

In order to have a healthy diet, it's essential to have healthy foods on hand, and the only way to really make sure of that is to read the food label for some key facts before buying. I'd recommend focusing on the serving size and calories if you're going to look at just two things before buying.

Here are five ways shoppers are destroying their diet, despite their best efforts to use the food label to make healthier choices.

1. "All natural" and "organic" is more nutritious

The USDA organic certification program requires foods and beverages that are labeled organic to follow organic protocols with production. The program does not have any requirements related to the nutrition of the product. The term "natural" or "all natural" has no definition, so manufacturers can use it as they wish. There is no indication that a food product is nutritious just because these terms are on the package. Check the calories per serving and the first three ingredients. If the product seems within your calorie budget and the first three ingredients seem healthful, then buy it.

2. Percent Daily Value is for foods high in nutrients

Many shoppers scrutinize the % Daily Value figures for things like vitamin C and E, but nutrient deficiencies are not an issue for most Americans. Instead, focus your attention on core areas that can really make a difference in your health: negative nutrients. Read the label for calories, saturated fat, sugars, and sodium and try to choose products that minimize these negative nutrients.

3. That's a single serving!!

If you purchase a food that appears to be a single serving, be sure to check the Nutrition Facts Label to see how many servings the manufacturer says the package contains. People in the study who reviewed the product's serving size before purchasing consumed 150 fewer calories per day compared to those who didn't read the labels. That could add up to a 15-pound weight loss in one year.

4. "Made with whole grain" means it's primarily whole grain

Not the case. Many companies claim that their products are made with whole grains, but the main grain is often refined flour. To ensure that you're buying a product that contains a significant amount of whole grain, choose one that has whole wheat, oats, or another whole grain as the first ingredient.

5. "No HFCS" indicates it's low in sugar

A sweet mess many shoppers find themselves in is when they avoid products that have HFCS, only to choose those loaded with other negative nutrients like saturated fat, sodium, and added sugars. The jury is still out on whether or not HFCS is worse than other added sugars, but a diet rich in any type of added sugar is not healthy. So look for the added sugar in a product, and if it's more than 10 to 12 grams per serving, make it a special-occasion food or beverage.



SUMMER SAFETY TIPS

HOW TO ALLEVIATE SUNBURN

There's no fast "cure" for sunburns -- it may take days for your skin to heal. To treat the pain, take an over-the-counter pain reliever and keep the area moisturized with aloe or other lotions. Keep the skin cool by using cold compresses or taking a cold bath. Keep in mind that there is no such thing as a "healthy tan." Unprotected sun exposure causes premature aging of the skin.

HOW TO HYDRATE

- Drink plenty of fluid. Don't wait until you're thirsty to drink.
- If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour.
- Avoid liquids with alcohol or sugar -- they will cause you to lose more body fluid.
- Stay away from very cold drinks -- they can cause stomach cramps.

Limit your outdoor activity to morning and evening hours and wear lightweight, light-colored, loose-fitting clothing. Monitor young children and elderly people because they are more sensitive to heat exhaustion or heat stroke. Body temperature can rise to 106°F or higher within 10 to 15 minutes. A very important tip for summer health is to drink enough fluids -- hydrate, hydrate, hydrate.

