



IOWA [🌿]
FOOD &
FAMILY
Cookbook

FEATURING BLOGGERS FROM

IOWA GIRL EATS // FOOD & SWINE

IOWA FOOD & FAMILY Project

Welcome to the Iowa Food and Family Cookbook — serving up tried and true recipes from bloggers, farmers and farm groups throughout the state. Dig in to our collection of family-approved appetizers, mouthwatering main courses and delectable desserts for you and your family to enjoy.

Consumers are naturally curious about how food is grown and raised. They want to know that it's safe, does no harm to the environment and is good for the communities in which it is grown. The Iowa Food & Family Project — in partnership with state commodity groups, retailers and food service providers — offers information as well as opportunities to learn more in today's farms and food system so that food-minded Iowans can be more confident about the food choices they make.

As the name implies, the Iowa Food & Family Project is a family-focused organization, believing the more we know about our food, the more we can grow to benefit our families, neighbors and communities.

Join the conversation at IowaFoodandFamily.com



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ANNE HYTREK, *MSEd, RD, LD, CDE*

Dietitian, Ankeny Prairie Trail Hy-Vee

As a “farm girl” from north central Iowa, I grew up learning the value of raising livestock and enjoying foods from our farm to my family’s table. I was always curious about the nutrition and health benefits of foods, which ultimately led me to pursue dietetics, health education and sports nutrition. Though my schooling and work moved me around the Midwest, I’m happy to be back in Iowa as a registered dietitian and diabetes educator at the Ankeny Prairie Trail Hy-Vee.

Hy-Vee dietitians offer a variety of services for all ages, including personalized health plans, individual nutrition counseling, quick meal ideas, supermarket tours and food allergy assessments. From wellness workshops to cooking classes, and everything in-between, we make the journey toward a healthier lifestyle a fun, collaborative experience. — Anne Hytrek



A top-down view of a wooden table set with various appetizers. In the top left, there's a loaf of baguette and several slices. To its right, a wooden board holds fresh basil, rolled prosciutto, and a slice of tomato with mozzarella. Further right are shallots and a small bowl of olives. In the bottom left, there's a small glass dish of shredded cheese, a wedge of white cheese, and some cheese crumbs. In the bottom center, there's a wedge of yellow cheddar. In the bottom right, there are several whole red tomatoes. The background is a dark, textured wooden surface.

Amazing Appetizers

A good vegetable platter, otherwise known as a crudité platter, is a staple for many dinner parties.

Appetizers are small portions of food served before a meal to stimulate the appetite.



Food & Swine Favorite

BBQ BACON-WRAPPED PORK LOIN STRIPS

Servings: 10 | Recipe from: Cristen Clark, Food & Swine

6 boneless thick-cut pork chops
(about 2 pounds)

1 tablespoon seasoned salt, divided

2 pounds thin-sliced bacon

BBQ sauce of choice

Preheat the oven to 425°F. Place a wire rack on a rimmed baking sheet and coat the rack with nonstick spray.

Slice each chop lengthwise into three even strips, then season with 2 teaspoons of the seasoned salt. Wrap a strip of bacon around each pork strip, securing the ends with

a toothpick. Sprinkle the bacon-wrapped strips with the remaining seasoned salt and arrange on the prepared rack.

Roast the pork for 20 minutes then glaze the strips with BBQ sauce. Return the pork to the oven and roast an additional 5 minutes or until the glaze is thick and shiny.

Serve the glazed strips warm with additional BBQ sauce on the side.

Nutrition | Per Serving: 571 Calories, 47g Total Fat, 118mg Cholesterol, 802mg Sodium, 1g Carbohydrate, 0g Fiber, 33g Protein



The average American eats 17.9 pounds of bacon per year.



*Food
& Swine*

FOOD & SWINE

Blogger, Cristen Clark



I'm a sixth-generation farmer, wife, mother of two, contest cook/baker and blogger. I grew up in an 1869 farmhouse on a diversified farm in central Iowa where my family raises corn, soybeans and beef cattle. My husband Mike and I own modern pig finisher barns, growing pigs from 50 pounds to market weight. We also have breeding pigs that we raise for our children to show in livestock shows.

My fondest childhood memories are those of growing up in a farmhouse kitchen. The aroma of yeast bread baking in the oven is something that sticks with me to this day and drives my desire to be in the kitchen. It also fuels my passion to introduce old-fashioned kitchen know-how to children. Whether it's teaching local 4-H members the art of baking, or raising my kids to know the importance of cooking from scratch like the men and women in our family have for centuries, empowering children and watching them learn is so rewarding to me. Food memories are the most vivid memories I have, and certainly the most treasured.

— Cristen Clark

The way we think about food becomes as much about what it symbolizes as it is about memories, associations and even taste.

Enticing Entrées

Adding meat to your entrée is an excellent source of protein and can add to the overall taste of your recipe.

Our earliest associations about food — ones we can end up retaining for life — are formed during childhood.



MEXICAN QUICHE

Servings: 12 | Recipe from: Jill Vander Veen, farmer from O'Brien County

3 pounds ground beef
1 large yellow onion, diced
1 or 2 envelopes taco seasoning
Salt and pepper
3 cups shredded Cheddar cheese
1½ cups Monterey Jack cheese
2 cans (4 ounces each) chopped green chilies
8 eggs
2 cups milk
¾ cup all-purpose flour
Shredded lettuce, chopped tomato and hot sauce for serving

Preheat the oven to 350°F. In a large skillet, sauté the ground beef and onion with the taco seasoning, salt and pepper. Drain the meat mixture before adding seasonings. Spread the beef mixture in the bottom of a 9x13 baking dish, then sprinkle with the cheeses and chilies. In a bowl beat the eggs, milk and flour together, then pour over the beef and cheese layers. Bake until top is browned and eggs are set, 1 to 1½ hours. Let stand 5 minutes before cutting into squares and serving with lettuce, tomato and hot sauce.

Nutrition | Per Serving: 577 Calories, 40g Total Fat, 269mg Cholesterol, 864mg Sodium, 14g Carbohydrate, 0.4g Fiber, 37g Protein

Our family enjoys our life on the farm, even though it is a 24/7 job that doesn't really have set hours. We may miss the big game on TV or even the party we were supposed to be at, but the work we do is together and for that we are grateful. — Jill Vander Veen

HY-VEE DIETITIAN TIPS

Get the Mexican flavor without adding sodium by using low-sodium taco seasoning. If adding salt, use Kosher salt that is naturally one-third less in sodium by volume than iodized salt.



IOWA GIRL EATS

Blogger, Kristin Porter



In addition to working with the Iowa Food & Family Project, I am a busy wife, new mama and blogger. I started the recipe blog Iowa Girl Eats in 2009 and have been cooking and writing ever since. My mom made home-cooked meals nearly every day of the week growing up, and I always knew I wanted to do the same for my family. The only difference is now I get to cook for people around the world through the blog, sharing fresh, family-friendly and in-season recipes, while sharing a bit about my family and home life, too. Food is more than a meal on a plate; it creates connections and memories that last a lifetime. It is my privilege to help families start creating those connections and memories through my recipes. — Kristin Porter



SLOW COOKER BEEF STEW

Servings: 4-6 | Recipe from: Linda Cline, farmer from Fayette County

- 2 pounds beef stew meat
- 6 carrots, peeled, cut into 1-inch chunks
- 2 or 3 russet potatoes, peeled, cut into large chunks
- 1 medium onion, sliced into rings
- ½ to 1 cup frozen peas
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 bay leaf
- 2 tablespoons quick-cooking tapioca
- ¾ cup tomato juice


Place the stew meat, carrot chunks, potato chunks, onion, peas, sugar, salt and bay leaf in the crock of a 3-quart slow cooker. Sprinkle with tapioca then pour the tomato juice over the top. Cover the slow cooker and cook for 10 to 12 hours on low heat setting or for 5 to 6 hours at high heat setting. Remove the bay leaf before serving.

Nutrition | Per Serving: 673 Calories, 39g Total Fat, 157mg Cholesterol, 574mg Sodium, 34g Carbohydrate, 4g Fiber, 44g Protein

Mike and Linda Cline raise beef cattle and grow corn and hay near Elgin. When it comes to recipes, Linda sticks to simple, family favorites to satisfy her “meat and potato” loving husband.

A three-ounce serving of lean beef is about 150 calories and provides 10 nutrients including protein, iron and B-vitamins that can help satisfy you and maintain a healthy weight, build muscles and fuel a healthy and active lifestyle.





Delightful Desserts

*Dark chocolate
—sweet, rich and
delicious — is good
for more than curing
a broken heart.*

*Food has properties
that give you clarity,
focus, emotional
harmony, good
health and vitality.*

*Dessert represents
a sense of bliss – a
moment of totally
relishing that which
makes us feel good.*



Food & Swine Favorite

STATE FAIR PEPPERMINT ICE CREAM BARS

Servings: 9 | Recipe from: Cristen Clark, Food & Swine

2 quarts vanilla ice cream
1 package (1 pound) Double-Stuffed Oreos®
2 jars (12 ounces each) hot fudge ice cream topping
½ cup crushed peppermint candies
½ teaspoon peppermint extract, optional

Line an 8x8 baking pan with plastic wrap, extending the sheets of plastic over the sides. Set the ice cream out to soften.

Place the Oreos® in a large plastic zip-top bag and crush into large pieces with a rolling pin or meat mallet. Press half of the crushed cookies into the pan and freeze until firm. When the ice cream is soft, stir in the crushed candies and extract, if

desired. Carefully spread softened ice cream onto the layer of crushed cookies and freeze for 30 minutes or until firm.

Warm the hot fudge topping in a microwave for 45 seconds and carefully spread over the chilled ice cream layer. Press the remaining crushed cookies gently into the fudge to secure, then freeze for 8 hours or until firm.

To serve, lift the bars out of the pan using the overhanging plastic wrap and transfer to a cutting board. Carefully peel the plastic away and cut into 9 bars. Serve immediately or wrap individual bars in plastic and freeze.

Nutrition | Per Serving: 980 Calories, 51g Total Fat, 175mg Cholesterol, 404mg Sodium, 126g Carbohydrate, 3g Fiber, 12g Protein





Iowa Girl Eats Favorite

PEACH-A-BERRY COBLER

Servings: 12 | Recipe from: Kristin Porter, Iowa Girl Eats

1 cup flour
½ cup + 2 tablespoons sugar, divided
1½ teaspoons baking powder
½ cup milk
¼ cup butter, softened
¼ teaspoon cinnamon

FOR THE FRUIT FILLING:

¼ cup brown sugar
1 tablespoon cornstarch
½ cup cold water
3 cups sliced fresh peaches
1 cup fresh blueberries
1 tablespoon butter
1 tablespoon lemon juice

Preheat oven to 350°F.

Combine flour, ½ cup sugar and baking powder in a large bowl then stir to combine. Add milk and butter and stir until smooth and set aside.

For the fruit filling: In a large saucepan whisk together brown sugar, cornstarch and water until smooth. Turn heat to medium, add peaches and blueberries then switch to a wooden spoon and cook until mixture is thick and bubbly. Add remaining butter and lemon juice, stirring until butter is melted.

Pour mixture into an ungreased 1½ quart baking dish then scoop topping mixture on top. Does not have to be even. Stir remaining 2 tablespoons sugar and cinnamon together in a small bowl then sprinkle on top.

Place baking dish onto a cookie sheet then bake for 30 to 35 minutes, or until a toothpick inserted into the center of the topping comes out clean. Serve with vanilla ice cream.

Nutrition | Per Serving: 161 Calories, 5g Total Fat, 13mg Cholesterol, 40mg Sodium, 28g Carbohydrate, 1g Fiber, 2g Protein

If there's one dessert I can never resist it's fresh and fruity filling under a warm cobbler topping like in my Peach-a-Berry Cobbler. The contrast of smooth and silky, light and fluffy is truly delicious. Use summer's best peaches and blueberries, or switch things up and use whatever fruit is in season! — Kristin Porter

A good marinade contains flavorings, spices, herbs and more. Because a marinade is also acidic, it carries these flavors into foods.

The use of spices in your food appeals to all of your senses. It enhances the flavor, look, feel and aroma of any recipe.

Marvelous Marinades and Spices

You only need enough marinade to cover the meat completely with a thin layer.



GROUND CHILI



OREGANO



GROUND GINGER



BLACK PEPPER



MIX OF PEPPERS



PARSLEY



CARDAMOM



CUMIN



POPPY SEEDS



PAPRIKA



BLACK MUSTARD



DRIED ONION



THYME



MUSTARD



COARSE PEPPER



CLOVES



TURMERIC



CORIANDER



CURRY



JUNIPER



SEED MIXTURE



ANISE



ROSEMARY



CINNAMON

SALT-FREE HERB BLENDS

Recipes by Anne Hytrek, Hy-Vee Dietitian

MIXED HERB BLEND — for salads, pasta salads, steamed vegetables, vegetable soup or fish. Blend ¼ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.

ITALIAN BLEND — for tomato-based soups and pasta dishes, chicken, pizza, focaccia and herbed bread. Blend 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.

MEXICAN CHILI BLEND — for chili with beans, enchiladas, tacos, fajitas, chicken, pork and beef. Blend ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder, ground red pepper and ½ teaspoon cinnamon.

CHINESE FIVE-SPICE — for chicken, fish or pork. Blend ¼ cup ground ginger, 2 tablespoons ground cinnamon, 1 tablespoon each of ground allspice and anise seeds and 2 teaspoons ground cloves.

EASY DIP BLEND — for mixing with cottage cheese, yogurt or low-fat sour cream or to lightly salt chicken and fish. Blend ¼ dill weed and 1 tablespoon each of dried chives, garlic powder, dried lemon peel and dried chervil.

BBQ SAUCE

Servings: 65 | Serving size: 2 tablespoons
Source: American Diabetes Association, www.diabetes.org

- 1 tablespoon canola or olive oil
- 1 cup minced onion
- 2 cloves garlic, minced
- 2 beef bouillon cubes
- ½ cup hot water
- 3 (6 ounce) tomato paste, divided
- 1 cup Splenda granular
- ¾ cup Worcestershire sauce
- ¾ cup Dijon mustard
- 3 tablespoons liquid smoke, hickory flavored
- 1 teaspoon salt
- ½ cup cider vinegar
- 1 teaspoon Tabasco sauce
(+1 teaspoon for spicier sauce)

Place oil in a large saucepan. Add onions and garlic. Sauté over medium heat until clear (approx 2 to 3 minutes). Mix the bouillon and water until partially dissolved. Add bouillon mixture and all remaining ingredients to the saucepan. Stir well using a wire whisk.

Simmer uncovered 25 to 30 minutes to allow flavors to meld. Stir frequently. Refrigerate overnight in a non-metallic container. Sauce is best if prepared one day before use. Keeps well refrigerated for 1 week.

Nutrition | Per Serving: 15 Calories, 0g Total Fat, 135mg Sodium, 3g Carbohydrate, 0g Fiber

Great hostess gift! Can easily be canned and stored to preserve! (Must be canned before you refrigerate).



LOW-SODIUM MARINADE

Servings: 4 | Source: Quick Cooking, May/June 2005
Revised by: Anne Hytrek

- 4 (5 ounce) pork chops, center loin
- ¼ cup Worcestershire sauce
- ¼ cup minced fresh parsley
- ¼ cup balsamic vinegar
- ¼ cup light soy sauce
- ¼ cup apple juice
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- ½ teaspoon pepper

In a large resealable plastic bag, combine the first eight ingredients; add pork chops. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Drain and discard marinade. Grill pork chops, covered, over medium heat for 10 to 15 minutes on each side or until juices run clear and a meat thermometer reads 160°F.

Nutrition | Per Serving: 160 Calories, 2.6g Fat, 62mg Cholesterol, 120mg Sodium, 6g Carbohydrate, 26g Protein

Marinade entrée the night before grilling. This is a fabulous marinade with an unique flavor, especially with pork.

SALT-FREE CREOLE SEASONING

Servings: 25 | Source: www.grouprecipes.com

- 3 tablespoons granulated onion or onion powder
- 3 tablespoons granulated garlic or garlic powder
- ½ teaspoon white pepper
- 2 tablespoons black pepper
- 2 tablespoons thyme
- 2 tablespoons basil
- 2 tablespoons oregano
- 1 teaspoon cayenne
- 1 tablespoon paprika
- Pinch dry mustard

Mix all ingredients and store in airtight jar. Shake before using.

This is a good all-purpose seasoning that will enhance many dishes.



Meat cuts,
temps
and tips

BEEF

TEMPS & TIPS

Perfectly cooked, flavorful beef achieves a balance between the minimum amount of cooking needed for maximum palatability and food safety. Meat thermometers and the visual appearance of the beef aid in determining degrees of doneness.

Braised or stewed beef is always cooked until well done. Tenderness is the clue to doneness; beef is fork-tender when a utility fork can be inserted without resistance and then releases easily when pulled out. Cooking beyond the fork-tender stage can result in dry, stringy beef.

Beef color is also an indicator of degrees of doneness. The protein pigments of hemoglobin and myoglobin are denatured during cooking and change from red to pink to brown the longer it is cooked.

MEDIUM RARE: 145°F	MEDIUM: 160°F	WELL DONE: 170°F
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FOOD HANDLING

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

CLEAN	Wash hands and surfaces often.
SEPARATE	Separate raw meat from other foods.
COOK	Cook to the right temperature.
CHILL	Refrigerate food promptly.

Keep beef refrigerated — never thaw at room temperature. Wash hands thoroughly with soap and warm water. Avoid cross-contamination by separating raw and ready-to-eat foods.

Rinsing cooked ground beef crumbles with water is a simple way to reduce fat.



RIBEYE STEAK



STRIP STEAK



SHOULDER STEAK



FLAT IRON STEAK



TOP SIRLOIN STEAK



TOP ROUND STEAK



BOTTOM ROUND ROAST



SHOULDER ROAST



CHUCK CENTER ROAST



COUNTRY-STYLE RIBS



80/20 GROUND BEEF



85/15 GROUND BEEF



95/5 GROUND BEEF

BEEF

BEEF CUT	HOW TO COOK	USE FOR
STEAKS		
Ribeye	Grill, broil	Grilled or broiled steaks
Strip steak	Grill, broil	Grilled or broiled steaks
Shoulder steak (<i>Chuck</i>)	Grill, skillet	Grilled or skillet steak; needs to be marinated
Ranch steak (<i>Chuck</i>)	Grill, skillet	Grilled or skillet steak; needs to be marinated
Flat Iron steak (<i>Chuck</i>)	Grill, stir fry	Grilled or broiled steak, cut into strips for stir-fry
Sirloin steak	Grill, broil, stir fry	Grilled or broiled steak, cut into strips for stir-fry or fajitas
ROASTS		
Bottom Round or Rump roast	Slow cooker or braise	Roast beef, pot roast
Shoulder roast	Slow cooker or braise	Pot roast, shredded beef
Ribeye roast	Roast (on rack, no lid)	Beef roast
Brisket	Braise, smoker	Brisket slices
OTHER		
Country-Style ribs	Slow cooker or braise	Barbecued ribs (boneless)

GROUND BEEF

Ground beef that is not less than 80% lean (usually a 80/20 lean-to-fat ratio) is used for burgers and in recipes calling for browning (crumbles) and pouring off drippings, such as chili, tacos and spaghetti sauce. When properly cooked, it is moist and juicy. Ground beef packages are labeled according to USDA standards. The information on the labels will be expressed as percent lean to percent fat (85% lean/15% fat, for example).

Ground beef that is 95% lean or leaner meets government guidelines for “lean.” If you’re trying to choose lean meats, this is a great choice for you. It works well in dishes that require crumbles, like meat sauce, tacos, stuffed peppers or casseroles where draining fat might be difficult.

Ground beef should be cooked to a safe and savory 160°F. Cook ground beef thoroughly. Never eat raw or rare ground beef.



Back to Basics.

THE WELL-STOCKED KITCHEN

by Kristin Porter, Iowa Girl Eats

Here are some freezer, fridge and pantry staples I always have on hand to make everything from soups, to casseroles, stir-frys and more. Stock up on these essentials and you'll be shocked at how easily you're able to build a meal, and how little you'll have to buy at the grocery store each week.

Remember, this isn't a full inventory of what I have in my kitchen. You won't find regular weekly purchases like milk and eggs, or snacks on this list, rather it's the staples you can easily add fresh ingredients to, to build healthy, wholesome meals.

BAKING STAPLES

You should be able to make any basic cookie or cake recipe with the following items on hand.

- Baking soda
- Baking powder
- Semi-sweet chocolate chips
- Flour
- Sugar
- Brown sugar
- Powdered sugar
- Cocoa powder
- Dried fruit/nuts
- Old-fashioned oats
- Corn starch
- Yeast

FOOD STORAGE & PROTECTION STAPLES

Store food in the fridge, freezer and more using these food storage staples. I use glass containers for food storage whenever possible.

- Foil
- Glad Press 'n' Seal
- Parchment paper
- Resealable freezer bags — gallon and quart-size
- Resealable sandwich bags
- Wax paper

OIL & VINEGAR STAPLES

The following oils and vinegar will let you create and cook everything from salad dressings, to basic sautés and stir-frys.

- Nonstick spray
- Extra virgin olive oil
- Coconut oil
- Vegetable oil
- Sesame oil
- Low-sodium soy sauce
- Rice vinegar
- Balsamic vinegar
- Red wine vinegar

FREEZER STAPLES

Stock up on fruits and veggies to make smoothies and stir frys on the fly. Buy meat and fish on sale, then thaw in the fridge for 24 hours before you want to use. Reheat bagels and breads for 20 seconds in the microwave, wrapped in a paper towel, then toast like normal.

- Vegetables: corn, edamame, peas
- Fruit/berries: raspberries, blueberries, strawberries
- Chicken
- Ground beef
- Shrimp
- Salmon/fish
- English muffins/bagels
- Hash browns
- Baguettes/bread

FRIDGE STAPLES

These long-lasting items are staples in my fridge. (I know some people don't store potatoes in the fridge, but I do!)

- Butter
- Jam
- Potatoes
- Tortillas
- Cheddar cheese
- Parmesan cheese
- Bacon
- Dijon mustard
- Hot sauce
- BBQ sauce
- Worcestershire sauce
- Chili garlic sauce
- Buffalo sauce

COUNTER STAPLES

Garlic and shallots/onions seem to find their way into everything I cook. I always keep a big bowl of them on the counter.

- Garlic
- Shallots/onion

SEASONING STAPLES

These are the most common spices called for in most recipes I use. I've also included everything you need to make your own taco seasoning!

- Garlic powder
- Onion powder
- Garlic salt
- Cayenne pepper
- Chili powder
- Cumin
- Dried oregano
- Dried thyme
- Dried parsley
- Paprika
- Grill seasoning
- Red chili pepper flakes
- Cinnamon
- Nutmeg

CANNED GOODS & SHELF-STABLE ITEMS

These items are great for making soups, stews, pastas, crock pot meals and casseroles.

- Chicken broth
- Marinara sauce
- Tomato sauce
- Petite diced tomatoes
- Black beans
- Baked beans
- Canned artichoke hearts
- Chipotles in adobo
- Coconut milk
- Salsa
- Peanut butter
- Brown basmati rice
- Jasmine rice
- Wild rice blend
- Pasta — spaghetti + cut pasta like rotini, orzo, gemelli or rigatoni
- Panko bread crumbs
- Honey
- Maple syrup

