

Katie Johnson: Good morning, and welcome to Apple a Day. Lake Region Healthcare's health and wellness segment where we feature news and information you can use to live a healthier life. This is Katie Johnson, your host for this show, and my guest today is Lynn Remsberg. Lynn, your official title is production coordinator in our nutrition services department, but we like to call you a culinarian. Did we make up that word ourselves?

Lynn Remsberg: No. That's a true word.

Katie Johnson: It is. Okay.

Lynn Remsberg: My degree is in culinary arts, and it is a true word. We like to call it foodie nowadays.

Katie Johnson: A foodie. That's an even better title. Well, thanks for joining us. As people probably know, the Superbowl is coming up this Sunday. Superbowl Sunday is a time that we like to indulge on maybe not so healthy foods, so we'd like to talk to you today about some ideas for making our super bowl snacks healthier, but before we do that give us just a little bit of background about your degree, what you do here at Lake Region Healthcare, and why you love it.

Lynn Remsberg: I've been here at Lake Region Healthcare for 25 years. I'm the production coordinator. Work with cooks, bakers, salads, menuing, recipes, inventory, and food ordering.

Katie Johnson: You've been working with food, a foodie, all of your life. You have a lot of great experience that you bring to the food that we serve to patients, the food that we serve in the cafeteria, and bringing some fun ideas out to the community. Like last week at our living well series we focused on food as an investment, and had a great crowd. You and Kristie Nuremberg. Kristie was our guest here a couple of weeks ago. Lead that session. What kinds of key take aways did you have from that session on investing in your health through the food choices you make?

Lynn Remsberg: Well, our topic was invest in yourself, eating to support good health. It's an investment that takes time. Over time it's like a financial investment. We deposit small amounts of money over a long period of time to gain big results, so when we deposit good food in our bodies, over time it will pay off in good health.

Katie Johnson: From what I understand the feedback maybe that night and certainly what I hear is we don't really necessarily like to take that time. Kind of think things should happen right away.

Lynn Remsberg: Yeah. We live in a world with instant gratification. Everybody wants things right now. If you do this over time ... I believe in practice does not make perfect. Practice makes permanent, and if you continue to make small steps, we've made an investment in our health. Just like we make small deposits of money into a financial

investment, at the end we hope for big results, so when we make small amounts of good food deposits in our body, over time we have a healthier lifestyle, and big results in the end for our health. Less medical bills, and hopefully feel better.

Katie Johnson: Mm-hmm (affirmative). Yeah. I think the key word there was lifestyle. It's a lifestyle change not a get thin or lose weight quick kind of a scheme, so one small way I think that we can do that is on a day like Superbowl Sunday. I'm guessing you have some favorite Superbowl snacks that you like to have, too.

Lynn Remsberg: Yeah, I do. My favorite are chips and dip and salsa. I like the salty and the crunchy and the sour cream dips and the cream cheese dips, so what I try to do is take more vegetables that I can dip those dips in, but also exchange out some of the potato chips and other unhealthy chips for a variety of sweet potato chips, parsnip chips, beet chips. They're made with sea salt, and once again moderation.

Katie Johnson: Right.

Lynn Remsberg: Not a whole bag of them, but enjoy the good stuff, and it's one day, but don't make yourself feel bad.

Katie Johnson: Right.

Lynn Remsberg: You could make kabobs if you want to bring your own treat there and feel like you're having something fun and good and healthy. You can make a kabob. Just take a skewer, and put on fresh vegetables like cherry tomatoes, fresh basil, mozzarella cheese sticks. You can either cut up in small chunks and skew them on, or you can use fresh mozzarella pearled balls, and you can skewer them on with rotisserie chicken. Just buy rotisserie chicken. Cut it up into cubes. It doesn't have to be a long process.

Katie Johnson: Mm-hmm (affirmative).

Lynn Remsberg: Buy one of those. Cool the meat down. Cube it up. Skewer it on, and then you can make your own healthy dip. You can just take Greek yogurt, a plain Greek yogurt, and your favorite buffalo sauce. Mix in the amount of buffalo sauce to make it the heat that you like. Use that as your dipping sauce. There's nothing to feel bad about in any of that dip.

Katie Johnson: Yeah, super-

Lynn Remsberg: Really use as much as you want. It's great protein, and it's just a fun thing. It's just better than celery sticks and carrot sticks, what people think of often. Think outside the box.

Katie Johnson: Exactly. Make it look pretty. The presentation's there, but also the health benefits. You've got some other really simple recipe ideas that we want to talk about. Almost like the last one, you practically don't even need a pencil to jot these down, but

some really fun ideas for something different that you can prepare for your Superbowl party, or bring if you're invited to a Superbowl party that we want to share with our listeners. The first one, I just love saying it, frushi.

Lynn Remsberg: Frushi. It's a sweet desert, and it's a take on sushi. You just take three simple ingredients, which is make sushi rice or any sticky rice, like jasmine. You take a cup of that, cook it according to package directions. You take 1/4 cup of coconut sugar, and 1/4 cup of coconut milk. Cook the rice according to package directions, stir in your coconut sugar and your coconut milk, let it sit for 20 minutes, and then scoop it out. If you have a little cookie scoop or whatever. A small round portion, and flatten it out kind of like a round, and make a little divot in it. Put a fresh strawberry or a raspberry in the middle of it, or any of your favorite fruit, and then serve it with Greek vanilla yogurt as your dipping sauce, it is fabulous. It's a great sweet type of a desert. Put it on a rectangle platter or a fun plate. Put a pair of chopsticks on there if you want. Serve it up looking oriental style. It's pretty cool.

Katie Johnson: It is, and you brought us some down to sample in our office, and I have to say it was absolutely delicious, and one of the benefits of it ... I mean, think about the pure ingredients that you're putting in there. I'm assuming that's what makes it really a healthful benefit. You mentioned coconut sugar. Is that something that's readily available here?

Lynn Remsberg: You can buy coconut sugar in your grocery store and specialty markets, but you can buy it right in the grocery store nowadays. The recipe originally calls for white sugar, but that's more refined, and if you use coconut sugar which comes from the nectar of the coconut flower, the less that it's processed the better it is, and again in moderation, but it's just the straight up flavor of coconut and the coconut milk. It's straight up coconut milk, and you're right, so you have three simple ingredients. You're going to taste the flavor of those three ingredients, and it's just way better for you. There's no additives, preservatives, words you can't pronounce.

Katie Johnson: Right, right.

Lynn Remsberg: It's fresh. It's refreshing. It actually tastes like rice pudding on a whole healthier level.

Katie Johnson: You're right.

Lynn Remsberg: The creaminess from the coconut milk is better than the heavy cream that you use in rice pudding, and I guess that's the best way to describe it, and using the coconut sugar is like a brown sugar. It looks like brown sugar, so if you want the white to really look like sushi then you would use white sugar, but if you don't really care that the coloring looks a little off. It could look like it has soy sauce in the sushi instead.

Katie Johnson: Right, so another one that you brought down to sample that received rave reviews was a take on homemade mozzarella cheese sticks.

Lynn Remsberg: Yes. Once again, very simple. Three simple ingredients. It doesn't have to be hard, and very, very quick and easy. If you want to take them to a party all you have to do is pre make them in advance. You just take egg whites or an egg beater, panko bread crumbs, and you can buy Italian panko breadcrumbs, and then mozzarella cheese sticks. Just buy your mozzarella cheese sticks. You can buy the ones either wrapped or unwrapped, and take them and either cut them in half or leave them whole. Whatever size you want, or you can do mini ones. Cut them smaller, and you take the cheese stick, roll it in the egg whites or the egg beaters, and then roll it in the Italian breadcrumbs, place it on a baking sheet for the oven, preheat your oven to 350, and spray it with pan spray, and pop it in the oven for around five minutes to crisp them up, and then just check to make sure they don't start oozing all over the place. It will take roughly five minutes or so, and you can get a little bit of a brown on it from spraying it with the pan coating, so take them out of the oven, pair them with your favorite marinara sauce, and it's great.

Like I said before, if you want to take them to someplace you can do the whole prep of it before. You can bread them, pop them in the freezer, and right before you leave the house just take them to the party, put them on a baking sheet, bake them in the oven at their house. They come out. They're hot. They're ready. They're crispy when you use the panko breadcrumbs. Very tasty.

Katie Johnson: Very tasty, and like you said crispy on the outside, that gooey, yummy mozzarella cheese on the inside, and couldn't be easier, but health wise much better than the packaged breaded processed cheese stick.

Lynn Remsberg: Right, because in the packaged processed stuff you have salt, and you have unhealthy oils in there. They're deep fried, and you have a lot of ingredients in there for preservatives and additives that equal I don't know what I'm eating.

Katie Johnson: Yeah.

Lynn Remsberg: I don't want all that chemical in my body either, so it doesn't get any easier than this, and taste, oh my goodness.

Katie Johnson: Yeah.

Lynn Remsberg: It's wow.

Katie Johnson: Yeah. It is. I can tell you that first hand. This is all great advice, great tips, on how easy it can be to make some Superbowl snacks and long term lifestyle choices that are made of healthful ingredients and that make those small deposits over time in a lifestyle investment into healthier food. Any last comments or advice you want to share with our listeners this morning?

Lynn Remsberg: Yeah. I shared with some people last week at our seminar there. Experiment with food. Don't be afraid. You can fix almost anything. Don't be afraid. Some of our best

things are made from mistakes, so we may not end up with what we started out to create, but sometimes that's how some of our favorite recipes here at LRH are developed is through experimenting. Experiment, create, and it's fun. It's like a science project.

Katie Johnson: Okay. One last question.

Lynn Remsberg: Yes.

Katie Johnson: Superbowl pick for Sunday?

Lynn Remsberg: Well, absolutely the Minnesota Vikings. Okay, second choice? Second choice, Atlanta.

Katie Johnson: All right. Go Atlanta. Lynn Remsberg, culinarian and production coordinator in the nutrition services department at Lake Region Healthcare. Our guest today with some tips for healthy Superbowl snacks. Thank you so much for your great advice, Lynn.

Lynn Remsberg: Thank you, Katie.

Katie Johnson: Lynn Remsberg and Katie Johnson reminding you there is so much to do here. Stay healthy for it. Have a great day.