



# NEWS RELEASE

## Defense Commissary Agency

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## Food guide pyramid becomes a food plate

*By Kay Blakley,  
DeCA home economist*

**FORT LEE, Va.** – A new graphic image was recently unveiled to illustrate the basics of the Dietary Guidelines for Americans. What a healthy meal looks like is now represented by a colorful plate divided into four wedges representing fruits, vegetables, grains and proteins, plus a small circle, where a drinking glass would sit, representing dairy. The new graphic, referred to as “MyPlate,” replaces the familiar “MyPyramid” image as an easy-to-understand visual cue to help consumers adopt the healthy eating habits detailed in the dietary guidelines.

There are plenty of details you’ll want to know as you begin to build your own healthy plate. All of those are available at <http://www.choosemyplate.gov>. If you’re used to using the familiar <http://www.mypyramid.gov> address, don’t worry, it will still take you to the right place. The dietary guidelines themselves are still the same, including these three concepts you can start to implement right away:

### **Balancing calories**

- Enjoy your food, but eat less.
- Avoid oversized portions.

### **Foods to increase**

- Make half your plate fruits and vegetables.
- Make at least half your grain choices whole grains.
- Switch to fat-free or low-fat (1 percent) milk.

## Foods to reduce

- Compare sodium in foods like soup, bread and frozen meals, and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

I kept those tips in mind when selecting this week's recipe collection, and hope you'll be pleasantly surprised when you see just how good healthy eating can be. Do "Grilled Steaks with Mushroom Sauce" sound like they can fit into a healthy diet? This recipe certainly can. It uses top sirloin, which is a lean protein choice, and weighs in at about 350 calories per serving.

Remember, you can find the ingredients for all these recipes at your local commissary at significant savings. To check out these recipes and more, come to Kay's Kitchen at

<http://www.commissaries.com>. Till next time – I'll see you at the commissary!

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### Grilled Steaks with Mushroom Sauce (Serves 4)

#### Ingredients:

1 beef top sirloin steak (1 1/2 pounds)  
1/2 teaspoon dry steak seasoning  
1 pound small fresh mushrooms  
2 tablespoons butter, cubed  
1/2 cup beef broth  
1 tablespoon Dijon mustard  
1/2 teaspoon dried rosemary, crushed  
1/2 teaspoon dried thyme

#### Directions:

1. Cut steak into four pieces; sprinkle with steak seasoning.
2. Grill steaks, covered, over medium heat or broil 4-inches from heat for 5 to 7 minutes on each side or until meat reaches desired doneness (test with an instant-read meat thermometer – 145 degrees for medium-rare, 160 degrees for medium, 170 degrees for well-done.)
3. Meanwhile, in a large skillet, sauté the mushrooms in butter until tender. Stir in the remaining ingredients; bring to a boil; cook until liquid is reduced by about half. Serve over steaks.

**Nutrient analysis:** *Per serving – 353 calories; 19 g. fat. (10 g. sat. fat.); 99 mg. cholesterol, 447 mg sodium.*

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### Mexican Grilled Corn (Serves 4)

#### Ingredients:

2 tablespoons low-fat mayonnaise  
2 tablespoons fat-free plain yogurt  
1/2 teaspoon chili powder  
4 ears of corn, husked

4 tablespoons finely shredded Parmesan cheese  
1 lime, quartered

Directions:

1. Preheat grill to medium-high.
2. Combine mayonnaise, yogurt and chili powder in a small bowl.
3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Parmesan cheese.
4. Serve with lime wedges.

**Nutrient analysis:** *Per serving – 100 calories; 2 g. fat. (1 g. sat. fat.); 2 mg. cholesterol; 20 mg. carbohydrate; 4 g. protein; 2 g. fiber; 118 mg. sodium; 292 mg. potassium.*

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**Pan Roasted Broccoli with Roasted Red Peppers (Serves 6)**

Ingredients:

4 teaspoons olive oil  
1 bunch broccoli (about 1 1/2 pounds), florets cut into bite-size pieces, stems peeled and sliced 1/4–inch thick on the bias  
3 tablespoons water  
1/4 cup thinly sliced roasted red peppers  
2 tablespoons minced fresh parsley, basil and/or mint  
1 tablespoon fresh lemon juice  
Salt and pepper  
1/4 cup Parmesan cheese

Directions:

1. Heat 2 teaspoons oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Add the broccoli stems and cook without stirring, until they are browned on the bottoms, about 2 minutes.
2. Stir in the florets and cook without stirring until the florets begin to brown on the bottom, 1 to 2 minutes.
3. Add the water; cover and cook until the broccoli is bright green but still crisp, about 2 minutes.
4. Uncover the pan, add the roasted red peppers and cook until the water has evaporated and the broccoli is just tender, about 2 minutes.
5. Off the heat, stir in the parsley, lemon juice and remaining 2 teaspoons oil. Season with salt and pepper, sprinkle with the Parmesan cheese and serve.

**Nutrient analysis:** *Per 3/4 cup serving – 80 calories; 4 g. fat (1 g. sat. fat.); 9 g. carbohydrate, 4 g. protein; 3 g. fiber; 70 mg. sodium.*

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**Healthified Strawberries and Cream Pie (Serves 8)**

Ingredients:

Crust  
1 1/3 cups all-purpose flour  
1/4 teaspoon salt

¼ cup vegetable oil  
3 to 4 tablespoons cold water

Filling and Topping

1 (8-ounce) package fat-free cream cheese, softened  
2 tablespoons sugar  
1 (6-ounce) container fat-free French vanilla yogurt  
1/2 teaspoon vanilla extract  
1/4 teaspoon almond extract  
1 cup (thawed if frozen) fat-free whipped topping  
4 cups fresh whole strawberries  
2 tablespoons semisweet chocolate chips  
1/2 teaspoon vegetable oil

Directions:

1. Preheat oven to 425 degrees.
2. In a medium bowl, mix flour, salt and 1/4 cup oil with fork until mixture is consistency of coarse crumbs. Sprinkle with cold water, 1 tablespoon at a time, tossing with a fork until all water is absorbed and dough sticks together.
3. Gather dough into a ball; flatten to 4-inch round. Place between sheets of waxed paper. With a rolling pin, roll dough into a 12-inch round.
4. Remove top sheet of waxed paper. Carefully transfer dough round to a 9-inch pie plate; remove waxed paper. Gently press in bottom and side of plate, being careful not to stretch the dough.
5. Fold and roll edges under, even with the lip of the pie plate; flute edge. Prick bottom and side of dough thoroughly with a fork.
6. Bake for 15 to 18 minutes or until light golden brown. Cool completely, about 30 minutes.
7. In a large bowl, beat cream cheese with electric mixer on high speed 30 to 60 seconds or until fluffy. Add yogurt, vanilla and almond extracts; beat on low speed 30 to 60 seconds until well blended and smooth. Fold in whipped topping just until blended.
8. Spoon into cooled crust; spread gently to the edge. Refrigerate at least 4 hours or until chilled.
9. Cut pie into 8 servings. Top each slice with strawberries, pointed ends up.
10. In a small microwavable bowl, microwave chocolate chips and 1/2 teaspoon oil on HIGH 20 to 45 seconds or until chips can be stirred smooth.
11. Drizzle chocolate over strawberries and serve.
12. Store leftovers in the refrigerator.

**Nutrient analysis:** *Per serving – 250 calories; 9 g. total fat (1 1/2 g. sat. fat.); 240 mg. sodium; 35 carbohydrates (2 g. dietary fiber, 14 g. sugars); 7 g. protein.*

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**Cookie Fruit Baskets (Serves 12)**

Ingredients:

4 tablespoons butter  
1/4 cup packed brown sugar  
1/4 cup light corn syrup  
3 1/2 tablespoons all-purpose flour  
1/2 cup ground pecans

1/2 teaspoon vanilla extract  
Vanilla ice cream and fresh berries

Special equipment needed: 12 (6-ounce) custard cups

Directions:

1. Preheat oven to 325 degrees.
2. In a small saucepan, melt butter over low heat. Stir in brown sugar and corn syrup; cook and stir until mixture comes to a boil. Remove from heat.
3. Stir in flour; fold in pecans and vanilla extract.
4. Drop by tablespoonfuls 3-inches apart onto parchment paper-lined baking sheets. Bake for 8 to 10 minutes or until golden brown.
5. Cool on baking sheet for 30 to 60 seconds; carefully peel cookies off parchment paper, one at a time, and immediately drape over inverted 6-ounce custard cups; cool completely.
6. Turn cooled baskets upright, fill with a scoop of vanilla ice cream, top with assorted fresh berries and serve.

**Nutrient analysis:** *1 cookie fruit basket (calculated without ice cream or berries) equals 100 calories; 6 g. fat (3 g. sat. fat); 10 mg. cholesterol; 49 mg. sodium; 12 g. carbohydrates; 1 g. protein*

**-DeCA-**

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings amounting to thousands of dollars annually. For current savings figures for various groups – single member up to a family of seven – visit <http://www.commissaries.com>. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*