

# Spice it up with Ann

By **ANN STILLWATER**  
Columnist  
ARS291@PSU.EDU

Vegetables are delicious and nutritious! Packed with fiber, vitamins, minerals and phytochemicals such as flavonoids, adding vegetables to your diet is one of the best ways to improve nutrition.

Three to six servings are recommended daily for maximum health benefits. Many folks are concerned about their diet and work on subtracting foods to improve health. Focusing on adding healthy foods is often easier, emotionally and physically. Add vegetables to a morning omelet, take some celery or carrot sticks as a snack or part of lunch, and focus dinner around vegetables to begin changing your dietary perspective.

Wash vegetables before cooking. Use a vinegar and water mixture as explained in the last issue of the Capital Times, or just rinse in cool water. Although some folks are very adamant about using only organic vegetables, research shows that non-organic vegetables are better than no vegetables at all. The FDA regulates which chemicals can be used on crops to ensure safety.

Hardy vegetables such as onions, potatoes, yams and sweet potatoes, or winter squash are relatively inexpensive and full of nutrients. These vegetables may be stored in the fridge, but if there is not enough room, they usually keep for several weeks at room temperature in a well-ventilated area. Onions and potatoes should NOT be stored in plastic bags since the plastic keeps in moisture created by temperature changes and leads to a short shelf life.

The "winter" vegetables listed above are most easily cooked by baking. Wash skins, trim off ends or spots, peel onions, and bake for an hour at 350 degrees. Onions, carrots and potatoes can be sliced and will cook quicker. Sliced vegetables can be roasted in oil in a baking dish. Add herbs and stir several times to ensure even baking. The onions will melt in

your mouth.

Other vegetables should be stored in the refrigerator, preferably in the crisper drawer to help maintain appropriate humidity. If the drawer is too full, store the vegetables in a plastic bag to prevent them from drying out as quickly. This is especially important with leafy greens. Thicker-skinned vegetables such as cucumbers and summer squash will last up to a week on a plain refrigerator shelf.

Most vegetables are delicious cooked or raw. Many folks prefer the still crisp texture of vegetables that have not been overcooked into a mush. The most difficult thing in cooking vegetables is timing. If the vegetables are cut into smaller pieces, they take less time to cook. Start cooking vegetables after all the guests are present to avoid having them overcooked. Vegetables can also be cooked ahead of time, marinated, and served cold or at room temperature to avoid this problem. The best way to learn to cook vegetables perfectly is practice and staying near the stove or setting a timer. Through trial and error, it is relatively easy to have luscious, crisp vegetables that disappear quickly.

**Spinach**  
Wash spinach leaves well, since there is often sand in the crevices. Save a few pretty small leaves for garnishes; one for each serving. Cut out thick stems from center of leaves to be cooked. When several leaves are washed, stack several leaves and cut into one-inch pieces. Cook in a covered pan with about a quarter cup water for about five minutes, until just barely cooked, and no parts look raw. Sprinkle with soy sauce or add salt. Rinse with cold water and squeeze out all water. Add more salt or soy sauce to taste. Serve immediately or refrigerate until serving time. Arrange individual servings on small plates and garnish with sesame seeds, parsley or small raw spinach leaves.

**Broccoli**  
Wash well and trim off tough outer skin of stem. Chop stem into chunks and cut off florets. Cook in a covered

pan with about a quarter cup water for 10-15 minutes. Start pan on high and lower heat to medium once it has come to a boil. Test a small floret and when done to taste, remove from heat and serve immediately. May be eaten plain, salted, buttered, with a sauce, or florets may be dipped into sauces such as salsa, cheese sauce or dipping mustard.

The next two recipes below use seasoned rice vinegar. Seasoned rice vinegar has salt and a touch of sugar, and is used for sushi as well as a marinade. It can be bought in the Asian section of many grocery stores or at a specialty Asian food store. There are several on Paxton Street just west of the Harrisburg Mall. If you do not want to get seasoned rice vinegar, substitute white vinegar. For each 3 Tablespoons of vinegar, add 3 1/2 Tablespoons sugar and 2 1/2 teaspoons salt. Bring to a boil then cool to room temperature. Any oil and vinegar can be used for a marinade, or substitute pre-made Italian dressing. Olive oil and balsamic vinegar are especially delicious, too. Most vegetables can be substituted for asparagus as well.

**Sesame Asparagus**  
1 pound Asparagus  
2 Tablespoons seasoned rice vinegar or mixture from above  
2 Tablespoons sesame oil  
sesame seeds (optional)

Wash asparagus and snap off tough ends. Steam in a pan with a little bit of water for 10 minutes or until crisp tender. Rinse in cool water to stop cooking. Sesame oil has a strong, roasted flavor. Marinate for 1-48 hours and serve with a garnish of sprinkled, roasted sesame seeds if desired.

**Cucumber Salad**  
1 cucumber  
seasoned rice vinegar or see above

Wash cucumber and peel if desired. Some folks prefer cucumbers peeled if there is a waxy coating on the cucumber. Cut into thin slices and layer in a covered dish. Sprinkle with vinegar between layers. Refrigerate for one to eight hours for a delicious salad or garnish.

# Campus Calendar

Enjoy a free Indian lunch from 12:15 to 1:30 p.m. Tuesday, April 24 in the Gallery Lounge and learn about fall 2007 courses which include the option of a study tour to India.

Word Fest 2007 celebrates writers and pre-service and in-service teachers helping others as they write and teach writing. Sponsored by the Capital Area Writing Project, this free program will be held on Thursday, April 19, from 5:00 until 9:00 p.m. in Olmsted Building.

April 17: SPRING LUAU: Kelly Bell Band  
Location: Zeigler Commons

April 18: Voices of Africa

Location: Gallery Lounge  
Details:

Voices of Africa is an internationally acclaimed all-women's acappella and percussion ensemble which will perform a unique blend of sour-stirring harmonies and African percussions. Free and open to the public.

April 19: Earth Day Celebration  
Location: Vartan Plaza, Science and Technology Building

April 26: Psychology Colloquium  
Location: E-338 Olmsted  
Details:

The final colloquium of the semester features Dr. Zari Meilkyan speaking on "Approach Assessment and Remediation of Visual Cognitive Functions in Russian Lurian-Vygotsky

Neuropsychological Tradition."

April 25: Spring Concert  
Location: Morrison Gallery, Library  
Details:  
The Capital Chorale, the college's chorus under the direction of Marina Cherepinsky, will perform the free concert.

April 25: Disabilities and the Work-

place  
Location: Gallery Lounge  
Details:  
Joyce Bender, CEO of Bender Consulting, will present an informational session on the topic of "Disabilities and the Workplace: Employees, Employers, and Co-workers" Dessert refreshments will be served.

## Things You Need To Know

**Student Activity Fee Proposals**  
The Student Activity Fee Committee will accept Proposals for Student Activity Fee funding for this summer and the fall 2007 semester starting April 9. The proposals will be for events that will take place from June 1 to September 28. The allocated funds must be used by Sept. 28, 2007.

A full day of activities is in store for Take Our Daughters and Sons to Work Day on campus Thursday, April 26. Registration forms have been distributed to faculty and staff. For more information, contact Kim Jorich at kjs1@psu.edu.

**Reminder from Career Services**  
Nittany Lion Recruiting is our job-posting Web site, with free accounts available to all students. Link to Nittany Lion Recruiting from the Career Services home page at [www.hbg.psu.edu/careers](http://www.hbg.psu.edu/careers) and click on the Nittany Lion Re-

cruiting logo at the bottom. Follow directions to request a new account and once approved, complete your profile, upload a resume and check the site frequently. New full-time, summer, and internship positions are added daily. Don't miss out on those employers looking for Penn State students!!

The Learning Center offers online scheduling for any writing or math course up to and including Calculus II. Reserve a time at <https://www.rich15.com/psuh>. For other courses: E-mail: [tutorrequest@psu.edu](mailto:tutorrequest@psu.edu). Be sure to include the course number! We can't guarantee a tutor, but we will try to find one.

Open gym volleyball will be held every Wednesday starting Wednesday, April 11 from 7:30 to 9 p.m. in the CUB gym. Those interested in participating on the women's volleyball team next fall are encouraged to attend. For more informa-

tion contact Director of Athletics Rahsaan Carlton [rlc122@psu.edu](mailto:rlc122@psu.edu). Word Fest 2007 celebrates writers and pre-service and in-service teachers helping others as they write and teach writing. Sponsored by the Capital Area Writing Project, this free program will be held on Thursday, April 19, from 5:00 until 9:00 p.m. in Olmsted Building. Attendees may choose from sessions featuring a variety of speakers and National Writing Project Fellows to spark their interest in writing and teaching.

Attention Staff: Tappercize class will be offered every Wednesday and Friday from April 11 through May 18 from 12:30 to 1:30 p.m. in CUB room 206. No experience is necessary for the free class. Bring tap shoes if you have them or just try it with regular shoes or bare feet. The instructor is Janet Althouse. E-mail [Julie Stoehr at jrs1017@psu.edu](mailto:jrs1017@psu.edu) to sign up.

You are cordially

invited to:

Penn State  
Harrisburg's  
Campus Choir  
Concert

Wednesday, April 25, 12:00 noon  
and Wednesday, May 2, 5:00 pm



Monday-Saturday  
7am-10pm  
Sunday 8am-4pm

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