



Have You Heard?

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Family Living
Beans For Heart Health

There is an inexpensive alternative to oat bran on another supermarket shelf. Beans, peas and lentils all contain fiber that can lower blood cholesterol and help prevent constipation. These alternatives are also a good source of complex carbohydrates, and a diet rich in beans can help some diabetics lower their insulin dosage or eliminate it altogether.

Researchers at the University of Kentucky fed volunteers with high blood cholesterol levels either 100 grams of oat bran or 115 grams of dry beans served as cooked beans or bean soup for 21 days. Both diets lowered blood cholesterol levels by approximately 19 percent and LDL-cholesterol by about 24 percent. The diet did not

significantly affect HDL-cholesterol levels, so the HDL to LDL ratio increased, which is good news.

Although beans are a cheap alternative for oat bran, they carry a social stigma - gas. Food processors are working to reduce the gas-making potential of beans. Treating beans with hot water extraction can eliminate some of these troublesome carbohydrates. Pre-cooking beans to produce quick-cooking dry beans also removes the carbohydrates.

Despite their low cost and health benefits, bean consumption fell from 7.5 pounds per person in the 1960's to 6 pounds per person in 1984, but in the last couple of years per capita consumption has risen to 7.9 pounds per person. Beans are grown in a number of regions in the United States, but dried peas and lentils are primarily

produced in a 25,000 square mile area in Washington, Oregon and Idaho.

If you want to prepare beans and peas, remember that dry beans need to be soaked before cooking. Cover them with water and heat to the boiling point. Turn off the heat and allow them to soak for 3 to 4 hours. Discard the water. By discarding the soaking water you remove many of the carbohydrates that cause gas. Then mix the beans into your soup or casserole and cook for 30 to 40 minutes longer. Canned beans eliminate this presoaking step. Dry peas and lentils do not need presoaking before cooking and require less time to cook than beans.

Beans are very versatile. They are good in salads, dips, as a side dish with meats, in soups, as baked beans, and with pasta. Black-eyed beans and rice is a Southern dish called Hopin John. The Italians combine cannellini beans and pasta in pasta e fagioli. Chick peas are the main ingredient of hummus from the Middle East. Kidney beans are used in Southwestern chili. Lentils are used in soup, and many Indian dishes. Pinto beans form the basis of refried beans to accompany tacos and burritos. Try beans for variety.

Lentils and dry peas also contain the same fiber as dry beans. Lentils do not enjoy the popularity

of beans. If you have never tried lentils, try the following recipe for Lentil Spaghetti Sauce. It is inexpensive, nutritious and you will find it surprisingly delicious.

Lentil Spaghetti Sauce
2 tablespoons vegetable oil
3 small onions, chopped
3 cloves garlic, minced
3 cups tomato sauce
6 cups water
1 1/2 cups lentils

1 1/2 teaspoons salt
1 1/2 teaspoons oregano
1 1/2 teaspoons thyme
3 teaspoons basil
1/4 teaspoon tabasco

Saute onions and garlic in oil until they are transparent. Add all the other ingredients. Cover and simmer 45 minutes. Serve over spaghetti. Top with grated cheese, if desired. Makes 6 servings.

Southeast Fashion Revue Winners

The Southeast Regional 4-H Fashion Revue was held on July 18 at Moravian College, Bethlehem. Schuylkill County was well represented and placed as follows:

Junior Division (ages 8 to 13)
Winner: Laura Leiby of the Quest 4-H Club and Lewistown Valley Rainbow Creators.

Senior Division (ages 14 to 19)
Winner: Sherry Peiffer of the Auburn Cheerful Workers 4-H Club, Auburn. Sherry will go on to compete at the State Fashion Revue held at Penn State Univer-

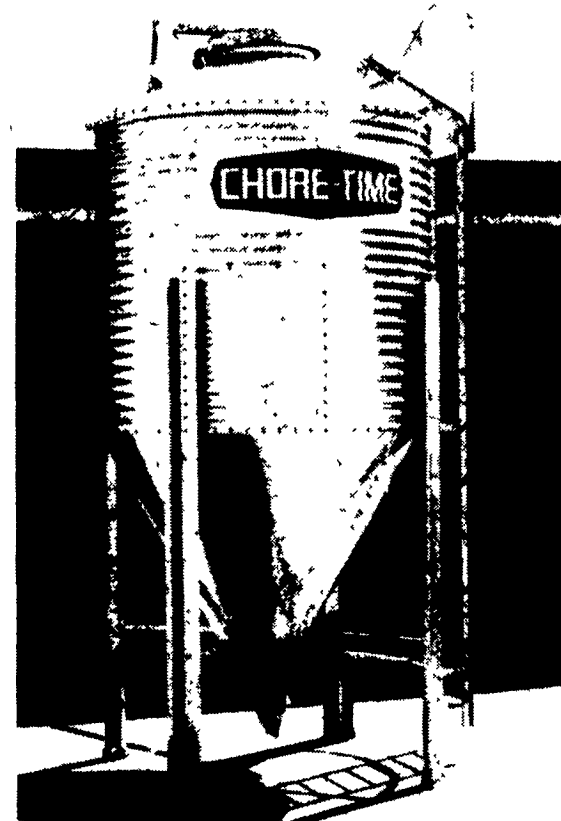
sity, University Park on August 8.

Alternates: Heather Leiby, Quest 4-H Club; Paula Miller, Auburn Cheerful Workers.

Fifty-one 4-H members from 9 counties joined in a day of judging and skill development at Moravian College. This included a quiz bowl to test the 4-H'ers knowledge of textile care and construction. The 4-H members also created a "Celebration Quilt" to commemorate the event. The participants ended the day by modeling the garments they had sewn as part of their 4-H clothing projects.

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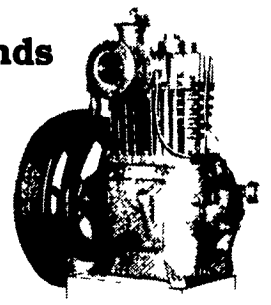
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