Diabetic Cookbook Proves Healthful Cooking Is Also Tasty

MANKATO, Minn. — The "Diabetic Goodie Book" is filled with recipes for cheesecakes, cookies, cobblers, pies, and other tasty desserts. These recipes are for diabetics and anyone else who loves to eat desserts without feeling guilty.

Written by Kathy Kochan, who had diabetes since the age of 5, the recipes are ones that not only diabetics can enjoy but also family and guests. The recipes use low-fat ingredients, small amounts of sugar, and little or no added salt.

"I look forward to dessert after dinner and refuse to watch everyone else enjoy their desserts while I munch on a piece of plain fruit," said Kochan.

"Healthy people with diabetes can incorporate sugar into recipes as long as carbohydrates are calculated and worked into their meal plan," Kochan said.

Because Kochan does not use artificial sweeteners, most of the recipes are prepared with fruit for natural sugar and sweetness, or small amounts of sugar and fat.

"Managing your diet doesn't have to mean cheating your sweet tooth," said Kochan.

New guidelines for managing diabetes call for counting carbohydrates. "The Diabetic Goodie Book" explains in easy-to-read language how to control fat, carbohydrate, cholesterol, and sodium. Complete nutrition analysis, diabetic exchanges, and new carbohydrate counts are included for each delicious recipe.

The softcover 256-page cookbook is the result of Kochan's experimentation. She is also a cooking instructor with the Joslin Diabetes Clinic in New Jersey and teaches classes on living with diabetes without complications.

"The Diabetic Goodie Book" is available at bookstores or by calling the publisher Appletree Press, Inc. at 1-800-322-5679. Mail-order cost is $15.95 plus $4 shipping.

Here are a few recipes reprinted by permission of Appletree Press.

CHOCOLATE CLOUD CAKE

Egg whites make this nonfat chocolate cake light and airy. Prep time: 15 min. Bake time: 20 min. Serves: 8. Serving size: 1 slice. Exchanges: 1 fruit (1 carbohydrate choice). analysis per serving: 63 calories, 14 g carbohydrate, 3 g protein, 0 g fat, 0 mg cholesterol, 204 mg sodium, 0 g fiber.

⅓ cup cocoa
⅓ cup water
½ teaspoon vanilla extract
¼ cup all-purpose flour
2 teaspoons baking powder
4 large egg whites, at room temperature
¼ teaspoon salt
⅓ cup sugar
Confectioners' sugar

Preheat oven to 350 degrees. Have an 8-inch round cake pan ready. Place cake pan on a piece of wax paper. Trace pan and cut out wax paper to fit on bottom of pan: set aside.

In 1-cup glass measuring cup, use a small whisk to mix cocoa and water. Microwave on high one minute, stir, micowave 1 more minute or until thick and smooth. Stir in vanilla; cool. In separate small bowl, blend flour and baking powder together. Set aside.

In large bowl, with electric mixer at high speed, beat egg whites and salt until foamy. Gradually beat in sugar at high speed until soft peaks form when batter is lifted with rubber spatuala. Immediately add cocoa mixture and beat just until blended; scrape sides of bowl. Use a rubber spatula to fold in flour mixture just until blended. Do not overmix.

Pour into prepared pan and smooth top with rubber spatula. Bake 20 to 25 minutes or until top cracks and looks dry and pick inserted in center comes out dry. Place cake, still in pan, upside down on wire rack on top of peice of wax paper that has been sprayed with cooking spray; cool 20 minutes. Turn right side up; remove wax paper from top of cake and run knife around sides of pan to loosen. Carefully turn out onto rack to cool;p remove wax paper; turn right side up. Cool completely, about 30 minutes.

To serve, place doily over cake and sprinkle with confectioners' sugar. Carefully remove doily.

NO-BAKE PEACHY RICOTTA CHEESECAKE

A tasty no-crust cheesecake. Prep time: 20 min. Chill time: 4 hrs. Serves: 10. Serving size: 1 slice. Exchanges: 1 skim milk, 1 very lean meat, and 1 fruit (2 carbohydrate choices). Analysis per serving: 173 calories, 23 g carbohydrate, 15 g protein, 2 g fat, 64 mg cholesterol, 248 mg sodium and 1 g fiber.

2 16-ounce cans juice-packed sliced peaches
Pasteurized dried egg white for 3 egg whites
Water
4 tablespoons sugar, divided
2 envelopes unflavored gelatin
3 large egg yolks
1 teaspoon vanilla extract
¼ teaspoon almond extract
3 cups nonfat ricotta cheese
½ cup nonfat dry milk powder
1 tablespoons lemon juice
2 teaspoons dried orange peel or grated fresh orange peel
½ teaspoon dried lemon peel or grated fresh lemon peel

Have all ingredients at room temperature. Drain peaches; set drained peaches and juice aside. Spray a 9-inch springform pan with cooking spray.

In small bowl, beat dried egg whites and water with electric mixer at high speed until soft peaks form. Gradually beat in 2 tablespoons sugar until stiff peaks form when lifted with rubber spatula; set aside.

In 4-cup glass measuring cup combine remaining 2 tablespoons sugar and gelatin. With same beaters, add egg yolks and beat at medium speed until well blended, scraping sides occasionally; beat in vanilla and reserved peach juice. Microwave gelatin mixture on high for 3 minutes, stir and microwave another 2 minutes or until mixture comes to a boil; set aside to cool.

In food processor or blender, process ricotta and dry milk until smooth, scrape sides. With machine running, gradually drop in one cup of reserved peaches just until small pieces of peach are visible; scrape sides. In large bowl, combine peach mixture, gelatin mixture; lemon juice and dried peels; mix well. Use a rubber spatula to gently fold beaten egg whites into peach mixture until no white streaks remain. Pour mixture into prepared pan, spreading evenly.

Slice each peach slice into 2 thin slices and arrange slices on top of cheesecake in a circular manner. Cover with plastic wrap so wrap does not touch cake and refrigerate at least 4 hours or overnight.

To serve, use a sharp knife to loosen cake from pan. Remove sides of pan, leaving cake on pan bottom. Place on serving plate. Cover and refrigerate leftovers.

Bees Bring Contaminants Home To Analyze

NEWARK, Del. — In days gone by, canaries warned coal miners of the presence of the explosive gas, methane. In modern times, scientists have used bluegill fish to monitor water quality in streams.

Now researchers are looking to the honey bee to detect pollution in the environment.

"Bees pick up contaminants from everywhere — air, water, soil, and plants," said Dr. Dewey Caron, cooperative extension apriculturist at the University of Delaware. "They ingest water and nectar from flowers, and electrostatic charges on their bodies pick up pollen and dust particles."

Like flying dust mops, bees bring contaminants with them back to the hive. By analyzing the bees and the air in the hive, said Caron, scientists can identify what chemicals are in the area and monitor changes in the environment.

Caron is taking part in a study known as Bee Alert that is using bees as pollution monitors. The project, a five-year collaboration with the U.S. Army Center for Environmental Health Research at Fort Detrick, Md., is being conducted by Dr. Jerry Bromenshenk and a team of researchers from the University of Montana.

Bromenshenk's team is monitoring three sites at Aberdeen Proving Ground, Md., where the Army once manufactured chemical weapons. Last spring, they installed high-tech electronic hives, each containing 7,000 to 10,000 bees, at a hazardous waste landfill; on the former site of a chlorine plant; and on a farm owned by a hobbyist beekeeper.

Caron's part in the project is to monitor the bee colonies over the winter. Last fall, the 28 hives were brought to UD's Experiment Station in Newark, where Caron collected data from October through April. He will keep an eye on them again this winter.

"We want to find out how useful bees are year-round as indicators of changes in the environment," said Caron. "Monitoring the hives in the winter also gives the study better continuity."

Compared with doing ongoing chemical sampling, maintaining beehives is an expensive way of monitoring the environment. And the monitoring stations are more cost-effective than they used to be, said Caron. The bee colonies he is using are smaller than those used in other studies — too small, even, to produce honey.

Honey production is not necessary for the study, explains Caron, because honey is not a good pollution indicator. A naturally-processed food, honey is virtually contaminant-free. Instead, researchers analyze the air in the hive, the bodies of the bees, and bee activity levels.

Six computers — one that keeps track only of weather — record changes in the hive day and night. Hive air is analyzed for organic compounds, and the bees' bodies are checked for traces of inorganic compounds such as lead and arsenic. Flight activity, in-hive activity and bee death rates, which can increase or decrease with environmental change, are also monitored.

"So far, much of the research has focused on collecting baseline data on honey bee behavior so that anomalies can be determined more easily," said Caron. "Natural changes in the environment such as nightfall, rainfall and the approach of a storm front cause bee activity to decrease, as does the beekeeper's practice of applying smoke to the bee hive. With a baseline for this type of normal fluctuation, we can detect environmental problems such as pesticide applications or chemical spills as soon as they occur."

Normally, the onset of winter brings a dramatic decrease in bee activity. Caron was surprised that the bees were as active as they were. Bees left and entered the hive on about half the days — enough, says Caron, to give useful information on their surroundings.

"Although this winter may not have been typical, the data show that there is a longer season for monitoring than we had thought," he said.

Caron was also pleased to learn that the bees' winter location in Newark appeared to be pollution-free. No abnormal chemical incidents were detected during the winter.

West End Fair Presents Awards

JUDITH PATTON
Union Co. Correspondent

LAURELTON (Union CO.) — At the recent West End Fair, 47 exhibitors presented a total of 157 entries in the open and youth dairy show to Judge James Kahler of Wellsboro.

Emerging as supreme champion was C Watavue Flora Broker, a 4-year-old Holstein shown by John W. Rishel.

Flora was the grand champion of the open Holstein show, which had 73 competitors. The reserve champion Holstein was Garstlyn Broker Reba, exhibited by Douglas and Jennifer Boop in the senior 2-year-old class. The youth show Holstein champion was Kevin Gessner's 5-year-old, Ritter-Ridge Ryan Peach, with reserve going to Korey Zimmerman for Zi-SK-CH Vanguard Angel Amy, also a 5-year-old.

In the Jersey show, the grand champion among the 52 entries shown was also exhibited by Doug and Jennifer Boop, J & K

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West End Fair Dairy Show supreme champion honors went to John Rishel for his Holstein grand champion, C. Watavue Flora Broker, shown here with SUN Area Dairy Princesses Leslie Kenamond and Kate Gessner.