

Quick And Healthy Cooking For Dummies

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EPHRATA (Lancaster Co.) — Dinner in 10 minutes?

How could a meal made in such short notice taste good or be healthful?

Amazingly it can fill both criteria if you follow Lynn Fischer's guidelines and recipes in her new cookbook, "Quick & Healthy Cooking for Dummies," published by Books Worldwide, Inc.

According to Fischer, some cookbooks are overloaded with technical details and advice you'll never use; others don't include any information other than recipes. Her cookbook appeals not only to the frustrated beginning cook, but also the seasoned cook who is always searching for new recipes and better ways to prepare food.

This is the 23rd cookbook Fischer has compiled, evidence of her ability to offer wonderful-tasting food and expertise in designing the easy-to-read and understand instructions. The 350-page soft-cover cookbook includes 150 recipes and some colored food photographs, but what makes it really unique and helpful is the information on so many different aspects related to cooking.

Fischer shows how to cook by combining fresh, canned, prepared, and frozen foods. She explains how the excess salt contained in many canned foods can be diluted without sacrificing taste by adding fresh herbs and spices.

"Taste is very important to me," Fischer said. For that reason, every recipe is taste tested. If there is any question as to the taste, the recipe is not included.

Also included in the cookbook are shopping tips, cooking tricks, and tons of nutritional advice and information.

One chapter explains how to match herbs, spices, condiments, and sauces with foods. For example, beef is best matched with salt, pepper, onions, onion powder or salt, garlic salt, sugar, fresh garlic cloves, horseradish, parsley, bay leaf, thyme, tarragon, cayenne, sundried tomatoes, herbs de Provence, bouquet garni, bay leaves, red wine, Worcestershire sauce, soy sauce, steak sauce, ketchup, and dry, prepared or Dijon mustard.

Fish and shellfish are best seasoned with salt, pepper, onions, onion salt, garlic salt, celery salt, basil, tarragon, oregano, dill, sundried tomatoes, mayonnaise, and white wine.

Flavor secrets: Small amounts of citrus juice (such as orange or lemon), combined with triple the amount of water, vegetable broth, or defatted chicken stock, can enhance many vegetables. If you like, add herbs, spices, ginger, onions, or garlic.

For carrots, parsnips, turnips, rutabagas, sweet potatoes, yams, or all the winter squash...: Steam or microwave in small amounts of apricot juice or orange juice and water. Add a pinch of cinnamon, nutmeg, Cajun spice blend, curry powder, or Chinese five-spice powder.

For spinach, beet greens, collard greens, kale, mustard greens, Swiss chard, or other greens, steam or microwave in small amounts of cider vinegar, rice wine vinegar, or lemon juice combined with triple the amount of water, vegetable stock, or defatted chicken stock. Season with splashes of vinegar.

Discover how to understand healthy cooking basics, outfit your kitchen for speed and health, and plan fast and easy menus.

"Quick & Healthy Cooking for Dummies" is available for \$19.99 at bookstores. Visit the website at www.dummies.com

Here is a sampling of the recipes in the cookbook:

One-Pot Poor Man's Pasta

Easy and fast, this is a somewhat sweet dish (because of the carrots and barbecue sauce), yet it's very tasty and filling. It's also fresh-tasting with the crunch of the celery. You can vary the dish with some quick additions, such as a small can of drained mushrooms.

½ pound ground 93 percent lean ground or diced top sirloin

1 medium onion, chopped

1 teaspoon minced garlic

½ pound angel hair pasta, broken in half

14.5-ounce can diced red tomatoes with Italian-style herbs (or 1 large tomato, diced, with 2 pinches each oregano and basil)

1 cup shredded carrots

1 stalk celery, thinly sliced

10-ounce package frozen French-style green beans

¼ cup barbecue sauce

Lightly spray a pot of high-sided skillet (such as an iron frying pan or Dutch oven) with cooking spray. Brown the meat, onions, and garlic for 6-8 minutes over medium-high heat, stirring often.

Add 3 cups water and bring meat and water to a boil.

Add the angel hair, tomatoes, carrots, and celery and, over high heat, return to a boil. Reduce heat to medium-low. Cover and cook for 6-8 minutes or until the pasta is al dente.

Add green beans and barbecue sauce and cook for 1 to 2 minutes or until green beans are heated.

Nutrition at a glance (per serving): Calories 252.4 g; Protein 14.6 g; Carbohydrates 39.8 g; Dietary fiber 4.0 g; Total fat 3.7 g; Saturated fat 1.2 g; Cholesterol 22.5 mg; Sodium 462.9 mg.

Lynn's tip: You can make this recipe with 10 minute brown rice or two 15-ounce cans of beans instead of the pasta.

Hot Oatmeal With Berries

And Scalloped Apples

Plain hot oatmeal topped with berries (either raspberries, blackberries, or blueberries and scalloped apples cooked in skim milk make this a calcium and fiber-filled breakfast. Serve with rich fatfree liquid creamer or the new fatfree half-and-half, both found in cartons near the milk. You can change the fruits if you want. My tester loved the blueberries, I loved the raspberries, and we both liked old-fashioned oats better than quick oats, which were mushier.

Preparation/cooking time: 15 minutes.

Yield: 2 cups oatmeal and 2 cups fruit; 8 ½ cup servings.

Raspberries And Scalloped Apples

2 apples, thinly sliced, unpeeled, or peeled

2 tablespoons freshly squeezed lemon juice

½ cup sugar

½ teaspoon ground cinnamon

¼ teaspoon allspice

1 cup raspberries

Oatmeal

2 cups milk

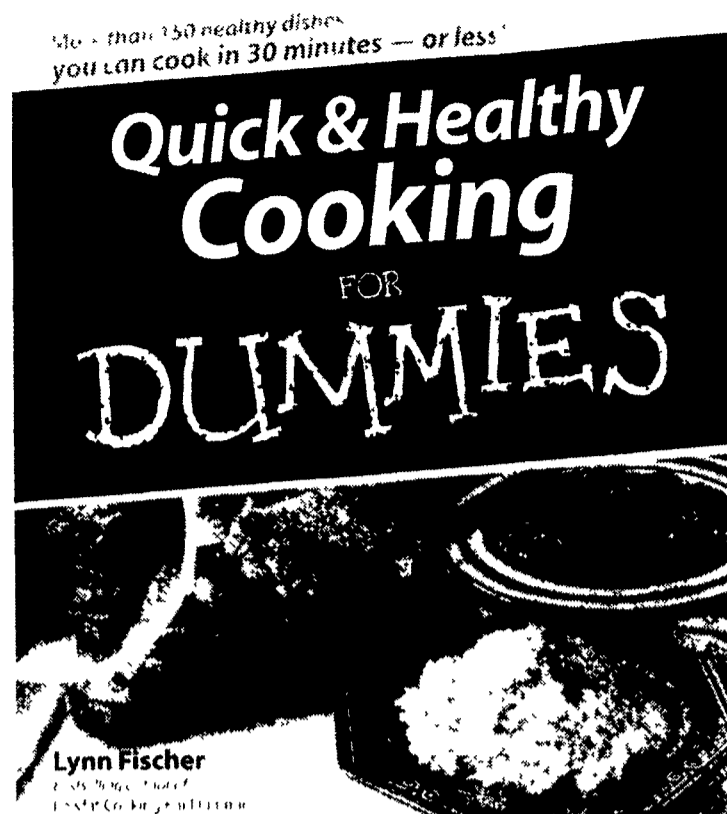
1 cup old-fashioned or quick oatmeal

¼ cup water

1 tablespoon oat bran

To make the raspberries and scalloped apples: In a medium microwaveable bowl, combine apples, lemon juice, sugar, cinnamon, and allspice. Leave out the raspberries. Cover loosely with microwaveable plastic wrap and slit the wrap.

Microwave on high, stirring occasionally, for 5 minutes, or until the apples are almost tender. Add the raspberries and microwave of



A Reference for the Rest of Us!

1 or 2 additional minutes. Don't stir or the berries will bleed.

Meanwhile, to make the oatmeal: In a medium saucepan, add the milk, oatmeal, water, oat bran, and maybe a dish of salt and stir to mix. Bring to a full boil, stirring occasionally. Remove from heat, cover with a lid, and let sit for 3 to 5 minutes until it thickens.

Serve topped with raspberries and apples, and any creamy topping such as fatfree half-and-half or plain or hazelnut liquid nondairy fatfree creamer.

Nutrition at a glance (per serving): Calories 462.51; Protein 16.26 g; Carbohydrates 96.13 g; Dietary fiber 13.08 g; Total fat 4.07 g; Saturated fat 0.88 g; Cholesterol 4.41 mg; Sodium 129.55 mg.

Lynn's health watch: Oat bran, made from the outer layers of oat kernels, is rich in soluble fiber, which helps lower cholesterol and boost your fiber intake. Add it by the tablespoon (substituting it of a little of the flour) to oatmeal, cookies, cereals, pancakes, breads, muffins, yogurt snacks, or meat loaf.

Lemon Cloud

Fluffy and soft on a graham crust, this feels and tastes like a nice rich Midwestern dessert full of familiar flavors. It tastes like a cloud and is delicious.

Preparation/Cooking Time: 10 minutes (plus 2 hours to chill)

Yield: 12 servings.

2 small boxes lemon gelatin, sugar or sugar-free

12-ounce container fatfree whipped topping

36 to 38 cinnamon graham cracker squares

4 large bananas, sliced

½ cup lowfat cinnamon graham cracker crumbs

In a large metal bowl, dissolve gelatin in 1 cup hot water. Add 1 cup ice water to pop into the freezer until cold or syrupy, about 5 minutes.

Fold the whipped topping into the cold gelatin in a steady stream until fully incorporated.

Spray a 13x9-inch baking pan with cooking spray, wiping out any excess. Cover the bottom with a layer of graham cracker squares.

Cover the crackers with a layer of banana slices and pour in the whipped filling. Spread to make an even layer. Sprinkle the top with the graham cracker crumbs. Chill for 2 hours.

Nutrition at a glance (per serving): Calories 202.1 g; Protein 2.8 g; Carbohydrates 45.1 g; Dietary fiber 1.6 g; total fat 1.0 g; Saturated fat 0.3 g; Cholesterol 0 mg; Sodium 165.2 mg.

Lynn's tip: You can change the flavor to any you like or add fresh fruit in between or on the side. The original recipe was to make this with two 6-ounce cans very cold evaporated skim milk and ½ cups sugar, beating it into soft peaks and adding the gelatin in a stream. Chill as directed. Both versions taste great, but the time is shortened and the taste is still great with the lowfat version.

Milk Protein Can Put Sizzle Into Lowfat Meats

COLUMBUS, Ohio — Remember Sunday mornings when the smell of sausage filled the house? Then the lowfat craze kicked in, making full-fat sausage off limits for many. Unfortunately, lowfat sausages, hot dogs and other processed meats left much to be desired.

Now, Ohio State University food scientists have developed lowfat meats that taste-test panelists found superior not only to lowfat meat products currently on the market, but in some cases, to their full-fat counterparts as well. Researchers found they could create lowfat meats with taste and texture remarkably similar to that of full-fat products by replacing most of the fat with a solution of whey protein, a byproduct of cheese manufacturing, and water.

Mike Mangino, professor of Food Science and Technology, discovered that heating whey protein changes its molecular structure in a way that enables it to form strong, irreversible gels when heated with water. This gel forma-

tion is the key to its success as a fat substitute. Through gelation, the whey proteins entrap water molecules; this water-binding action contributes to a tender and juicy meat product.

"The whey protein and water solution forms little gel bubbles throughout the meat. This breaks up the meat structure and adds lubricity, like fat does in regular meats," Mangino said. "It simulates what meat ought to feel like when you bite into it."

Using the whey protein and water solution to replace fat in processed meats also results in less shrinkage during cooking than full-fat products, Mangino said.

The unique properties of whey protein provide a flavor boost in addition to its functional advantages. Upon heating, the sugar and protein react to produce what Mangino refers to as "an enhanced meaty flavor."

Replacing fat with a whey protein and water solution also adds nutritional benefits, due to slightly

increased protein and significantly less saturated fat content. In fact, Mangino's low-fat sausage patty: — Contains 110 calories, compared with 310 in a similar full-fat product.

— Contains 5 grams of fat, compared with 30 grams in a full-fat product.

Contains 2 grams of saturated fat, compared with 11 grams in a full-fat product.

— Contains 14 grams of protein, compared with 9 grams in a full-fat product.

In Mangino's lowfat meats, whey protein makes up a small percentage of the final product. For every 10 percent of fat removed from a formula, up to 10 percent water and 1 percent whey protein can be substituted. The whey protein gels at the same temperature as meat proteins, which makes it easily substituted in meat formulations. Manufacturers may need to adjust their spice mixes, cooking and smoking times due to the whey protein's

flavor binding and enhancing properties.

OSU food scientists tested lowfat whey breakfast sausage, hot dogs and hamburger with successful results — particularly with the breakfast sausage. Taste-test panelists judged the taste of the lowfat sausage, which has one-fifth the fat and one-third the calories of regular sausage, superior to that of full-fat varieties. OSU food scientists had similarly successful re-

sults with lowfat hot dogs and hamburger. Mangino said the whey and water solution could be used to replace fat in most any chopped meat product. Mangino said major food companies and restaurant chains have expressed interest in development and marketing of lowfat whey meat products, but added that it's too early to predict when consumers will see these products on supermarket shelves.

