

**Consuming Thoughts**  
by  
**Fay Strickler**

*Penn State Extension Home Economist For Berks Co.*



ing touch to a light and elegant seafood-pasta entree. We've come a long way since tuna noodle casserole.

**Green and Gold Fettuccine with Salmon and Tuna**

- 2 cans (6.5-7.5 ounce each) salmon or tuna, drained
  - 2 tablespoons olive oil
  - 2 cloves garlic, minced
  - ¼ cup minced fresh parsley
  - ½ teaspoon dried or 2 tablespoons minced fresh oregano
  - ½ teaspoon dried or 2 tablespoons minced fresh basil
  - 8 ounce plain and/or spinach fettuccine
  - 2 teaspoons lemon juice
  - Grated Parmesan cheese
  - Vegetables to garnish
- Cook fettuccine according to package directions. Blanch matchstick carrots, asparagus spears or broccoli florets for garnish, if desired.

Break salmon and/or tuna into large chunks; remove skin if desired. Heat olive oil in large skillet. Saute garlic until golden. Add parsley, oregano, basil and ¼ teaspoon black pepper; saute 30 seconds. Pour half of the herb sauce over cooked fettuccine; toss. Arrange on large, heated platter and keep warm. Add salmon and/or tuna with lemon juice to remaining sauce. Heat, stirring gently, just until seafood is hot. Spoon over hot fettuccine. Garnish with vegetables, if desired. Serve with grated Parmesan cheese. Yield six servings. Recipe can be halved using salmon or tuna and plain or spinach fettuccine.

cans in the refrigerator ready for spur-of-the-moment chilled salads and appetizers. Canned salmon and tuna combines well with other healthy foods; pair with whole grain cereals, fiber-rich vegetables or legumes. When planning to use tuna buy solid pack for cold plates, chunk for salads and casseroles and flaked for sandwiches and appetizers.

Green and Gold Fettuccine with Salmon and Tuna is easily put together with ingredients on hand. For the foundation, choose pale-green spinach pasta or golden egg noodles or go Italian style with a combination of both referred to as "straw and hay." A light garlicky sauce, made with olive oil, contains freshly ground black pepper, finely chopped parsley and other fresh herbs (dried herbs will also do nicely). Chunks of salmon and/or tuna are added to the sauce and gently heated. Garnish with seasonal fresh vegetables: carrots, broccoli, and asparagus — whatever looks the most appetizing.

A sprinkle of freshly grated Parmesan cheese gives the finish-

# Learn Egg Basics

Do you know the differences between the types of shell eggs on the market today?

- Fertile eggs are produced by hens which have mated with a rooster and, if incubated, could develop into a chick. They are not, however, more nutritious than non-fertile eggs, do not keep as well and are more expensive to produce. There are no known advantages to consuming fertile eggs.

- Free-range eggs are produced by hens raised outdoors. Due to seasonal conditions, though, few hens are actually raised outdoors. Some egg farms are indoor floor operations and these are sometimes erroneously referred to as free-range.

- Organic eggs are produced by hens fed rations with ingredients that were grown in a way that preserves the integrity of the soil. This includes minimal use of pesticides, fungicides, herbicides, and commercial fertilizers. No commercial laying hen rations ever contain hormones.

Due to higher production costs and lower volume per farm, both free-range and organic eggs are more expensive to produce than eggs from hens raised in cage or floor operations or fed conventional rations, but their nutrient content is not affected.

- Vegetarian eggs are produced by hens fed rations containing only vegetable foods.

- Nutrient-enhanced eggs have been created by varying the hen's diet. There are shell eggs on the market with reduced saturated fats and increased unsaturated fats. Others have a higher percentage of Omega-3 fatty acids, the ones found in fish

which may be beneficial. Still others have added vitamins or minerals. These eggs are found under various brand names and, depending on feed costs, at various prices. Check labels for nutrient facts.

Some people ask if adding salt to the water prevents eggs from cracking when they're hard boiled?

- No. Salt doesn't prevent cracks. Cracking occurs when boiling causes steam to build up inside the shell. When too much steam builds up or the steam builds up too rapidly, it escapes by bursting through the shell. Rather than boiling, use this more gentle hard-cooking method to help prevent cracking:

Place eggs in single layer in saucepan. Add enough tap water to come at least one-inch above eggs. Cover. Quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water about 15 minutes for large eggs (12 minutes for medium, 18 for extra large). Immediately run cold water over eggs or place them in ice water until completely cooled. Refrigerate in the shell for later use or remove shell for immediate use.

To remove shell, crackle it by tapping gently all over. Roll egg between hands to loosen shell. Peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.

For other basic egg recipes, send a self-addressed, stamped envelope to: The Incredible Edible Egg #79, P.O. Box 733, Park Ridge, IL 60068-0733.

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