



Home on the Range

Tasty Recipes For Better Health

By selecting the proper foods, especially five or more servings of fruits and vegetables a day, you can significantly reduce your risk of various types of heart disease and stroke.

Thanks to research, carrots, onions, garlic, cucumbers, and many other vegetables taste better and contain more nutrients than ever before. In fact, today's carrots pack more than twice the beta carotene as their predecessors did 30 years ago.

Nutrition information can be a lot more complex than most people realize. And that's especially true when talking about fats in the diet.

People seem to have gotten the message that "fat is bad for you," but it's not that simple.

For example: Most people believe milk fat is bad. However, more and more evidence is being uncovered about the healthy ef-

fects of conjugated linoleic acid, or CLA — a type of fat in milk.

Some studies indicate that CLA could reduce the risk of breast, prostate and colon cancer. There are indications that CLA could help reduce the accumulation of body fat. While each finding seems to raise even more questions, one thing is clear: News about milk fat, like that of other fats, is far from simple.

What to do? It might help to go back to basics: Maintain a healthy body weight. Exercise regularly. Don't smoke, and if you drink alcohol or consume "empty calories," do so in moderation.

Eat a balanced diet: Plenty of vegetables and fruits should accompany your entrees and snacks. There's no need to avoid any one food, as long as it's consumed in moderation.

Featured Recipe

"Eat 5 or more a day," is the battle cry of the Produce for Better Health Foundation and the National Cancer Institute. The slogan refers to five servings daily of fruits and vegetables to reduce the risk of cancer, heart disease, and other illnesses.

Cancer, heart disease, and stroke are three leading causes of death in this county. All three are diet-related due to diets too high in fat and too low in fruits and vegetables.

People who eat five a day have half the risk of developing cancer as those who eat only one-two servings a day. In fact, more than one-third of the 500,000 cancer deaths each year could be prevented by eating a diet rich in fruits and vegetables.

Research shows that phytochemicals, a natural plant substance found in fruits and vegetables, works with nutrients and dietary fiber to protect against disease, and may help slow the aging process and reduce the risk of many other diseases such as high blood pressure, cataracts, and urinary infections.

Many people ask, "What is a serving?"

A serving is smaller than you think. One serving can be 1 medium-size piece of fruit; ¼ cup of 100 percent fruit or vegetable juice; ½ cup cooked or canned vegetables or fruit; 1 cup raw leafy vegetables, ½ cup cooked dry peas or beans; or ¼ cup dried fruit.

Here are some suggestions for meeting your 5-A-Day right away:

- 45-Second Fruit Salad: Open a can of juice pack mandarin oranges and empty into a bowl; add one sliced banana, one cut-up apple, and a few frozen blueberries.

- 1-Minute Banana Split: Cut a banana lengthwise and place into a dish. Fill with one or two scoops low-fat or non-fat vanilla or lemon frozen yogurt and top with frozen strawberries and canned crushed pineapple.

- 30-Second Veggie Platter: Buy cut-up vegetables from the salad bar. Arrange on a platter, place a bowl of non-fat dressing on the table.

- 1-Minute Vegetable Salad: Place some vegetables from last night's dinner (corn, peas, green beans) into a bowl; add a sliced tomato, grated carrots, and sliced green onions; pour over low- or non-fat Italian dressing over the top, and toss lightly.

Here's a tasty salad brimming with nutritional goodness to give your five-a-day goal a head start.

SENSATIONAL SALAD WITH POPPY SEED DRESSING

1 can mandarin oranges
½ cup sliced strawberries or 2 kiwis, sliced
1 head romaine lettuce
1 head curly leaf lettuce
1 bunch endive or kale
1 can chow mein noodles

Dressing:

1 cup canola oil
½ cup sugar
¼ cup cider vinegar
1 tablespoon poppy seed
1 tablespoon grated onion
1 teaspoon salt
1 teaspoon dry mustard

Rinse lettuces and endive. Blend dressing ingredients, drizzle over salad. Top with chow mein noodles. Serving size: 1 cup with 1 tablespoon dressing. Makes 8-10 servings.

Nutrient content per serving: Salad: 60 kcal, 1.5 g protein, 3 g fiber, 50 mcg folate, 1281 vitamin A. Dressing: 90 kcal, 100 mg sodium, 10 g fat per tablespoon.

ROASTED VEGGIE WRAP

2 cups thinly sliced zucchini
2 cups thinly sliced carrots
2 cups thinly sliced mushrooms
2 cups thinly sliced red pepper
1 tablespoon vegetable oil
¼ cup low fat mayonnaise
3 cups fresh spinach leaves
1 small clove garlic
2 tablespoons grated Parmesan cheese
4 fajita-size flour or spinach tortillas (6-inch)

On large baking sheet, toss vegetables with oil. Bake at 450 degrees for 12-15 minutes or until vegetables are just tender.

In food processor, blend mayonnaise, spinach, garlic, and Parmesan cheese until smooth.

Spread each tortilla with 2 tablespoons spinach mixture; top each with ¼ of the roasted vegetable mixture; roll up. Makes 4 servings.

Best Foods

TURKEY VEGETABLE SKILLET

1 pound ground turkey
1 small onion
1 garlic clove
14½-ounce can diced tomatoes with basil and oregano
2 cups green zucchini, chopped
2 cups yellow squash, chopped
¼ cup chopped dill pickle
1 teaspoon dried basil
½ teaspoon pepper
Salt to taste

Brown turkey, onion, and garlic in 2 tablespoons oil. Add remaining ingredients. Simmer uncovered 5-10 minutes or until turkey is cooked and zucchini is tender.

Jimmy D.
New Holland

STIR-FRIED CARROTS AND POTATOES

1 tablespoon oil
4 medium-sized carrots, peeled, and cut into matchstick strips
½ cup water
1 large potato, peeled, cut into matchstick strips
½ teaspoon black pepper
1 tablespoon parsley flakes

In a 10-inch nonstick skillet, heat oil. Add carrots, cook, stirring one minute. Stir in ¼ cup water and steam 2 minutes on medium heat, shaking pan often until liquid is gone.

Add potatoes and remaining water and steam 3 minutes until water is evaporated and vegetables are tender. Season with pepper and sprinkle parsley on top. Serves 4.

This is a healthy meal.

Loretta Kurtz
Allensville

BLACK BEAN SALAD

13-ounce can chicken breast in water, drained
15-ounce can black beans
¾ cup ketchup
1 teaspoon basil
1 teaspoon oregano
1 tablespoon mustard
2 tablespoons cayenne pepper sauce

Heat together all ingredients until hot. To serve, fill 6 flour tortillas or 4 baked tortilla salad shells.

This is a healthy meal —enjoy!

Loretta Kurtz
Allensville



Ten-inch flour tortillas can be used to roll up almost any sandwich filling. Roll-ups can generally be prepared ahead of time. Wrap and refrigerate up to eight hours before serving.

QUICK GINGER PORK

1 tablespoon vegetable oil
½ pound pork tenderloin, cut into thin strips
1 clove minced garlic
2 tablespoons lite soy sauce
¼ teaspoon sugar
⅛-¼ teaspoon ground ginger
½ cup water
1½ teaspoon cornstarch
Hot cooked rice

Heat oil in a large skillet over medium-high heat. Stir fry pork and garlic for 3 minutes. Combine soy sauce, sugar, and ginger; add to skillet. Reduce heat to medium; stir-fry for 3-4 minutes or until pork is no longer pink. Combine water and cornstarch until smooth; add to skillet. Bring to a boil; boil and serve 2 minutes. Serve over rice. Yield: 2 servings. One serving without rice 227 calories, 554 mg sodium, 67 mg cholesterol, 5 gm carbohydrate, 25 gm protein, 1 gm fat. Diabetic exchanges: 3 lean meat, ½ starch, ½ fat.

Lee Laverty
Mount Joy

BERBER CHICKEN AND TOMATO SALAD

1 cup bulgar
1 cup chopped tomatoes
2 cups skinless cooked chicken pieces
3 tablespoons chopped fresh basil, or dried basil to taste
1 teaspoon chopped fresh mint, or a pinch or two of dried mint

2 minced cloves of garlic
½ cup olive oil
3 tablespoons red wine vinegar
Salt and pepper to taste
Chopped fresh parsley for garnish

Cook bulgar in large pot of boiling salted water, until tender, 20-25 minutes. Drain and set aside to cool.

In large bowl, combine the cooked bulgar, tomatoes, chicken, basil, mint, and garlic. Toss, then add oil and vinegar, salt and pepper. Sprinkle with parsley. Serves 4-6.

This is an easy dish to prepare when you want a change from a heavier winter meal. It's nice to have in the refrigerator, too, for when you need a tasty bite to eat. The recipe is from Morocco.

Vegetarians can omit the chicken and still have a highly nutritious meal; each quarter pound of bulgar has 11.2 grams protein, 75.7 grams carbohydrates, 338 milligrams phosphorus, and 229 milligrams potassium, as well as calcium, iron, thiamine, riboflavin, and niacin. This is about as many nutrients as in a whole loaf of whole wheat bread!

Deidre Bonnell
Barker, N.Y.

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

February

8 — Valentine Specials

15 — Cherries

22 — Breakfast, Brunch Ideas

March

1 — Using Potatoes