

Watch, Learn, Eat

Ag Progress Offers Cooking Demonstrations

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Food And Family
Features Editor

ROCKSPRING (Centre Co.) — Hourly-food demonstrations in the Family Room Building during Ag Progress Days not only provides up-to-date nutritional information and recipes but also an opportunity to sample the dishes prepared during the workshops.

Richard Kralj, Jefferson County extension nutritionist, taught a workshop of Cooking for the Diabetic. Kralj believes that all foods can be incorporated into a diabetic diet.

"You shouldn't need to change a lot in meal preparation," Kralj said.

The secret is to know what foods raise blood glucose levels and to limit portion sizes in those categories. Fruits, grains, and dairy groups cause the most concern to diabetics.

Kralj warned of the need to be aware of deceptive advertising. Many products claim to be sugar-free may not have added sugar, but will greatly alter blood sugar levels. Fruit pies, in particular, include natural sugar and the pie crust ingredients will elevate blood sugar.

Recent research shows that Splenda, the brand name for sucralose is a sweetener that is safe for all people unlike many artificial sweeteners used

by diabetics. Although other sweeteners can be substituted, Kralj said Splenda is a natural sugar that does not have a tart aftertaste.

Whole grain pastas provide better flavor and nutrition according to Kralj. He prepared Chicken Cacciatore over Pasta. Here is the recipe.

CHICKEN CACCIATORE OVER PASTA

- 16-ounces skinned, boneless chicken breast, cut into pieces
 - ½ cup chopped onion
 - ½ cup chopped green bell pepper
 - 2 cups tomatoes, chopped, drained
 - 1 cup tomato sauce
 - 2 tablespoons Splenda granular sugar
 - 1½ teaspoon Italian seasoning
 - ½ cup sliced ripe olives
 - ½ teaspoon black pepper
 - 3 cups cooked pasta, drained
- In a large skillet saute chicken, onion, and green pepper for 6-8 minutes. Stir in undrained tomatoes and tomato sauce.

Add Splenda granular, Italian seasoning, olives, and black pepper. Mix well to combine. Lower heat and simmer 10-15 minutes, stirring occasionally.

Here's a recipe from the Go With Whole Grains Workshop.

JUMBO BREAKFAST COOKIE

- ¼ cups sugar
- ½ cup butter, softened
- ½ cup peanut butter
- ¼ cup water
- 1 tablespoon vanilla
- 1 egg
- 1½ cups whole wheat flour
- 1 cup old-fashioned or quick oats
- 1 cup raisins
- ½ teaspoon salt
- ½ teaspoon baking soda
- 4 cups Cheerios cereal

Heat oven to 375 degrees. Stir together sugar, butter, peanut butter, water, vanilla, and egg in a large bowl. Stir in remaining ingredients except cereal. Gently stir in cereal.

Drop dough by rounded ¼ cupfuls, 4-inches apart onto an ungreased large cookie sheet. Flatten dough to about one-inch thick.

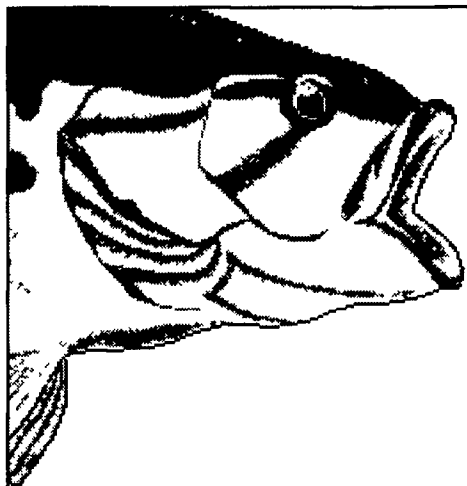
Bake 13-15 minutes or until golden brown. Let stand 5 minutes before removing from cookie sheet. Store loosely covered.



Isabelle Forshey, Martinsburg, samples chicken cacciatore over pasta, which was prepared in one of the cooking classes.



Richard Kralj, Jefferson County Extension, prepares Chicken Cacciatore over Pasta, in a workshop on cooking for diabetics.



LOST STREAM MAP

The STREAM MAP OF PENNSYLVANIA was completed in 1965 after a thirty-year effort by Howard Higbee, a former Penn State Professor.

The map sold extremely well—until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's years of work to a landfill.

Experts told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

The few remaining copies became prized fisherman's possessions, known to some as the "Lost Stream Map." Higbee was offered \$400 for one of his last maps.

Then, in 1991, at the age of 91, Howard Higbee's dream came true. Karl Ings and Larry Seaman of Vivid Publishing, Inc., a Williamsport firm, found new technology that enabled them to reproduce and republish the map. Howard said, "I never thought I'd live to see this day."

Before his death in 1993, Professor Higbee shared his knowledge of map making with Seaman and Ings, and supported the creation of new state stream maps. Stream maps now cover 18 states, New York, Michigan, Ohio, Maryland-Delaware, New Jersey, Northern California, Washington, Colorado, Wisconsin, Virginia, Missouri and 5 New England States. All 50 states will be available by the end of 2003.

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The 3-foot-by-1-foot New England map shows 36,000 miles of streams plus lakes.

The 2 1/2-foot-by-3-foot New Jersey map shows 8,300 miles of streams plus lakes.

The 3 1/2-foot-by-2-foot Maryland/Delaware map shows 12,000 miles of streams plus lakes.

Professor Higbee's maps are the first and only highly detailed maps of their kind.



RAVE REVIEWS

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—John Pitarres, OBSERVER-DISPATCH, Utica

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—Howard Brant, THE NEWARK STAR-LEDGER

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