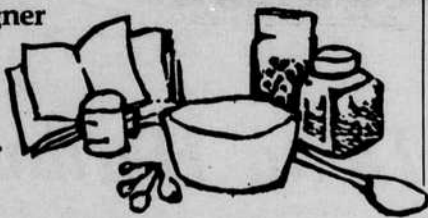


# EAT BEAT by Martha Wagner



The end of an era in Springfield...  
plus

## Cookbooks for a Healthy New Year

It's January and as predictably as we talk about the weather, conversations turn to post-holiday diets. Not everyone goes on a diet, but it's common practice, particularly for women, to at least moan about the pounds we put on over the holidays. Those who moan and are motivated promise themselves to exercise more and eat more wisely.

Although diet books and weight-loss programs are the chosen route to slimmer bodies for millions of Americans, there's a growing trend away from diets, towards improving eating habits gradually and for keeps. Such is the focus of a growing number of cookbooks.

Two major trends are apparent in the 1986 crop of healthy cookbooks. One is that recipes are quicker than ever, and book covers make prominent mention of it. The other trend is the move away from meat. There are not so many new vegetarian cookbooks, but rather a new emphasis on fish, chicken and vegetarian main dishes in the majority of new cookbooks.

In 1986, writers of health-oriented cookbooks had a hard act to follow: **Jane Brody's Good Food Book, Living the High-Carbohydrate Way** (W.W. Norton, \$19.95), published the year before. The *New York Times* health columnist offered a painless, delicious and varied (nearly 400 recipes) route to healthy eating in an information-packed, highly readable book.

Here's a look at some of the most appealing of the new health-focused cookbooks.

### Eat Your Vegetables ... and Pasta

Time-Life Books assembled a team of top chefs, nutrition consultants and photographers for its Healthy Home Cooking Series. Two books in the series, **Fresh Ways with Pasta and Fresh Ways with Vegetables** (\$16.95 each at bookstores or \$14.95 by mail order from Time-Life Books, 541 N. Fairbanks Ct., Chicago, IL 60611, tel. 800-621-7026) may inspire us to eat our vegetables ... and our pasta.

Pasta, once shunned as fattening, now considered a healthy source of complex carbohydrates, is presented here with lots of vegetables, seafood and poultry, minimal amounts of meat, cream, and cheese. The book includes instructions for pasta making, a primer on dried pasta, and a chapter of Asian pasta recipes using rice noodles, wonton wrappers, etc. Half of the recipes are everyday dinner fare, easily prepared in under an hour; the remainder are more sophisticated and time-consuming.

Vegetables are anything but boring in **Fresh Ways with Vegetables**. Zucchini is baked with a cilantro pesto, creamed spinach is paired with shiitake mushrooms, and butternut squash is pureed with orange and ginger. The photographs are gorgeous. Some recipes are special-occasion fare, others more quickly prepared. One chapter focuses on microwave recipes.

Grilled fish and poultry served with fresh salsas, lightly-dressed vegetables and salads, and fresh fruit desserts can be on the table in 60 minutes or less with Sunset Books' new **Light Cuisines** (Lane Publishing Co., \$6.95). Recipes are imaginative and international, full of fresh vegetables, herbs and spices. Special features include tips on steaming and microwaving fish, plus steeping (a variation on poaching) poultry.

### Microwave that Manicotti

An estimated 65 percent of American households have microwave ovens. They're not only speedy, but they offer nutrition advantages as well, says Barbara Methven in **Microwaving Light and Healthy** (Prentice Hall Press, \$14.95). These advantages include greater retention of vitamins and fiber, less need for fat and salt. This is a large-format book with numerous color photographs. Recipes like Fruit-stuffed Cornish Hens and Spinach Manicotti, each requiring less than 40 minutes, show off the speed advantage of microwaving. Ethnic recipes are numerous, and there's a chapter of meatless main dishes.

The original **Laurel's Kitchen: A Handbook for Vegetarian Cookery & Nutrition**, published in 1976, has become a natural foods classic. **The New Laurel's Kitchen** (Ten Speed Press, \$24.95 and \$15.95 paper), by Laurel Robertson, Carol Flinders (syndicated columnist in the *Register-Guard*), and Brian Ruppenthal, R.D., is chock-full of new recipes (half of the 300 plus total) and updated nutrition information.

Old recipes have been improved upon in taste and nutrition. Research presented simplifies vegetarian diets by de-emphasizing the need for protein. The nutrition section covers special needs of children, athletes, pregnant women and older people. Recipes are generally on the quick side and include a varied ethnic mix.

**Fast Vegetarian Feasts** (Doubleday, \$12.95), another meatless cookbook from the Seventies, has been revised to include a 40-page chapter on fish cookery.

Author Martha Rose Shulman offers an eclectic mix of cuisines, from Szechuan to Southern. The food is imaginative, amply seasoned with herbs and spices, yet quick to prepare and low in fat. Pasta and tacos each have a chapter. Suggested seasonal menus are provided.

**American Macrobiotic Cuisine** (Turning Point Publications, \$11.95) is a new special-focus vegetarian cookbook. Author Meredith McCarty presents an introduction to this dairy-free, grain- and vegetable-based cuisine, with 100 recipes developed for the East West Center in Eureka, California. Recipes range from everyday fare to gourmet international dinners and should appeal to both new and experienced macrobiotic cooks.

Harriet Roth, a former director of the cooking school at the Pritikin Longevity Center, shares her fat-, salt- and sugar-sparing techniques in **Deliciously Simple** (NAL Books, \$17.95). The fare here is anything but bland. You'll find Brandied Chicken Breasts, Crabmeat-Stuffed Pepper Rings, and Fresh Strawberry Tart. Recipes are on the quick side. Helpful nutrition and shopping information is included.

### Menu Cookbooks

**Eating Well in a Busy World** (Ten Speed Press, \$8.95) by Francine Allen is a menu-format cookbook with a plus: step-by-step meal plans for each menu, including shopping lists. Dinner menus—39 in all—are divided according to main dish categories: fish, chicken, vegetarian, and meat (only a few recipes). Estimated preparation times for each dinner range from 20 to 60 minutes. Recipes are well-seasoned, imaginative and ethnically diverse (Eggplant Szechuan with Buckwheat Noodles, Curry with Peppers, Tofu and Cashews, etc.).

If you're more interested in fine dining than quick dinners, another new menu-format cookbook, **The Enlightened Gourmet** (Globe Pequot Press, \$10.95) might be the book for you. With the expert guidance of author Greer Underwood, you can serve dishes like Seafood Raviolis with Tomato Cream Sauce, Grilled Baby Eggplant Fans and Meringued Poached Pears without fretting about calories, fat and the rest. There are menus for special occasions, informal entertaining, and some quick weekday dinners. Nutrition information is interspersed between menus.

On the other side of the Atlantic, Anton Mosimann, chef at London's Dorchester Hotel, has impressed patrons with a special menu of beautiful food that is also nutritious. Now you can sample some 150 of his dishes in **Cuisine Naturelle** (Atheneum, \$29.95). This is elegant, not quick food. It's sophisticated ingredients, delicate sauces, homemade stocks, and beautiful presentation as shown in the art-quality color photographs.

New cookbooks such as these demonstrate just how far healthy cooking has progressed from the days of sprout-laden Seventies health food. It's as imaginative, sophisticated and tasty as any cooking today.

### Farewell to the Health Food and Pool

One of the first local purveyors of health food, Springfield's **Health Food and Pool Store**, will close its doors after 16 years in business, January 31. Owners Chuck and Sue Kesey are closing the store as they move their primary business, the Springfield Creamery, to Airport Road in West Eugene.

The Kesey's leased the creamery building at 141 N. Third St. in 1960, a building first established as a dairy in 1913. They bottled milk for a number of years, then branched into yogurt with Nancy's Honey Yogurt in 1969, at the beginning of the yogurt boom. The storefront next door was a pool room for creamery employees until 1970, when the Kesey's moved the pool table onto a platform at the rear and opened Health Food and Pool for business. The Willamette People's Coop, the area's first natural food store, had opened in Eugene earlier that year.

Health Food and Pool became a popular gathering place but gradually lost its financial viability. Regular customers left the area because of the economy, the Springfield city hall and library moved from the neighborhood, food buying clubs took away some business and supermarkets provided more competition for health food dollars.

Looking back, Sue Kesey is accepting of the changes. "We feel our store served its purpose and its time very well. We introduced a lot of people to natural foods. For a while it did very well, but we never had plans to establish a retailing empire. Our primary business is making yogurt."

Springfield Creamery takes its name with it as it moves to Eugene. The larger space provides room enough for production to double. The business has accounts in 11 states and one Canadian province.

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