

EAT WELL

THIN-SLICED CAULIFLOWER WITH SESAME SEEDS AND GINGER

1 lg head cauliflower	1 tsp sesame oil
1 TBS mild honey	1 TBS sesame oil
2 TBS tamari	1 tsp grated ginger
1 TBS vinegar	2 cloves minced garlic
juice of $\frac{1}{2}$ lemon	2 TBS sesame seeds
1 TBS cornstarch	

Trim the cauliflower and cut the entire head into thin slices; then cut the florets from the stalk and discard the stalk. Steam 5 min., refresh with cold water, and set aside.

In a small bowl mix together the honey, tamari, vinegar, lemon juice, cornstarch, and sesame oil (1 tsp.). Set aside.

Heat the tablespoon of oil in a heavy-bottomed skillet or wok and add the ginger, garlic, and sesame seeds. Saute just until the ginger and garlic begin to turn golden, then stir in the cauliflower. Toss the cauliflower to heat through, stir in the honey-tamari mixture and serve.

APPLE BRAN MUFFINS

from Laurel's Kitchen

2 cups whole wheat flour	juice of one orange
$\frac{1}{2}$ cups wheat bran	scant 2 cups buttermilk or sour milk
$\frac{1}{2}$ tsp salt	1 beaten egg
$\frac{1}{4}$ tsp baking soda	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ tsp nutmeg	2 TBS oil
1 TBS grated orange rind	
1 cup chopped apple	
$\frac{1}{2}$ cup raisins	
$\frac{1}{2}$ cup chopped nuts or sunflower seeds	

Preheat oven to 350

Toss flour, bran, salt, soda and nutmeg together with fork.

Stir in orange rind, apples, raisins, and nuts or seeds.

Pour the juice of one orange into a 2-cup measure and add buttermilk to make two cups. Add to egg, molasses, and oil and stir thoroughly.

Stir liquid ingredients into dry ingredients with a few swift strokes.

Pour into greased muffin tins, filling them two-thirds full, and bake for 25 min.

Makes 24 two-inch muffins.

FILTERS DO NOT PROTECT AGAINST CHD

According to results in from the ongoing Framingham Study, filter cigarette smokers have the same risk of manifesting clinical symptoms of coronary heart disease (CHD) as nonfilter smokers.

The Framingham results, reported in Lancet (July 18, 1981), are based on a long-term study begun in 1963.



WIN A TURKEY

HOW: During the Great American Smokeout, throw away your cigarettes and pledge to quit smoking for 24 hours. Your pledge card will be your raffle ticket.

WHERE: A table will be set up in the E.M.U. lobby for your convenience.

WHEN: November 16, 17, and 18th
The drawing will be at noon the 18th

SPONSORED BY: The Student Health Center
The American Cancer Society
Sigma Nu Fraternity

