

Healthy foods can help keep heart strong

Heart and blood vessel diseases kill almost as many Americans and Oregonians each year as all other causes of death combined, according to the American Heart Association.

While the statistics continue to be alarming — one in four people suffer from heart disease; more than 10,000 Oregonians died of heart-related illnesses in 1983; and half of the deaths in the state are related to heart and blood vessel diseases; — there is some encouraging news as well.

The incidence of heart-related diseases has declined from 351 per 100,000 in Oregon in 1965 to 300.2 per 100,000 in 1983. Oregon's death rate from heart disease is 8.4 percent less than the national average.

However, education programs are expensive: The heart association spent \$600,000 this fiscal year on research and programs to prevent heart disease in Oregon.

One way to help a heart stay healthy is through diet and exercise. People concerned about calories, cholesterol, salt and fat in their diets need not resort to exotic dishes to still enjoy meals.

The American Heart Association has endorsed several recipes that are healthy to the heart and taste good to boot. The following is just a few of the association's favorites.

Tuna oriental

One-half green pepper, cut in quarter-inch strips
1 small onion, thinly sliced
2 teaspoons oil
one-third cup pineapple juice
1.5 teaspoons cornstarch
two-third cup drained pineapple chunks (canned in juice)
1 tablespoon sugar
1 tablespoon vinegar
1 can (6½ ounces) unsalted tuna, drained and flaked
one-eighth teaspoon pepper
dash of tabasco sauce

Cook green pepper and onion in oil, leaving slightly crisp. Mix pineapple juice with cornstarch and add to green pepper and onion mixture. Cook, stirring gently until thickened. Add remaining ingredients. Cook 5 minutes, stirring occasionally. May be served over rice.

Makes three servings at 185 calories each, 3.7 grams fat, 38.7 milligrams cholesterol and 32 milligrams salt.

Strawberry sherbet

One tablespoon (1 envelope) unflavored gelatin
¼ cup cold water
1 cup hot water
½ cup sugar
2 packages (10 ounces each) frozen strawberries, thawed, or 2 cups sliced fresh strawberries, sweetened to taste and allowed to stand 2 hours

3 tablespoons lemon juice
Sprinkle gelatin over cold water in saucepan and allow to stand five minutes. Add hot water and sugar. Heat, stirring constantly until gelatin is dissolved. Remove from heat and add undrained strawberries and lemon juice. Place in shallow pan in freezer until mixture is firm at the edges. Beat with electric mixer until well mixed. Return to freezer until firm. Variation: Raspberry Sherbet — Use fresh or frozen raspberries in place of strawberries.

Makes six servings at 155 calories each. Twenty grams fat, no cholesterol, no salt.

Spaghetti

3 tablespoons margarine
1 cup sliced fresh mushrooms
one-third cup chopped onion
1 garlic clove, minced
1 can (1 pound) tomatoes
1 can (6 ounces) unsalted tomato paste
one-half cup water
1 tablespoon sugar
1 bay leaf
one-fourth teaspoon basil
one-fourth teaspoon oregano
one-eighth teaspoon pepper
1 package (8 ounces) dry spaghetti, cooked without salt

Melt margarine in large skillet. Add mushrooms, onion and garlic. Cook until onion is tender. Stir in remaining ingredients except for spaghetti. Cover and simmer over low heat for two hours, stirring occasionally. If sauce appears too thick, add additional water. Remove bay leaf. Serve over spaghetti.

Makes six servings at 225 calories per serving. No cholesterol, 6.5 grams fat and 184 milligrams salt.

Valentine Values

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