

Stuffed peppers add dinner variety

Take a portion from the meat group, another from the grain group and add a serving from the fruits and vegetables group! Sound like a lesson in nutrition?

Well, Ripe Olive Stuffed Peppers all by itself is a good example of a balanced meal with ground beef, rice, tomatoes, onion and black ripe olives inside a green pepper. So you can feel confident of supplying sound nutrition when you present this tasty and easy to make dish dramatized with ripe olive garnish.

RIPE OLIVE STUFFED PEPPERS

- 3 large green peppers
- 1/2 pound ground chuck
- 1/2 cup long grain rice
- 1 teaspoon salt
- 1 cup water
- 1/2 cup pitted California ripe olives
- 1/2 cup chopped onion
- 1 tablespoon oil
- 1 1/2 cups canned tomatoes
- 1 tablespoon tomato paste

- 1/2 teaspoon basil
- Dash pepper
- 1/4 teaspoon salt
- 1/4 cup grated Cheddar cheese
- 6 whole ripe olives for garnish

Cup peppers in halves lengthwise; remove seeds. Parboil for 5 minutes. Drain, and place in shallow baking dish. Brown beef lightly; stir in rice. Add 1 teaspoon salt and water; cover and cook in 20 minutes over low heat. Meanwhile, preheat oven to 350°F. Chop ripe olives

coarsely. Saute onion in 1 tablespoon oil. Add tomatoes, tomato paste, basil, pepper and 1/4 teaspoon salt; simmer 10 minutes. Set aside 1/2 cup of the sauce for tops of peppers. Combine ripe olives and remaining sauce with cooked rice mixture. Heap into peppers. Spoon the 1/2 cup sauce over tops of rice. Cover and bake for 20 minutes. Uncover, sprinkle with cheese, and bake 5 minutes longer. Garnish each stuffed pepper half with a whole ripe olive. Makes 6 servings.



School Lunch Menu

- January 3: Super burrito, whole kernel corn, tomato wedge, pineapple, milk.
- January 4: Italian spaghetti, tossed salad, hot garlic bread, orange half, milk.
- January 5: Wiener wrap, green beans, apple wedges, peanut butter cookie, milk.
- January 6: Oven fried chicken w/gravy, rice, carrot coins w/dip, banana, milk.
- January 7: Cheeseburger, lettuce, tomato, pickle, tater triangles, peach slices, milk.

Lose pounds this holiday

EUGENE—The New Year's resolutions many people make include vows to remove those extra pounds gained over the holidays.

Mary Deiters, a nutritionist at the University of Oregon Student Health Center, offers information and recommendations for effective weight loss.

"After the Christmas holidays is the most popular time of the year for dieting," Deiters said. "People are tense and may feel guilty about over-indulgences, and often use food as a pacifier or a weapon against themselves. Women in particular are likely to suffer, because of the impact of the media and fashion on today's ideals, but more and more men are becoming weight-conscious also."

One increasingly popular but misguided approach is the fast, easy loss promised by the promoters of diet pills and powders, she said. "There are different kinds of diet pills," Deiters noted. "One popular brand now is Glucomannan, which contains a variety of fibers designed to fill up the stomach to eliminate hunger."

The basic problem with these and similar pills is that they won't change eating behavior or lifestyles, so any weight that the dieter may lose will come back as soon as he stops taking the pills, according to Deiters. They are also very expensive and may cause cramping.

Most diet potions are short-term fads, Deiters said. Recent turmoil over purported starch-blockers, for instance, was quickly settled with the release of information suggesting that the pills, containing enzymes claimed to curtail the digestion of starches, had effects no different from those of placebos administered to test groups.

"Simply that public attention shifts so rapidly from one product to the next indicates that none are really effective," Deiters said.

Hunger-curbing pills available in most drug stores usually contain caffeine plus phenylpropanolamine, a mild stimulant and nasal decongestant which also affects the appetite center of the brain. These pills may be effective for a very short time, according to Lorie Corcoran of the UO Drug Information Center. However, after a maximum of two weeks, they lose their effectiveness and act only as an "upper" which can become addictive.

Side effects may include nervousness and a rise in blood pressure, dangerous to pregnant women and people with heart or thyroid problems, or diabetes, Corcoran noted.

"Diet pills and other products promising fast weight loss are a waste of money," Deiters stressed. "The effect they tend to have is influencing people to lose and regain weight repeatedly, which is hard on the heart. The use of such things also increases the likelihood of improper nutrition. If the person is out of touch with his body, he may not perceive the bad effects, but they're there."

The only way to lose weight is to increase the proportion in the daily diet of real, fibrous foods, such as fruits, vegetables, beans and nuts, and to decrease sweets, fats and snacks," she said. "It is also very important to drink eight glasses of water daily."

The most important ingredient of a weight loss program is exercise. Those who want to lose excess pounds must find some form of regular exercise that they enjoy which will raise the heart rate sufficiently to burn calories and condition the body," she added. "Nothing else will do the trick."

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