

# Olive stuffed peppers provide nutrition



Broccoli Stuffed Onions, made with "gentle" Sweet Spanish onions, are a perfect accompaniment to beef, poultry or fish. Halves of Idaho-Oregon Sweet Spanish onions are parboiled and filled with a broccoli-Parmesan cheese filling including the chopped centers of the onions. A creamy cheese sauce, spooned over the top of each onion before baking, adds the final touch.

Also known as the "Gentle Giants," these mild Sweet Spanish onions, grown in southwestern Ida-

ho and eastern Oregon, are attention getters in produce departments. Their season extends from September through March and you will easily identify them by their large size, round shape and golden bronze skin.

To best retain the flavor and quality of Sweet Spanish onions, store them in a cool, dark, dry location. After cutting the onions, place them in a plastic bag and refrigerate. Or, chop and freeze Sweet Spanish onions for use throughout the year.

- 3 medium Idaho-Oregon Sweet Spanish onions (3 inches in diameter)
- 1 package (10 oz.) frozen chopped broccoli, cooked
- 1/2 cup Parmesan cheese
- 1/2 cup mayonnaise
- 2 teaspoons lemon juice
- 2 tablespoons butter
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1/2 cup milk
- 1 package (3 oz.) cream cheese, cubed

Peel and halve onions. Parboil in salted water 12 minutes; drain. Remove centers leaving 1/4-inch edges. Chop center portions to equal 1 cup. (Save remaining centers to season gravy, sauces or soups.) Combine chopped onion, broccoli, Parmesan cheese, mayonnaise and lemon juice. Spoon into centers of onion halves. Melt butter. Blend in flour and salt. Add milk and cook until thick, stirring constantly. Remove from heat and blend in cream cheese. Spoon sauce over onion halves and bake, uncovered at 375 degrees for 20 minutes. Serves 6.

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## Fight holiday boredom

EUGENE—Once the wrapping paper and ribbons are cleared away, holiday boredom may settle on children despite the new selection of playthings. If even the "munch 'em, crunch 'em" video game sent by Uncle Ed seems to have lost its luster, parents can combat boredom by improving the quality of playtime.

"Parents can make play more interesting and fun, and simultaneously encourage the learning processes which are so tightly entwined with play," said Michael Ellis, head of the University of Oregon physical education department. The author of "Why People Play" and "Activity and Play of Children," Ellis offers parents some play supervision suggestions for making the weeks after Christmas more interesting and educational.

"It is better for the child to do it wrong than to watch someone else do it right," said Ellis, "as in the old cliché about Dad monopolizing Junior's train set on Christmas morning. Help children with the construction and use of their toys only if they ask for help."

Parents shouldn't hesitate to join in the play if invited, though, according to Ellis. "Dealing with playmates develops children's social skills. But," Ellis cautioned, "remember to play and not to command. Let the child lead."

Other suggestions for keeping Christmas toys from so quickly losing their appeal include:

- Making room for play. Both physical space and a feeling of acceptance and relaxation will improve playtime. Try not to interrupt the players.

- Letting the child go at his own pace. Play is subjective and reflects individuality. It need not live up to any expectations but those of the child, who should be able to do it his way, even if that means making mistakes.

- Criticizing little and approving a lot. Good play behavior needs reinforcement.

Choosing from among a deluge of new toys may prove distracting or frustrating to a child, noted Ellis. Encourage a child to use only one or two at a time and place the rest out of the way. "Putting a collection of older toys, or even a few of the new ones, away in a closet and rotating the toys every few weeks will give older toys some freshness and keep new ones exciting. Toys cease to be playthings when they are completely familiar and nothing more can be discovered from them," Ellis said.

"Play is never 'just' play," Ellis declared, "and shouldn't be considered or spoken of as if it were trivial. It is a major factor in children's understanding of change and their environment." Parental encouragement can make a great deal of difference in the learning experience, he noted.

Ellis, a father of two, designed two special White House conferences on toys and is a member of the Canadian national task force on children's play.

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1000	80	7,813 to 1	15,625 to 1	203,125 to 1
200	300	2,083 to 1	4,167 to 1	54,167 to 1
100	600	1,042 to 1	2,083 to 1	27,083 to 1
50	1,000	625 to 1	1,250 to 1	16,250 to 1
25	2,000	313 to 1	625 to 1	8,125 to 1
10	2,000	313 to 1	625 to 1	8,125 to 1
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