

Reduce Heart Attack Risk



Enjoy More Fish

Fresh fruit, fresh vegetables and tender, flaky, snowy white cod from the icy waters of the North Atlantic, team in this irresistible salad. Flavorful, light eating, it also carries the special health benefits of saltwater fish... now known to help protect against heart disease.

Research at the University of Leiden in the Netherlands, which followed 850 men for 20 years, has revealed that those who ate fish at least once or twice a week were about two and a half times less likely to die from heart disease than men who ate none at all. The good news comes at a time when cod (also marketed as scrod) is in excellent supply everywhere nationally. Served chilled and chunked in a salad (pictured here) or oven baked, topped with crumbs, it's a quick and easily prepared delicate flavored convenience food.

Hearty Cod And Grapefruit Salad

- 3-4 Servings*
- 1 one pound pkg. frozen North Atlantic Cod fillets (sole, haddock or flounder may be substituted)
 - 2 grapefruit, peeled and cut in sections
 - 1 avocado, peeled and sliced
 - 1 carrot, grated
 - leaf lettuce
 - lemon yogurt

Do not thaw frozen fish. Brush fish lightly with margarine or oil; bake in non-stick or lightly greased shallow pan in center of oven for 20 minutes. (For fresh fish, lay fillet flat and measure at thickest part. Bake at 450°F. for 10 minutes per inch of thickness.) Chill fish and break into chunks. Arrange grapefruit, avocado and carrot on leaf lettuce. Top with fish. Serve with lemon yogurt.

Easy Oven Baked Cod

- 2-3 Servings*
- 1 one pound pkg. frozen North Atlantic Cod
 - 1/4 cup milk
 - 1/2 cup cereal or bread crumbs
 - 1 tablespoon butter or margarine

Allow frozen fish to stand, unwrapped, at room temperature for 20 minutes. Cut into three equal portions. Dip top of each portion in milk and crumbs. Place on shallow lightly greased pan and dot with butter or margarine. Bake in 450°F. oven for 20-25 minutes or until fish flakes easily when tested with a fork. (For fresh fish, lay fillet flat and measure at thickest part. Bake at 450°F. for 10 minutes per inch of thickness.)

Process tomatoes properly when canning — OSU

Persons planning to can tomatoes at home this year should remember to select them carefully and process them properly to assure that they are safe to eat and won't spoil, reminds Carolyn Raab, Oregon State University Extension foods and nutrition specialist.

This means selecting firm, ripe tomatoes free from bruises and decay. Overripe tomatoes should be avoided because they are lower in acid. And then use the hot pack method and process the filled jars in a boiling water bath for the proper amount of time.

Last year's recommendations from the OSU Extension Service that tomatoes be packed boiling hot and then processed at the rate of 35 minutes for pint jars and 45 minute for quarts are still in effect, Raab notes.

The changes made last year, Raab said, were to insure that molds, yeasts and bacteria which grow in high acid foods, such as tomatoes, will be destroyed.

For an extra margin of safety, Raab points out that citric acid or lemon juice can be added to each jar of tomatoes to increase acidity. Use of citric acid (one-fourth teaspoon per pint; one-half teaspoon per quart) or lemon juice (1 tablespoon per pint; 2 tablespoons per quart) will reduce the chance of spoilage.

Additional information and directions for canning tomatoes, other vegetables, or fruit is available from the county offices of the OSU Extension Service.

Tomato mixtures need special care

Freezing is the best way to preserve salsas and other tomato-vegetable mixtures prepared at home. However, if the mixtures must be canned, it's important to use a properly tested recipe to assure a safe, wholesome product.

That's the reminder given by Carolyn Raab, Oregon State University Extension foods and nutrition specialist, as tomatoes and other vegetables are harvested from backyards and commercial fields.

Although tomatoes are considered a high acid food and can be processed safely in a boiling water bath, the addition of other vegetables to a tomato sauce reduces the acidity of the prod-

uct. Such mixtures may have to be processed in a pressure canner to assure that *Clostridium botulinum* spores are destroyed, the specialist emphasizes.

Because the acidity of tomato-vegetable combinations can vary greatly depending upon the type and quantity of ingredients, researchers are not able to standardize processing recommendations, she explains. Therefore, it's extremely important to use a tested recipe. No changes should be made in the ingredients listed.

"If you don't have a tested recipe to use, the mixture should be frozen," Raab stresses. "Tomato-vegetable mixtures freeze well and may be frozen

in amounts convenient to use. Of course, once the mixture has thawed, it should be stored in the refrigerator."

Tested recipes for canning tomato-vegetable mixtures can be found in home canning information published by Ball or Kerr companies, Raab said.

In addition to following a tested recipe, it's important that the canner avoid using overripe tomatoes or making the product thicker than recommended.

For persons interested in canning tomato-vegetable mixtures, Raab has a taco sauce recipe tested by New Mexico State University using either green chili or halapeno. The taco sauce recipe is as follows:

3 cups tomatoes, peeled and chopped

3 cups green chili, peeled and chopped, remove seeds if desired (OR 3 cups jalapeno, seeded, finely chopped)

1/4 cup onion, chopped

1 1/2 teaspoons salt

3 garlic cloves, minced

1 1/2 cups vinegar

Combine all ingredients, bring to a boil, cover and simmer 5 minutes.

Pack in hot, clean jars. Adjust lids. Process in water bath for 30 minutes. Start counting processing time when water returns to boil. Yield: about 4 pints or 8 half-pints per recipe.

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