

# FOOD SECTION

## Origins of Everyday Foods

Is your child a victim of snack attacks? If so, he or she is not alone. Snacking is natural for growing, active children. Your challenge as a parent is to find snacks that are not only pleasure packed, but packed with nutrition.

"Between-meal energizers--most people call them snacks--are important for growing youngsters and active teens," said Victor Menashe, M.D., President of the American Heart Association Oregon Affiliate. "Selecting nutritious snacks puts your child on the road to a healthier heart," he said. According to the American Heart Association, healthy snacks are those which contribute needed protein, vitamins, minerals and fiber while avoiding too much fat, cholesterol, salt and sugar.

"Snacks can taste good and still be nutritious," according to Dr. Menashe. "One good rule is to 'go for the real thing', and avoid snacks that contain calories and little else."

Many nutritious and tasty items are available for your child, such as fresh fruits, unsweetened canned fruits, dried fruits, crunchy vegetables, low-fat milks, cheeses and yogurts, unsalted nuts (except cashews and macadamias), popcorn, whole-grain breads and muffins.

**Household tip:** When you're out of cleansing powder, you can use baking soda instead.

**If you have any recipes, household hints, food events, or health/nutrition questions, please send them to: Angelique Sanders, c/o The Portland Observer, 4747 N.E. Martin Luther King, Jr. Blvd., 97211. I test everything before including it, and we reserve the right to edit or otherwise alter contributions before publication.**

The American Heart Association has recipes for healthful, between-meal snacks that your child can prepare at home with little supervision and instruction. They include:

**FROZEN BANANAS**  
2 bananas cut in half  
2 tablespoons peanut-butter  
1/2 cup evaporated skim milk  
Chopped nuts or crunch bran cereal

Mix peanut butter with skim milk until mixture is the consistency of egg whites. Roll bananas in peanut butter mixture, then roll in nuts and/or cereal. Place in freezer until frozen. Serves four.

**FLAVORED POPCORN**  
Pop corn without using oil. Season to taste with any of the following items: chili powder, garlic powder, grated Parmesan cheese or cinnamon. If the popcorn is sprayed with a non-stick vegetable coating while hot, the seasoning will adhere more easily. This snack can be stored in an air-tight container for future snacking.

**Household tip:** Drop a penny and a crushed aspirin tablet in the vase with your fresh flowers, and they'll "keep" longer. Also, cut the stems diagonally so they can absorb water better.

## Health & Nutrition Questions & Answers

To control the amount and kind of fat you eat:

- Limit your intake of meat, seafood and poultry to *no more than 6 ounces per day*.
- Use chicken or turkey (without skin) or fish in most of your main meals.
- Choose lean cuts of meat, trim all the fat you can see, and throw away the fat that cooks out of the meat.
- Substitute meatless or "low-meat" main dishes for regular entrees.
- Use no more than a *total of 5-8 teaspoons* of fats and oils per day for cooking, baking and salads.

To control your intake of cholesterol-rich foods:

- Use no more than three egg yolks a week, including those used in cooking.
- Limit your use of shrimp, lobster and organ meats.

## WINTER PEAR CABBAGE SALAD

- 2 cups finely shredded green or saavy cabbage
- 1/2 cup finely shredded carrot
- 1/2 cup each thin julienne green pepper and sweet red or yellow peppers
- 2 tablespoons thinly sliced green onion
- 2 tablespoons vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- 2 fresh USA Pears divided

Combine cabbage, carrot, peppers and green onion; toss. Combine oil, lemon juice, sugar; mix until sugar dissolves. Pour over vegetables; mix well. Cover and refrigerate at least 2 hours. Core and dice 1 USA Pear; add to cabbage mixture and toss. Serve on individual serving plates or in serving bowls. Quarter and core remaining USA Pear. Slice each quarter 5 times leaving 1/2-inch of stem and intact. Fan slices and garnish salad just before serving. Makes 4 servings.

## STIR-FRIED PEARS AND CHICKEN

- 12 ounces skinless chicken breasts
- 1 tablespoon vegetable oil
- 2 fresh, ripe, USA Pears, cored and sliced
- 1/2 cup each, celery sliced diagonally and onion, sliced vertically
- 1 8 oz. can bamboo shoots, drained
- 1 cup fresh Chinese pea pods (one 6 oz. package frozen pea pods thawed; can be substituted)
- 1 cup reduced-sodium chicken broth
- 1 tablespoon low sodium soy sauce
- 1 tablespoon corn starch
- 1 teaspoon sugar

Cut skinless chicken breasts into 2 x 1/2 x 1/4-inch strips. In wok or skillet, stir-fry chicken in hot oil 3 to 4 minutes or until barely cooked. Add USA Pears, celery, onion, bamboo shoots and pea pods. Stir-fry 2 minutes or until vegetables are crisp-tender. Combine chicken broth, soy sauce, corn starch and sugar. Add to skillet. Cook and stir until thickened and clear; simmer one minute. Makes 3 to 4 servings.

## Recipe Section

### Honey-Mustard Pork Tenderloin

The sweet and the sour add zest and interest to this pork entree. Cut leftovers into strips and stir-fry with vegetables for another mealtime.

**Sauce** 1 lb. pork tenderloin

- 4 tbsp. honey
- 2 tbsp. cider vinegar
- 2 tbsp. brown sugar
- 1 tbsp. Dijon-style mustard
- 1/2 tsp. paprika

Preheat oven to 375° F. Remove any visible fat from the pork. Combine sauce ingredients. Coat pork well.

Roast 20 to 30 minutes, basting occasionally, until meat thermometer registers 160° F.

Slice thinly to serve.

Serves 4

One serving has approximately 235 calories, 43 g fat (14 g saturated fat), 107 mg sodium, and 79.1 mg cholesterol.

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## ANNUAL BAR-B-Q

### PLANNED

Mount Zion Missionary Baptist Church will be holding its Annual Bar-B-Q on June 22-23: 2-7 p.m. on June 22-23: 2-7 p.m. on Friday and 10 a.m. to 6 p.m. on Saturday.

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The members of Mt. Zion wish to invite the public to attend this annual feed of tasty delights. For more information, call 281-0608. Rev. Percy Manuel, pastor.

## NCNW Excellence In Teaching Award

The National Council of Negro Women is pleased to announce the NCNW Excellence In Teaching Award as part of its national promotion of excellence in education in the 1990s. This award is made possible by the Shell Oil Company in association with its "Awards for Excellence" programs in cooperation with national organizations.

NCNW's award program has been developed to enhance the prestige of the teaching profession and to commend teaching as a viable career option. This award underscores the importance of education to African Americans and highlights NCNW's history and commitment to the advancement and recognition of educational excellence.

One national awardee and six regional awardees will be selected from the top nominees in each region by a panel of judges appointed by the NCNW Commission on Education. Each regional winner will be announced at the Black Family Reunion Celebration in his or her region, and will join then national winner at a gala ceremony in Washington, D.C. on September 8 at the National Black Family Reunion Celebration.

Awards for regional winners will include a cash award of \$1,000, a specially commissioned commemorative sculpture, a Certificate of Recognition, and a plaque to be placed at the school where the recipient teaches. In addition to the sculpture, certificate and plaque, the national winner will receive a cash award of \$5,000.

Please join this effort to promote excellence in teaching in the African American community by: 1) distributing a copy of the enclosed announcement and nomination forms to your members as soon as you receive this mailing, and 2) by nominating your favorite teacher now. **Remember all nominations must be postmarked by June 15.**

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