

# FOOD & NUTRITION

The Portland Observer

## Hearty Turkey Noodle Soup



Hearty Turkey Noodle Soup is one of many satisfying homemade dishes you can make with leftover turkey and convenient, consistently good L.B. Jamison chicken flavored soup base. Photo courtesy Holsum Foods

### HEARTY TURKEY NOODLE SOUP

- 2 Tbsp. soft margarine
- 1 cup chopped onion
- 1 cup frozen carrots (sliced or diced)
- 1/2 cup sliced celery
- 2 quarts water
- 3 Tbsp. L.B. Jamison's Chicken Flavored Soup Base
- 2 cups uncooked medium egg noodles
- 2 cups diced cooked turkey

### DIRECTIONS:

Saute onion, carrots and celery in soft margarine. Stir in water, L.B. Jamison's Chicken Flavored Soup Base and noodles. Heat to boiling, stirring frequently. Reduce heat and add turkey. Gently boil until noodles are tender and flavors are blended, approximately 8 to 12 minutes.

Makes approximately 4 servings.  
Recipe courtesy Holsum Foods.

### Tips For Successful Homemade Soups Made With L.B. Jamison Soup Bases

Taste the soup often. No matter how many times you've made the same recipe, or how detailed the recipe, the results will be slightly different each time. Carrots vary from bunch to bunch; one chicken is tender and tasty while another is tough and bland.

Let soup cool slightly before tasting. You'll be better able to distinguish each and every flavor if you remove a sample and cool it off briefly.

If your broth is bland, spice it up with additional soup base, salt, pepper, mustard, sugar, garlic, Worcestershire or soy sauce, wine or any number of herbs such as ground cloves, rosemary, thyme or bay leaves.

Save leftovers for soup. Making soups puts almost any leftovers to good use. A few common leftovers you can

use for soup are cooked vegetables, a variety of meats, noodles and rice.

Dress up soups with garnishes. To impress your guests, or just to suit yourself, top off your soup with a dollop of sour cream, a sprinkling of minced parsley or other herbs, or an array of croutons.

Use soup bases to achieve "from scratch" flavor in a fraction of the time. A soup base is a dry, concentrated essence of soup stock. When water is added, it immediately yields a delicious stock. With soup bases, soup preparation time is reduced from up to 10 hours to less than one hour. Soup bases also offer consistency; when prepared according to directions, soup bases yield the same results every time.

### Wyden, Furse

Continued from front

egon is powerless to extend coverage to hundreds for thousands of Oregon's workers."

Congressman Wyden and Congresswoman Furse introduced the bill at the request of Governor Barbara

Roberts. Specific provisions of the legislation would:

- Exempt the State laws establishing the Oregon Health Plan from Federal preemption under ERISA;
- Ensure that any State taxation of employer-based or group health plans must be equitable to qualify for exemption from ERISA (a protection of employers from discriminatory risk pool financing practices that have drawn legal challenges in other States);
- Ensure that the Oregon Health Plan will not be supplanted by national health reforms until a year after all other States have achieved comprehensive health coverage under Federal law.

### COUPON COOKBOOK CORNER

Marion Joyce

### UNDERSTANDING LABELS CAN SAVE YOUR HEALTH



Many of us need to significantly cut down on our intake of fats to lower our cholesterol levels. This can require making big changes in our diets. While 80% of Americans think good nutrition is important, less than 10% realize that no more than between 10% to 30% of daily calories should come from fat. Understanding how to calculate your fat intake is critical. You have to understand the fine print on labels on food packaging. One gram of fat equals 9 calories. Estimate how many calories you consume each day. Multiply that number by 30% (or a lesser number depending upon how much you wish to restrict your fat intake). The resulting number is the maximum number of calories that should come from fat daily. For example, if you weigh 133 pounds, you take in about 2,000 calories each day. That means that no more than 30% of your 2,000 calories, i.e. 600 calories, should come from fat. To figure how many grams of fat that equals, divide 600 calories by 9. You should eat no more than 67 grams of fat each day.

Don't be fooled by manufacturers labels that could be misleading, such as "Low-fat" or "Low cholesterol" claims. For example, "low fat" milk which has 2% fat is only 1% less fat than regular whole milk which only has 3% fat. It is smarter to use skim milk which has no fat. Make changes in your selections. A lot of the new low-fat and no fat products are great tasting. Non-fat yogurts, salad dressings and low fat cheeses are often excellent alternatives to higher fat products. Use less fat in cooking. There are many ways of making substitutions in recipes that will greatly benefit you and your family without sacrificing taste. Substituting no fat and low fat ingredients is a very important way of cooking.

### DELICIOUS LOWER CHOLESTEROL BROWNIES

- 3 ounces unsweetened chocolate, chopped
- 1 cup granulated sugar
- 3/4 cup flour
- 3/4 cup lowfat cottage cheese
- 3 egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- Powdered sugar

Heat oven to 350°F. In microwave or over very low heat, melt chocolate; cool slightly. In food processor, puree all ingredients, except chocolate and powdered sugar, until smooth. Add melted chocolate. Blend well. Pour into lightly buttered, 8-inch square pan. Bake 20 minutes. Sprinkle with powdered sugar. Cut into squares. Per serving: 107 cal., 3g fat, 1mg chol.

Oregon Fair Share & Oregon Health Action Campaign present a

## Community Forum

### The Clinton Health Plan

2,000,000 Americans each month lose their health insurance. Can you really have peace of mind about your family's health care?

Saturday, December 11  
Musician's Union Hall  
325 NE 20th, Portland  
10:00 a.m. - 12:00 p.m.

Analysis of the effects of Clinton's Health Plan on our community  
Questions and Answers on Important aspects of the plan  
Opportunity for you to help shape health reform efforts  
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### total nutrition

Tasteful holiday gifts

Gift baskets of food get an especially warm welcome during the holidays, says Karen Wilder, registered dietitian and staff nutritionist for Total cereal. To create healthful holiday gifts of food, start with nutritious recipes.

Select recipes that are high in complex carbohydrates and low in fat. As you pack your holiday food basket, use the recipe to help create a theme for your gift. Wilder has these ideas to get you started:

- Assemble a pasta basket that includes a jar of prepared pasta sauce, a selection of specialty pastas and a pasta serving utensil. Tuck all the items into a large pasta-cooking pot.
  - Collect chopsticks, rice bowls, fresh gingerroot, rice vinegar and a Chinese cookbook. Pack them all into a basket lined with red and gold fabric.
  - Team pancake mixes from a specialty shop with a selection of fruit syrups. Arrange the items on a wicker breakfast tray.
  - Arrange a bag of dry beans, fresh vegetables and your favorite bean soup recipe in a large bean pot.
  - Place a fresh-baked loaf of whole-grain bread on a bread board and wrap in a colorful checkered napkin with little jars of assorted jams or jellies.
  - Pack an assortment of herbal teas and a tea ball in a brand new teapot.
  - Give the traditional fruit basket a new twist by presenting an assortment of dried fruits in a decorative fruit bowl or nut dish.
  - Line a basket with cloth napkins and tuck in fresh-baked muffins or scones plus all-fruit spread or honey and hot cocoa mix.
  - Assemble a selection of specialty coffees and holiday gingerbread on a decorative serving plate.
- Or, suggests Wilder, present friends or family with an invitation to your home for a healthful holiday meal.

### Transitional Housing Needs Support Families

Continued from Metro Life

Ujima plans to house four to eight women in a transitional unit at any one time for up to one year. These women will need "support families" that live in the Sabin neighborhood to embrace them. Plans are being developed for mentoring guidelines and project protocols so that the support families will be most effective in their

relationships with the Ujima women. Several social service providers have agreed to act as resource persons and trainers to the support families. Recruitment for support families is currently in process. For more information contact ShaRee Rhone, Ujima Project Developer at SCDC, 1461 NE Prescott or call 503-287-3496.

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## This Week

MAGAZINE

Enjoy Extra Savings With The New 'In-Store' Safeway Shopping Guide Available at your Safeway store.