

FOOD & NUTRITION

Non-Alcoholic Beverage Contest Set For March

Designated Drinks, a non-alcoholic beverage contest sponsored by The Arc of Multnomah, is intended to raise awareness of the dangers of drinking while pregnant, which include fetal alcohol syndrome.

The Arc challenges restaurant professionals and members of the public to develop a festive and tasty drink which does not include any alcohol.

To participate in the contest, submit a recipe by February 1, 1996 to: Designated Drinks, c/o HMH, 2020 SW Fourth Ave., Suite 900, Portland, OR 97201.

Recipes will be judged on taste, appearance, ease of preparation, and a catchy name for the drink. No alcohol may be used.

Winners will be announced at the Benson Hotel during March, which is Fetal Alcohol Awareness Month.

The Arc of Multnomah is a nonprofit advocacy organization which offers services for individuals with developmental disabilities and their families.

Low-Fat Version Of Grandma's "Soul Food"

If you're thinking about changing Grandma's "soul food" recipes into a low-fat version this holiday season, don't skimp on flavor, say nutritionists at Baylor College of Medicine in Houston.

"The family holiday dinner doesn't have to taste bland to be good for you. The key is using less fat and more spice," said Dr. Rebecca Reeves, and assistant professor of medicine at The DeBakey Heart Center's Nutrition Research Clinic at Baylor. "Opt for crushed black pepper, Tabasco, garlic, and onion when seasoning vegetables and meats."

Many African-Americans celebrate the holiday Kwanzaa by eating leafy vegetables and whole grain foods derived from African culture. Kwanzaa is a seven-day ritual emphasizing family unity.

Other tradition dishes like collard greens, black-eyed peas, cornbread and sweet potato pie prepared the high-fat way are risk factors for heart disease, high blood pressure, and stroke.

According to the National Cancer Institute, a high-fat, low-fiber diet may be linked to cancers of the colon, breast, and prostate -- the leading causes of cancer deaths among African-Americans.

To reduce the risk, Reeves suggests preparing holiday foods with little or no fat. Traditional holiday foods can be adapted to low-fat, low-calorie and low-cholesterol.

"In many African-American households, salt pork is a common

staple used to season greens, black-eyed peas and other vegetables," she said. "If you want the pork taste, use lean ham, and save the de-fatted stock to cook your vegetables in. The flavorful broth will give you tasty, low-fat vegetables without the salt." If dessert is on the menu, Reeves says try making it more nutritious by using low-fat ingredients available in grocery stores, such as fat-free cream cheese, sour cream and egg substitutes. A graham cracker pie crust is a good substitute for a high-fat pastry crust.

Holiday food preparation can be fun with a little planning, says Reeves.

"By making healthier food choices, you'll be giving your family the best Gift this holiday season -- good nutrition," Reeves said.

To substitute the fat with healthier options, Reeves recommends you use:

- poultry without the skin and extra lean ground beef instead of high-fat meat,
- turkey thighs instead of ham hocks,
- vegetable oil or low-fat margarine instead of butter,
- low-sodium bouillon and broths instead of salty ones, and
- low-fat or skim milk instead of whole milk.

Nutritionists in The DeBakey Heart Center's Diet Modification Clinic at Baylor recommend the following heart-healthy recipes to help you prepare your Christmas-Kwanzaa meal:

- Spicy Sweet Potatoes*

- 5 medium sweet potatoes
- non-stick cooking spray
- 3/4 cup orange juice
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3 tablespoons brown sugar, firmly packed
- 3/4 teaspoon grated orange rind

1. Peel potatoes, cut into thick slices, and boil until tender.

2. Preheat oven to 350 F. Spray 1-quart casserole (with lid) with non-stick spray and set aside.

3. Mash potatoes and add remaining ingredients.

4. Place potatoes in casserole dish. Cover and bake about 30 minutes, or until heated through. Serve hot.

Yield: Enough for 8 servings
One serving contains: 104 calories, 25 g. carbohydrate, 0 g. fat, 0 g. saturated fat, 0 mg. cholesterol, 9 mg. sodium, 2 g.

Cornbread*

- 2 tablespoons tub margarine
- 3/4 cup cornmeal
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1/4 cup egg substitute
- 1 cup skim milk

1. Preheat oven to 425 F. Melt margarine in skillet; remove from heat.

2. In medium bowl, mix together dry ingredients.

3. In small bowl, whisk egg substitute and milk together. Add to dry ingredients. Mix just until combined.

4. Pour batter into skillet with

melted margarine.
5. Bake for 20-25 minutes or until golden brown.

Yield: Enough for 8 servings
One serving contains: 151 calories, 26 g. carbohydrate, 3 g. fat, 1 g. saturated fat, 1 mg. cholesterol, 407 mg sodium, 1 g.

Cornbread Dressing*

- Non-stick cooking spray
- Cornbread recipe (see previous recipe)
- 1/4 teaspoon ground sage
- 1 medium onion, chopped
- 3-4 celery stalks and leaves, chopped
- 1/4 cup chopped fresh parsley
- 2/3 cup pecans, chopped (optional)
- Cooked meat from 1 turkey neck or cooked turkey or chicken, torn into small pieces
- 2-3 cans (14-1/2 ounces each) reduced-sodium chicken broth or fresh turkey broth, with fat removed (use enough to make the dressing moist)
- 1/2 cup egg substitute
- 1/4 teaspoon salt, pepper to taste

1. Preheat oven to 400 F.

2. Prepare cornbread recipe (doubled) according to recipe directions, adding sage, onion, celery, parsley, and pecans if desired.

3. Divide margarine between two 8-inch iron skillets and melt.

4. Pour batter into skillets.

5. Bake 20-25 minutes or until golden brown. Remove from oven and cool slightly. Reduce oven heat to 350 F. spray 9 X 13-inch baking dish with non-stick spray.

6. Tear cornbread into small pieces and put into large mixing bowl.

7. Add turkey meat with broth, egg substitute, salt, and pepper. Mix thoroughly. (For more moist dressing, add more broth.)

8. Pour into baking dish; bake 25-30 minutes or until golden brown.

Yield: Enough for 24 servings
One serving without pecans: 123 calories, 18 g. carbohydrate; 3 g. fat, 1 g. saturated fat, 7 mg. cholesterol, 329 mg. sodium, 1 g. fiber

Mixed Greens

- 2 bunches mustard greens or kale
- 2 bunches turnip greens pepper to taste (optional)
- 1 teaspoon salt, or to taste (optional)

1. Rinse greens well, removing stems.

2. In a large pot of boiling water, cook greens rapidly, covered, over medium heat for about 25 minutes or until tender.

3. Serve with some of the pot liquor.

4. If desired, cut greens in pan with a sharp knife and kitchen fork before serving.

5. If desired, add 2 tablespoons of lean cooked ham, Canadian bacon, or split turkey thighs to greens before serving. (This will increase calorie, sodium, and fat content.)

Yield: Enough for 8 servings
One serving contains: 18 calories, 3 g. carbohydrate, 0.1 g. fat, 0 g. saturated fat, 0 mg. cholesterol, 153 mg. sodium, 2 g. fiber

Portland Public Schools Menu For January 1996

Coming Soon...Special Events With Our New Breakfast Promotion Including Tray Stickers, New Posters In The Cafeteria, And "Grab & Go" Breakfast Bags!

This month your school will be offering some of your favorite lunches without the meat.

Give them a try, you probably won't notice that there isn't any meat.

What Does "Vegetarian" Mean?

Vegetarian is a word to describe someone who doesn't eat meat, fish, and poultry. Vegans are vegetarians who do not eat anything that comes from an animal. This means that they don't eat meat, dairy products or eggs.

The term Vegetarian is also to

describe food that doesn't contain meat. Some of the meals in your school lunches this month are vegetarian. Try the Tortellini with Cheese Sauce, and the Cheese Pizza. There's also Layered Vegetarian Lasagna and Spaghetti with Meatless Sauce. These are tasty choices and you'll never miss the meat!

Why Do People Become Vegetarians?

- Some people don't like the taste of meat.
- Some people are trying to cut down the amount of fat they eat.
- Meat is more expensive than beans and grains.
- Sometimes social, cultural, or religious beliefs do not allow them to

eat certain animal products.

A person can be a vegetarian and still eat meat. Sometimes vegetarians don't eat beef. But do eat poultry and fish.

You can still get all of your nutrients if you don't eat meat, as long as you eat a variety from the other food groups and focus on high iron foods.

You don't have to be a vegetarian to eat vegetarian foods.

Animal products contain necessary protein and iron, so vegetarians must be sure to eat foods like peanut butter, nuts, beans, whole grain bread and spinach to make sure they get enough protein and iron to stay healthy.

Proper Disposal Of Fallen Elm Trees

A quick look at storm damage throughout the city indicates that a number of elm trees on public and private property have blown over or lost limbs. It is important that the wood from these elms be disposed of properly to prevent the spread of Dutch elm disease to healthy elm trees. Dutch elm disease has wiped out large plantings of elm trees in cities across the United States. Portland Parks and Recreation has in place a program to contain the spread of Dutch elm disease to protect the City's 2071 street elms, 625 park elms and over 800 elms on private property. The program includes pest management and management of waste elm wood. The street elms are distributed throughout the city. Major street plantings are located in the

Ladd's Addition, Eastmoreland, and Northeast Portland neighborhoods. Major park elm plantings include those on the North and South Park Bluffs.

An insect called the Elm bark beetle makes its home beneath the bark of elm trees and especially favors the habitat provided by dead elm wood. The bark beetle is the carrier of the fungus that results in the death of elm trees from Dutch elm disease.

A major control strategy is to eliminate the habitat of the bark beetle by chipping the dead elm limbs and taking the larger wood to a waste recycler to be ground or to a landfill to be buried. Elm wood is not used for firewood. Firewood is also often transported away from where it was

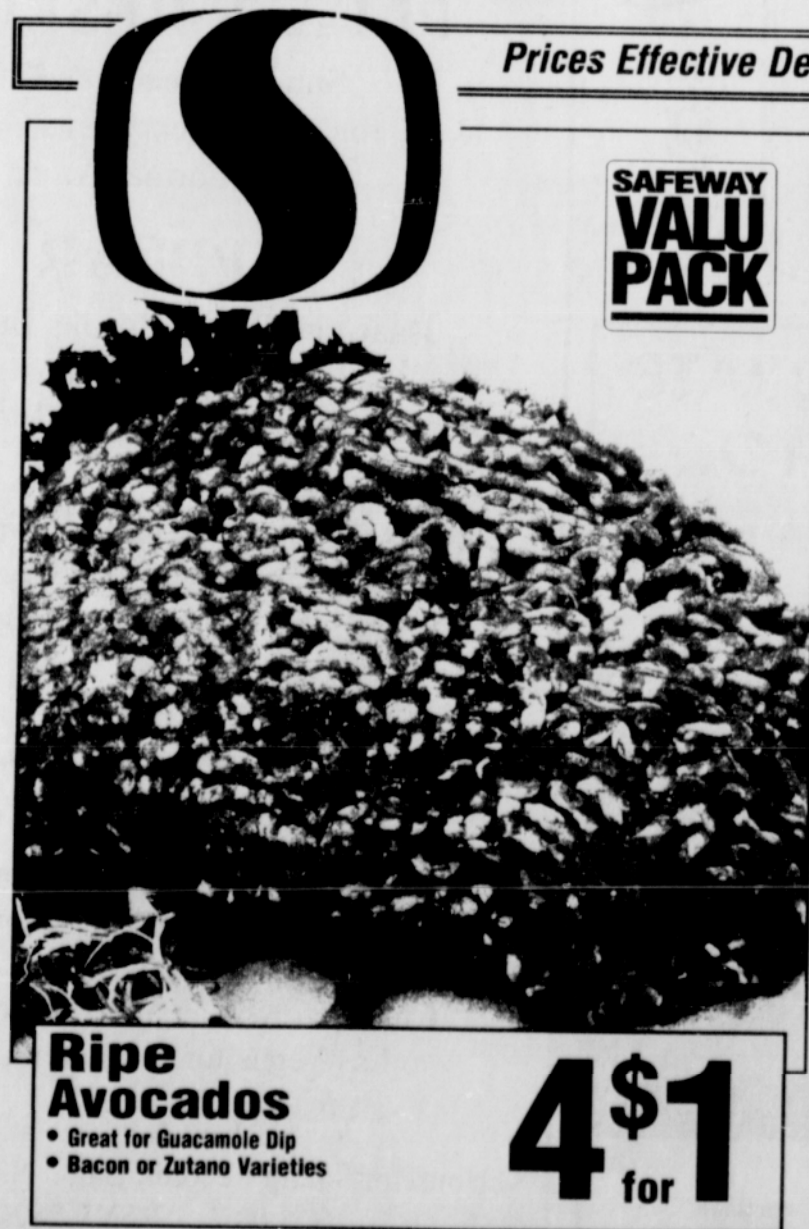
originally generated, aiding physical spread of the disease to new locations. The Department of Agriculture regulates the movement of elm wood by quarantine.

Portland Parks & Recreation would like to remind everyone who lost an elm tree in the storm that they should mail copies of landfill or recycling receipts to the Urban Forestry Department. Mailing in these receipts aids the Dutch elm disease protection program track which elms were damaged in the storm and should be removed from the master elm list. The receipts also guarantee that the elm tree has been properly disposed.

Please mail to: Portland Parks, Urban Forestry Division, 10910 N. Denver, Portland, OR 97217.

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