

FOOD



Cooking Simply for Two

Quiche in Pepper Pots Tempt Tastebuds

Preparing a meal for just the two of you can be quick and easy, especially if you keep eggs on hand. Versatile eggs are a high-quality protein food portioned by nature to suit small households. Egg producers have made eggs even more convenient by offering 6- and 8-count packs to retailers. However many eggs you buy, they'll keep in the refrigerator, with insignificant quality loss, for at least three weeks from the time you bring them home.

With eggs in the fridge, it's easy to add a welcome change of pace to your menus. Eggs can also help you include more vegetables in your diet, as the new Dietary Guidelines for Americans recommend.

Quiche in Pepper Pots is a good example of an entree that combines egg protein with the vitamins, minerals and fiber of veggies.

These novel individual quiches are easy on the cook, too. Simply choose any colorful vegetable blend you like to fill the peppers, pour on an egg-and-milk custard and bake.

For fast, nutritious eating other times, you can use the remaining eggs you have on hand in a variety of ways. Toss slices or wedges of hard-cooked eggs with greens and other veggies for a main-dish salad; poach eggs right in your favorite soup; reheat leftover pasta and veggies and pour on eggs to make a skillet scramble.

Quiche in Pepper Pots

- Makes 2 servings
- 2 medium (about 4 oz. each) green, yellow or sweet red peppers
- 1/2 cup (about 8 oz.) frozen vegetable blend, thawed
- 2 eggs
- 1/4 cup skim or low-fat milk
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning, crushed

Cut tops off peppers and remove seeds. Sawtooth or scallop pepper edges, if desired. Stand peppers upright in custard cups or muffin-pan cups. Spoon 1/4 cup of the vegetables into each pepper. In small bowl, beat together eggs, milk and seasonings until well blended.

Pour about 1/3 cup of the egg mixture over vegetables in each pepper.

Bake in preheated 325; F oven until knife inserted near center comes out clean, about 60 to 70 minutes. Let stand 5 minutes before serving.

Low-Carb Atkins Files for Bankruptcy

High protein diet losing popularity

(AP) - The company started by the late nutrition guru Dr. Robert C. Atkins to promote a low-carb lifestyle has filed for bankruptcy court protection.

Atkins Nutritionals, Inc, which sells Atkins-brand nutrition bars, shakes and candy as well as offering low-carb diet information, has been hurt by waning popularity of its namesake approach, which focuses on eliminating carbohydrates such as bread and pasta to shed weight.

The diet became one of the most popular in U.S. history, spawning a virtual cottage industry of low-carb regimens - but also drew criticism from experts for its focus on fatty foods and low fruit and vegetable consumption.

A recent survey by the NPD Group, an independent marketing information company, found that the number of American adults on any low-carb diet peaked at 9.1 percent last February and dropped to 3.6 percent by mid-November.

Back-to-School Tip

Breakfast vital for young minds

Back to school time is just around the corner and its time to think nutrition for young minds.

No matter how chaotic school mornings become, the most important meal of the day continues to be breakfast.

Studies have shown that children who eat breakfast perform better and more efficiently on their schoolwork than those who do not. Eating breakfast has also been linked to improved concentration, problem-solving ability, memory and mood. Hungry children are often distracted, easily irritated

and tired. According to Margaret Bruya, assistant dean for Academic Health Services at Washington State University, there is no "magic" breakfast, but a meal balanced with protein, carbohydrates and fat is the best way to start the day.

Breakfasts such as cereal, fruit and milk or eggs, toast and orange juice are quick, easy and accessible. On-the-go items include yogurt, cheese, toast with peanut butter or cream cheese, muffins, cut fruit and juice.

"It's easy to set items out the night before for the kids to help themselves—it's fun and gets them up, going and involved," Bruya said.

Olympic Seoul Chicken a Sure Champion

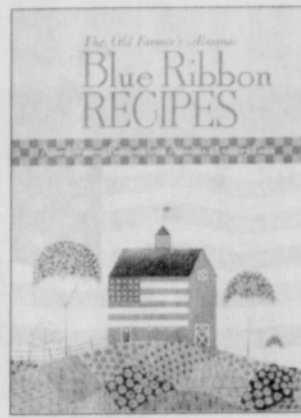
Take a break from boring chicken dishes with this sweet and zesty variation. The following recipe is featured in "The Old Farmer's Almanac Blue Ribbon Recipes." This cookbook, bursting with award-winning recipes from country fairs across America, is available wherever books and magazines are sold or online at Almanac.com.

In a small bowl, mix together the vinegar, soy sauce, honey, and ginger; set aside. In a large frying pan, heat the oil to a medium-high temperature. Add the chicken and cook, turning often, for about 10 minutes, or until browned on all sides. Add the garlic and red pepper. Cook, stirring well, for 2 to 3 minutes. Add the vinegar mixture, cover, and cook for about 15 minutes, or until the chicken is fork-tender. Uncover and cook for a few minutes more, or until the sauce is slightly thickened. Serve with rice.

Olympic Seoul Chicken

- 4 servings
- 1/4 cup white vinegar
- 3 tablespoons soy sauce
- 2 tablespoons honey
- 1/4 teaspoon ground ginger
- 3 tablespoons peanut oil
- 8 broiler-fryer chicken thighs, skinned
- 10 cloves garlic, coarsely chopped
- 1 teaspoon crushed red pepper

This recipe was submitted to "The Old Farmer's Almanac Blue Ribbon Recipes" by Muriel Brody of Cumberland, Rhode Island.



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