

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to: www.foods@portlandobserver.com

FOOD

Quick Tips to Lower Your Cholesterol Levels

BY SHARON SPERRY/
THE PORTLAND OBSERVER

Don't be a walking time bomb! The cholesterol levels in your blood have a lot to do with increasing your chances of getting heart disease, diabetes and high blood pressure. Cholesterol is a fat-like substance that builds up on the walls of your arteries. The human body retains a naturally produced level of cholesterol, and as an added bonus, the general foods we love are loaded with the bad stuff.

Here are some food tips to help lower your cholesterol.

Whole-milk Dairy Products: Choose fat-free (skim) or 1% fat milk and dairy products. They're rich in protein, calcium, and other nutrients without being high in fat and cholesterol.

Butter, Cream and Ice Cream: Save these dairy products for special occasions. They have even more fat and saturated fat than whole milk. Watch out for butter and cream hidden in many casseroles and other dishes, bakery goods and desserts.

Cheese: Many cheeses are high in saturated fat. Healthy options are low-fat cottage cheese, part-skim milk mozzarella and other low-fat cheeses. Hard cheeses are generally lower in fat than soft cheeses.

Eggs: Eggs are high in cholesterol. One egg yolk contains about 213 milligrams of cholesterol. Egg whites don't contain cholesterol and are good protein sources, so they're fine. In fact, you can substitute two egg whites for each egg yolk in many recipes that call for eggs. Be sure to eat only cooked- not raw- eggs and egg whites.

Meats: The American Heart Association recommends eating no more than six ounces of cooked lean meat, poultry, fish or seafood a day. Lean beef cuts include the round, chuck, sirloin, or loin. (Buy "choice" or tenderloin or loin chop, while lean lamb cuts come from the leg, arm and loin.

Beef, Lamb, Pork and Veal: Look for lean cuts of these meats with minimal visible fat. Trim all outside fat before cooking. Most meat has about the same amount of cholesterol, roughly 70 milligrams in each three-ounce cooked serving (about the size of a deck of cards). Eating lean meat in moderation is OK.

Processed Meats: These include sausage, bologna, salami and hot dogs. Many processed meats even those with "reduced fat" labels, are high in calories and saturated fat. Read labels carefully and choose such meats only now and then. Low-fat choices are now available at most grocery stores; choose these more often.

Organ Meats: these include liver, sweetbreads, kidney, brain and heart. All of these, except the heart, are very high in cholesterol. If you're on a cholesterol-lowering diet, eat them only occasionally.

Poultry: Eat chicken and turkey rather than duck and goose, which

are higher in fat. Remove the skin before cooking poultry. A lot of the fat is stored under the skin, so removing the skin lets the fat drain off. When roasting a whole bird, leave the skin on during cooking and remove it before eating.

Fish: Fish can be fatty or lean, but

it's still low in saturated fat. The American Heart Association recommends eating fish at least two times each week. Prepare fish baked, broiled, grilled or boiled rather than breaded and fried.

Shellfish: Shrimp and crawfish have more cholesterol than most

other types of fish and seafood. But they're lower in total fat and saturated fat than most meats and poultry.

Bakery Goods: Store-baked goods are often made with saturated fats. Best to stick to goods without monosaturated oils and egg whites.

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10¢
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SAVE up to 49¢ on 1 lb.

All-Star Veggie Burger



Why pay for those pricey store bought veggie burgers? With this delicious recipe you can make your own healthy low cholesterol veggie burgers.

Ingredients

- 1 - (15.5 ounce) can garbanzo beans, drained and mashed
- 8 - fresh basil leaves, chopped
- 1/4 - cup oat bran
- 1/4 - cup quick cooking oats
- 1 cup cooked brown rice
- 1 (14 ounce) package firm tofu
- 5 - Tbs. Korean barbeque sauce
- 1/2 - tsp. salt or salt-substitute
- 1/2 - tsp. ground black pepper
- 3/4 - tsp. garlic powder
- 3/4 - tsp. dried sage
- 2-Tbs. olive oil
- 1 - Tbs. Worcestershire sauce

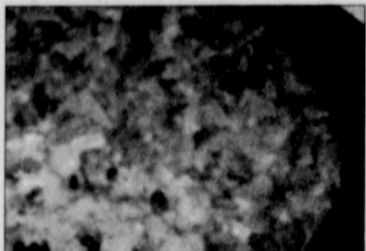
Directions

- In a large bowl, stir together the mashed garbanzo beans and chopped basil. Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.
- In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water. Pour the barbeque sauce over the tofu, and stir to coat.
- Stir the tofu into the garbanzo beans and oats. Season with salt, pepper, garlic powder, sage and Worcestershire sauce; mix until well blended.
- Heat the oil in a large skillet over medium-high heat. Form patties out of the bean mixture and fry them in hot oil for 5- 8 minutes per side. Serve as you would burgers.

Nutritional Info: Total Fat 4.7g, Cholesterol 0-mg., Sodium 340mg, Total Carbs 23.8g, Dietary Fiber 3.9g, Protein 8.4g

Reuben on Rye-Baked in a Pie

This deli favorite is delicious as a casserole. These recommended substitutes will help in the fight to lower your cholesterol.



Ingredients

- 2-cans (10.75 ounces) condensed low-sodium cream of mushroom soup
- 1 1/2-cups 1% or skim milk
- 1/4-cup finely chopped onion
- 12 ounces lean deli sliced corned beef, chopped
- 3-Tbs. prepared mustard
- 2-cans (16 ounces) low-sodium sauerkraut, drained and rinsed
- 1-package (8 ounces) uncooked whole-wheat noodles
- 2-cups shredded low-fat Swiss cheese
- 2- Tbs. low-sodium light butter, melted
- 3/4-cup cubed rye bread

Directions

1. Preheat oven to 250F. Arrange bread cubes in a single layer on a baking sheet. Toast until dry. Crush and reserve. Increase oven temperature to 350F.
2. In a medium bowl, mix together the soup, milk, onion, corned beef and mustard; set aside.
3. Spread sauerkraut evenly in the bottom of a lightly greased (use olive oil) 9"X 13" baking dish. Spread uncooked noodles over sauerkraut. Spoon soup mixture over noodles, and sprinkle with cheese. In a small bowl, mix reserved bread with rye bread crumbs and sprinkle mixture over cheese.
4. Cover and bake in preheated oven for 50 minutes. Remove cover and bake an additional 10 minutes.

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