

Tuna cakes pair with corn, pickled onions

BY LINDA GASSENHEIMER

Tribune News Service

I decided to use fresh tuna for these little cakes instead of canned. It gives them a taste of the sea.

Fish cakes in general can fall apart, especially when turning them over. Here are some tips to avoid this. Make sure your skillet is very hot, but on a medium heat. Use a wide spatula when transferring the cakes to the skillet. Once in the skillet, do not move the cakes until a crust forms on the bottom of the cakes. Turn them over, using a wide spatula underneath the cakes and another spatula on top to help.

A salad of corn mixed with pickled onions completes this quick and flavorful meal.

Helpful Hints

- You can use two 3.5-ounce cans of albacore (white) tuna packed in water instead of fresh tuna.
- Fresh tuna can be coarsely chopped in a food processor instead of by hand. Try not to overprocess.
- A quick way to defrost corn is to place the kernels in a colander and run warm tap water over them.

Countdown

- Start tuna cakes cooking.
- While cakes cook, make corn salad.

Shopping List

To buy: 3/4 pound fresh tuna steaks, 1 small bottle Worcestershire sauce, 1 small bottle hot pepper sauce, 1 small jar Dijon mustard, 1 bunch scallions, 1 medium tomato, 1 bag washed-ready-to-eat salad greens, 1 container panko crumbs, 1 bottle olive oil spray, 1 package frozen



Linda Gassenheimer-TNS

Fresh tuna cakes with corn and pickled onion salad

corn kernels, 1 bottle pickled onions, 1 bottle reduced-fat mayonnaise, 1 bottle reduced-fat salad dressing.

Staples: eggs, salt and black pepper-corns.

FRESH TUNA CAKES

Recipe by Linda Gassenheimer

3/4 pound fresh tuna steaks

2 tablespoons reduced-fat mayonnaise
2 tablespoons Worcestershire sauce
Several drops hot pepper sauce
3 tablespoons Dijon mustard
4 scallions, chopped
Salt and freshly ground black pepper
2 eggs
2 cups panko crumbs, divided use
Olive oil spray

Place tuna on a cutting board and coarsely chop with a knife and place in a

large bowl. Add the mayonnaise, Worcestershire sauce, hot pepper sauce, mustard and scallions and mix well. Add salt and pepper to taste. Blend in egg and 1 cup panko crumbs. Mix well. Shape into 4 cakes about 4 inches in diameter. Place remaining 1 cup panko crumbs on a plate. Add tuna cakes to the crumbs making sure both sides are coated with crumbs. Heat a nonstick skillet over medium heat. Spray with olive oil spray. Add tuna cakes and cook 5 minutes. Carefully, turn (see

note above) and cook 5 minutes. Place two tuna cakes each on two dinner plates.

Yield 2 servings.

Per serving: 545 calories (20% from fat), 12.1 g fat (2.7 g saturated, 3.7 g mono-unsaturated), 264 mg cholesterol, 53.6 g protein, 50.2 g carbohydrates, 2.7 g fiber, 725 mg sodium.

CORN AND PICKLED ONION SALAD

Recipe by Linda Gassenheimer

2 cups frozen corn, defrosted
1 cup pickled onions
1 medium tomato cut into 1-inch cubes (about 1 cup)
2 tablespoons reduced-fat dressing
Several salad leaves from bag washed-ready-to-eat salad greens

Add corn and pickled onions to a small bowl. Add the tomato cubes and salad dressing. Place several salad leaves on the two dinner plates used for the tuna cakes. Spoon corn mixture over the leaves.

Yield 2 servings.

Per serving: 131 calories (16% from fat), 2.3 g fat (0.3 g saturated, 0.7 g monounsaturated), 1 mg cholesterol, 4.7 g protein, 27.5 g carbohydrates, 5 g fiber, 28 mg sodium.

— Linda Gassenheimer is the author of over 30 cookbooks, including her newest, "The 12-Week Diabetes Cookbook." Listen to Linda on www.WDNA.org and all major podcast sites. Email her at Linda@DinnerInMinutes.com.

All about food allergies and intolerances

Mayo Clinic News Network

DEAR MAYO CLINIC: I'm a grandmother to three wonderful grandchildren. My oldest grandchild is lactose intolerant. Recently, my youngest grandchild was diagnosed with a peanut allergy. What is the difference between food intolerance and allergy?

ANSWER: Life at the dinner table is different for thousands of people in the U.S. living with a food allergy. Recent studies show that approximately 5% of children under the age of 5 and 3% of adults have food allergies.

Food allergies and intolerances often are confused for one another. The symptoms can be similar.

If you have a food allergy, your body overreacts to a specific food as if it were a threat. This can occur when you ingest even the smallest amount of the food. For some people, the allergy may be triggered by smelling or coming into contact with the food.

When you come into contact with the food, your immune system releases an antibody called immunoglobulin E to neutralize the food allergen.

The immunoglobulin antibodies tell your immune system to release a chemical called histamine, which causes many allergic symptoms, such as itching, swelling, hives and difficulty breathing.

The top eight most common food allergens are egg, milk, peanuts, shellfish, tree nuts, soy, fish and wheat.

Unlike an allergic reaction, the symptoms of food intolerance are typically gastrointestinal. An intolerance means your body does not have the correct mechanisms to digest certain foods properly.

A common food intolerance is lactose — the main sugar in milk products. If you have lactose intolerance, your body has difficulty digesting lactose, causing symptoms of bloating, abdominal pain and sometimes diarrhea.

Other intolerances that are



Tatjana Baibakova/Dreamstime-TNS

Recent studies show that approximately 5% of children under the age of 5 and 3% of adults have food allergies.

sometimes confused with food allergy include:

- Irritable bowel syndrome — a condition causing frequent diarrhea, constipation, bloating and other gastrointestinal symptoms when excess short-chain carbohydrates are consumed.
- Celiac disease — a condition where the body sustains damage at a microscopic level from ingesting gluten, which is found in wheat, barley or rye products.
- Food poisoning caused by bacteria that contaminate food.

An allergist is the best qualified professional to diagnose a food allergy. Your allergist will begin by taking a detailed medical history to find out whether your symptoms are an allergic reaction, an intolerance or another health problem.

Other food allergy tests include:

- Skin test: A skin test may determine which foods, if any, trigger your allergic symptoms. In skin testing, a small extract of the food is placed on your

forearm or back by a tiny pin-prick just below the skin. You'll develop a small bump if you're allergic to the substance.

• Blood test: Your allergist also may take a blood sample to measure the levels of food-specific immunoglobulin E. Positive blood tests do not necessarily mean that you have a food allergy, but they can help put together the pieces of the puzzle.

• Food diary: You may be asked to keep a food diary of what you eat and whether you have a reaction.

• Elimination diet: A limited elimination diet is removing the suspected food allergen from your diet under the direction of your health care professional for a few weeks. You then add the food item back into your diet to see if the symptoms return.

• Oral food challenge: During this test, conducted in your allergist's office, you are given small, but increasing amounts of the suspect food. Your health care professional watches you to see whether a reaction occurs. A reaction only to suspected foods

confirms the diagnosis of a food allergy. If you don't react, you may be able to include that food in your diet again.

Unfortunately, those with food allergies cannot be cured. You can only prevent the symptoms by avoiding the foods that cause a reaction. If you come into contact with a food that causes a minor allergic reaction, you often can use an antihistamine to reduce the symptoms. For severe reactions, you may need an emergency epinephrine injection or a trip to the emergency department. You should always wear a medical alert bracelet or necklace. Seek medical care if you suspect you are having an allergic reaction.

Does daylight savings time change disrupt your health?

BY JASON HOWLAND

Mayo Clinic News Network

Daylight saving time ended on Nov. 6 in the U.S. and Canada, meaning clocks were set back one hour. But does gaining or losing an hour of sleep affect a person's health?

The spring forward, fall back seasonal time change can disrupt the body's biological clock, says Dr. Lois Krahn, a Mayo Clinic sleep medicine expert.

The human brain has a circadian or biological clock that runs on a 24-hour cycle.

"Humans do best if our schedule is consistent, and we go to bed at the same time and get up at the same time each night, day after day, because that's when our clock is really optimized," says Dr. Krahn.

The clock change from daylight saving time to standard time can affect a person's ability to concentrate or pay attention to detail.

"Studies done on different continents show that the rate of motor vehicle accidents increases after the clocks change in many different parts of the

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world," says Dr. Krahn.

Along with a clock change comes less sunshine. If

you struggle with darkness, Dr. Krahn suggests turning on the lights when you first wake up and consider a light box.

Getting exercise is another way to adjust to the change, says Dr. Krahn.

"Exercise helps signal to the body that it's time to get going in the morning. Also, live as healthy a lifestyle as possible."

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