Recipe / Community



OUTSIDE THE (LUNCH)BOX. With a new school year on the horizon, it's time to think about what's for lunch. Quinoa Lunch Box Rollups — colorful veggie/protein rolls — are a great alternative to the typical sandwich. (AP Photo/Matthew Mead)

Rethinking sushi rolls for a filling packed lunch

By Sara Moulton The Associated Press

Fith a new school year on the horizon, it's time to think about what's for lunch. Brown bagging it is plenty economical, but a steady diet of sandwiches becomes boring pretty quickly, to say nothing of the fact that all those servings of refined carbs simply don't provide the energy necessary to power one through a long afternoon.

So here is an alternative to the typical sandwich — colorful veggie/protein rolls that are light, yet still substantial. I modelled it on a sushi roll, but swapped out the rice for quinoa, and the fish for turkey.

By now, most folks have heard of quinoa, an ancient grain-like seed. It's not only a protein-rich food, it's also gluten-free and a terrific source of many nutrients, including fiber. But flavor-wise, quinoa isn't exactly a powerhouse. So I add a little lemon juice and olive oil, which makes it quite tasty.

Another of quinoa's charms is that it's quick to cook, unlike most grains. White quinoa is the most common variety, but you're welcome to substitute black or red in this recipe (though the end result will not be as pleasing to the eye). Be sure to check the back of the package to make sure the quinoa has been pre-washed. If not, rinse it well yourself before cooking. It can be bitter otherwise.

This lunch roll is formed with a double layer of sliced turkey breast, which ensures that it won't fall apart. Lean roast beef would perform the same task, if that's more your style. I've filled it with carrots and red peppers, but any vegetables cut into thin strips will do. Likewise, you can substitute the lettuce of your choice for the spinach I specify. This recipe is very adaptable.

Editor's note: Sara Moulton was executive chef at Gourmet magazine for nearly 25 years, and spent a decade hosting several Food Network shows. She currently stars in public television's "Sara's Weeknight Meals" and has written three cookbooks, including Sara Moulton's Everyday Family Dinners.

Local science teacher Sunita Macwana receives patent

Dr. Sunita Macwana, a science teacher at Westside Christian High School, was recently awarded her first patent by the U.S. Patent and Trademark Office for work she did with a group of Kimberly-Clark scientists. Two other patent applications Macwana was involved with are still under consideration.

The approved patent relates to the generation of oxygen for use in cosmetic formulations. A lack of oxygen is commonly experienced by people as they grow older or suffer from diseases such as diabetes due to poor blood circulation. Low oxygen levels often lead to poor skin health as well as wrinkles, dryness, and reduced skin elasticity.

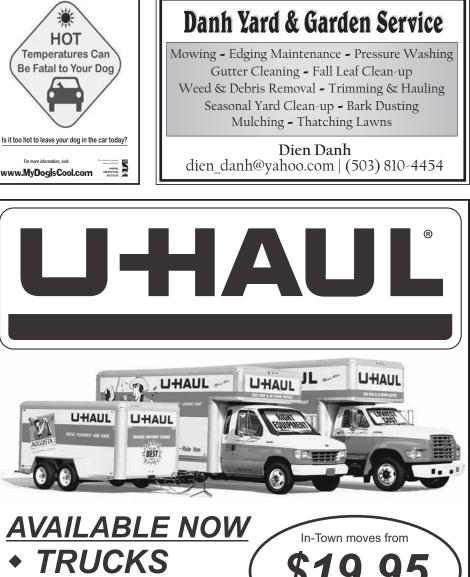
"The delivery of oxygen



FIRST PATENT. Science teacher Dr. Sunita Macwana was recently awarded her first patent by the U.S. Patent and Trademark Office for work she did with a group of Kimberly-Clark scientists. (Photo courtesy of Westside Christian High School)

to the skin for common use is a technological challenge since oxygen is quite reactive and unstable," said Macwana. "We created a two-part oil-in-water

emulsion that supplies oxygen on demand to the skin. This will be a great product for so many women. I can't wait for it to make it to market."



Go paperless!

Read The Asian Reporter – exactly as it's printed here – online! Visit <www.asianreporter.com> and click the "Online Paper (PDF)" link to download our last two issues.

TRAILERS Plus Mileage HITCHES AUTO TRANSPORTS

503-538-2008 **RESERVE** one now







17' VAN





4 OR MORE BEDROOM HOME 26' VAN

3 BEDROOM 24' VAN

1-2 BEDROOM HOME/CONDO

API. 14' VAN

3 ROOMS

UHAUL NEIGHBORHOOD DEALER

First United Engineering