

Exposing the old 'athletes need protein' myth

When I asked my children if they would mind being mentioned in a food column, my son, Jim, answered, "No. Just tell them I'm a football player and you feed me raw meat."

His response points up a persistent myth in our culture that athletes need to consume far greater quantities of protein than the rest of the population. What the athlete actually requires is more energy, which is available more economically from carbohydrates than from protein.

In fact, the protein requirements of the athlete are outstripped by those of pregnant or lactating women, and in proportion to body weight, by the infant.

Protein intake is especially critical in these last three groups for the perfect development of the infant. Apart from this part of the population, however, most Americans consume far greater amounts of protein than their bodies require. The extra protein becomes, simply, a delayed and usually expensive source of calories.

IN ADDITION to the myth that a healthy body requires a huge intake of protein, there is a widespread mistake belief that protein can be obtained only from animal sources in the form of fish, poultry, meat, eggs and dairy products.

These are simply the most easily identifiable sources. All provide "complete" protein, which means they sup-

ply eight amino acids which the body cannot synthesize for itself. The body requires a total of 22 amino acids in order to create a molecule of protein. Fourteen of the amino acids can be manufactured by our bodies. The remaining eight, termed essential amino acids, must come from the foods we eat. If a particular food is deficient in one or several of these essential amino acids, it is possible to make up for the deficiency by eating another food which is rich in the missing amino acids.

THIS IS THE BASIS for the system of protein complementarity outlined by Frances Moore Lappe in "Diet for a Small Planet."

Since few of us have the background to analyze the chemical make-up of the foods we eat, the most practical approach to matching proteins is to obtain a copy of this book or the companion book, "Recipes for a Small Planet" by Ellen Buchanan Ewald. Both books provide charts which tell which foods, when eaten together, provide complete protein.

The phrase, "when eaten together" is significant. Since the body cannot store amino acids, these foods should be eaten at the same meal.

Both Small Planet books also provide recipes which combine complementary foods on optimum proportions. As well as providing a greater diversity in meals, these recipes pro-



A Question of Taste

By Hilary Keating Callaghan

vide a low-cost alternative to meat-centered meals. The initial small investment in the books should be recovered many times over if, even once or twice a week, you substitute these combinations for meat.

TO ILLUSTRATE how simple and uncomplicated these combinations can be, I have listed a few here.

Complete protein can be obtained by combining: corn and dried beans (a combination common in Mexican cooking), peanuts and milk (a peanut butter sandwich with a glass of milk), rice and wheat (a rice pilaf with cracked wheat) or wheat with milk (macaroni and cheese).

Below is a sampling of recipes taken from the Small Planet books. All recipes supply complete protein, although not always in the animal form with which we are the most familiar.

Cereals, muffins, crackers, salads, sandwiches and vegetable dishes can all provide delicious, varied sources of protein. The payoff for re-educating ourselves is in the greater variety and

economy made possible by the alternatives offered by protein complementarity.

TABOULI (ZESTY LEBANESE SALAD)

1/4 cup white dry or garbanzo beans, cooked and drained
1/4 cups bulgur wheat, raw
4 cups boiling water
1 1/2 cups minced parsley
3/4 cup mint, minced (if not available, substitute more parsley)
3/4 cup minced scallions
3 medium tomatoes, chopped
3/4 cup lemon juice
1/4 cup olive oil
1-2 tsp. salt Freshly ground black pepper to taste
Raw grape, lettuce or cabbage leaves

Pour the boiling water over the bulgur and let it stand about two hours until the wheat is light and fluffy. Drain excess water and shake in a strainer and press with hands to remove as much water as possible. Mix the bulgur, cooked beans, and remaining

ingredients. Chill for at least one hour. Serve on raw leaves.

This recipe is adapted from a traditional Lebanese dish often served on festive occasions. If you want to be truly authentic, let your guests or family scoop it up with lettuce leaves instead of using spoons. A Lebanese friend once served Tabouli as a party hors d'oeuvre. It was a great hit. Makes six servings.

NUTTY NUT MUFFINS

1 1/4 cups whole wheat flour
1/4 cup soy flour
1 tbsp. baking powder
1/2 tsp. salt
1/4 cup sesame seeds (toasted)
1/2 cup sunflower seeds, toasted
1/4 cup peanuts, chopped and toasted
1/4 cup currants or raisins
1 egg, beaten
1 cup milk 1 to 4 tbsp. melted butter or oil
1 to 4 tbsp. honey

Stir all of the dry ingredients together. This should include the seeds, nuts and raisins. In a separate bowl, beat the egg, add the milk, oil, honey and blend. Make a well in the dry ingredients and add the liquid mixture all at once. Stir just enough to moisten the dry ingredients.

Drop the batter into well-oiled muffin tins. Bake at 375 degrees for 15 to 20 minutes. Serve them hot. Makes about 16 muffins.

CHILES RELLENOS EN CASSEROLE

2 1/4 cups raw brown rice, cooked
1/2 cup soybeans, cooked
1 7-ounce can whole green chilis or 10-12 fresh chilis
1/2 lb. Monterey Jack cheese
1 cup drained canned tomatoes
1 tsp. oregano
1 tsp. salt
1/4 tsp. garlic powder or minced garlic
2 tbsp. chives or scallions
2-3 medium-sized zucchini squash, sliced (optional)

1/2 cup sesame meal (raw or roasted)
Oil a large deep casserole; place half the cooked rice on the bottom; set aside. If you are using fresh chilis, blanch them or hold them over an open gas flame until the skin crackles and burns all around; peel the skins off. Slice the fresh or canned chilis lengthwise and remove all of the seeds and cut off the stem ends.

Slice the jack cheese so you will have chunks that will fit into the chilis; stuff all the peppers and nestle them into the rice in the casserole. Cover with the remaining rice. (Top the rice with the zucchini slices.)

Puree the tomatoes, soy beans, oregano, salt, garlic and onions in blender; pour this mixture over the second layer of rice or the zucchini, if you are using it.

Sprinkle the sesame meal on top of the sauce; bake the casserole, uncovered, at 350 degrees for 25-30 minutes. Makes eight portions.



Byrd's Kitchen

by Vivian Byrd

They tell me summer is here, although the weather has not done much toward making a believer of me, except for a day here and there. Other signs have appeared. Birds start their morning chatter by 5 a.m., and lawn mowers and sprinklers spend a lot of time cutting the grass then urging it to grow again.

One additional important sign is the smell of burning charcoal floating over the neighborhood, signaling that dinner will be cooked outdoors to-night.

Food seems to have a special flavor and excitement when cooked outside. While it's cooking, the whole family wants to get into the act, which means corralling help with the chores is easier.

A dish I can recommend for both ease and tastiness is lemonade chicken. Sharon's vegetable kabobs can share the grill. Add a loaf of French bread spread with just enough mustard and barbecue spice to give it a hint of bite.

Then sit back and enjoy. After all, it is summertime and the living is supposed to be easy, including the cooking.

LEMONADE CHICKEN

Serves eight

2 2 1/2- to 3-pound ready-to-cook broiler/fryer chickens
1 6-ounce can frozen lemonade concentrate, thawed
1/2 cup soy sauce
1 tsp. seasoned salt
1/2 tsp. celery salt
1/4 tsp. garlic powder

Cut the chickens into serving pieces. In a small bowl, combine the thawed lemonade concentrate,

soy sauce, seasoned salt, celery salt and garlic powder. Stir until well mixed. Dip the chicken pieces in the lemonade mixture. Place the pieces bone side down over medium hot coals. Grill for about 25 minutes. Turn bone side up and grill until done, about 15 or 20 minutes more. Brush the chicken pieces with the mixture frequently during final 10 minutes of cooking.

SHARON'S VEGETABLE KABOBS

Serves four

Boiling water
12 fresh large mushrooms
2 small zucchini, cut in one-inch bias-sliced pieces
3 tbsp. Italian salad dressing
1 tsp. Worcestershire sauce
1/4 tsp. salt
12 cherry tomatoes
2 tbsp. lemon juice

Pour boiling water to cover mushrooms in a bowl. Let stand for one minute. Drain. Alternately thread mushrooms and zucchini on four skewers. Combine Italian dressing, lemon juice, Worcestershire sauce and salt. Grill vegetables over medium coals for about 12 minutes, turning and brushing often with the salad dressing mixture. Thread cherry tomatoes on ends of skewers, grill 5 to 8 minutes more, or until tomatoes are heated through, turning and brushing often with the salad dressing mixture.

For your copy of "10 Fabulous Desserts," send \$1.50 and a stamped, self-addressed envelope to Vivian Byrd, PO Box 1024, Birmingham, MI 48012. Allow four weeks for delivery. Correspondence should be directed to the same address.

Select the Finest

Brewed to meet the world's highest purity standard, The "Reinheitsgebot"

100% Imported Bavarian Hops For That Very Special Flavor



Absolutely No Chemicals or Cereal Adjuncts Added

OAK DISTRIBUTING CO.

5600 Williams Lake Road

674-3171

Market Square of Birmingham



Ye Olde Butcher Shoppe



"IOWA SENDS US HER VERY BEST"

U.S.D.A. PRIME WHOLE BEEF LOINS

Cut as you wish for Porterhouse Sirloin and T-Bone Steaks (Avg. Wt. 50 lbs.)

\$2.99 lb.



U.S.D.A. PRIME PORTERHOUSE AND T-BONE STEAKS

\$3.99 lb.



U.S.D.A. GRADE "A" WHOLE FRYERS

3 lb. Avg. **59¢ lb.**

LIBERMAN'S KOSHER STYLE CORNED BEEF

Center cut Brisket **\$1.79 lb.**

Grocery

California's Finest! **ELDORADO PLUMS** **89¢ lb.**

GEORGIA RED HAVEN **PEACHES** **59¢ lb.**

SNYDERS OF HANOVER 100% WHOLE WHEAT **PRETZELS** 8 oz. pkg. **89¢**

MERKT'S GOURMET CHEESE **APERTIF**
• Swiss Almond
• Buttery Swiss
• Cheddar Brandy
• Cheddar Onion
• Cheddar Wine
• Swiss Blue
16 oz. **\$2.49**

IMPORTED **STONED WHEAT THINS** 10.6 oz. box **99¢**

MELODY FARMS PREMIUM QUALITY **ICE CREAM** "All Natural Flavor" Ass't'd Flavors 1/2 gal. **\$2.29**

SOLID & CRISP **HEAD CABBAGE** **19¢ lb.**

Coca-Cola **TAB FRESCA** (12 oz. cans) **\$1.89 6 pak** **\$6.99 case**

Deli Specials

LAND O' LAKES DOMESTIC **SWISS CHEESE** **\$2.99 lb.**

"Delightful with any meal!" **MUSHROOM SALAD** In reusable container **\$2.19 lb.**

Alexander & Horning Finest Quality Skinless, All Beef **FRANKFURTERS** **\$2.59 lb.**

VIRGINIA **BAKED HAM** Sliced to order **\$2.59 lb.**

IMPORTED **EDAM CHEESE** "Holland's Finest!" **\$3.49 lb.**

Market Square of Birmingham

1964 SOUTHFIELD RD. (AT 14 MILE) 644-4641

• Homemade Square Pizzas
• Exclusive Distributor Alexander & Horning Sausage Products
• Party Trays
• Catering Specialists
• Commercial & Industrial Accounts Welcome

• Gift Packages
• Exclusive Distributor Smith's Prime Beef "Iowa sends her very best"
• S.D.D. Package Liquor Dealer
• Winery Wine Dept.
• Free Grocery Delivery

Market Square 14 Mile

Prices good thru Sunday, June 22.

HOURS: Daily 8 a.m.-10 p.m. Sun. 10 a.m.-10 p.m. • We reserve the right to limit quantities.