

Winter is a good time to 'root' for vegetables

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Let's hear it for root vegetables! Give me vitamin C, vitamin A, B vitamins, fiber and minerals! For nutrition, versatility and flavor, it's hard to beat root vegetables. Even in the heart of winter, these underground wonders can make hearty, warming dishes that fill you up without excess calories and fat.

From beets to yams, root vegetables are favorites throughout the world. In the U.S., carrots, potatoes, onions, radishes and sweet potatoes are the best-known, but international favorites like cassava, daikon, jicama, leeks, and kohlrabi are found more often on American dinner tables as we continue to expand our nutritional horizons.

A traditional favorite, carrots can add their healthy, colorful and flavorful qualities to any course of a meal. Rich in carotenoids, the antioxidants

linked to lower cancer risk, carrots can be cooked by blanching, boiling, steaming, braising, sauteing, glazing, baking or pressure cooking. Eat them raw or juiced, or add them to desserts and quick breads. Baby carrots, which are so popular today, may be easy to use but they lack both the full flavor and nutrition of bright orange, mature carrots.

Turnips hold the record as one of the oldest cultivated foods in history; they were eaten long before what we know as organized agriculture began. A good source of vitamin C, turnips can be eaten raw or cooked. Add them to soups or stews, serve them roasted with poultry, or mash them as a creative alternative to potatoes.

A fine source of vitamin C, thiamine and iron, parsnips were the star of the European table for centuries. While today parsnips are primarily relegated to soups and stews, these roots make a delicious side dish when baked with a bit of margarine

and brown sugar, or roasted and served with a savory mustard glaze.

Parsnips pureed with peas and minced scallions make a creamy, colorful dish without fat or added calories.

In countries with long, cold winters, root vegetables are traditionally served as the basis for salads. Winter vegetable salad combines potatoes and carrots with tart apple and a tasty dressing.

WINTER VEGETABLE SALAD

- 4 medium boiling potatoes
- 2 large carrots
- 2 tablespoons olive oil
- 2 tablespoons Dijon-style mustard
- 1-2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1 medium tart apple
- 1 cup cabbage, grated
- Salt and freshly ground pepper to taste

Cook the potatoes and carrots

for about 15-20 minutes, or until crisp-tender. Drain and rinse them under cold water until they are cool enough to handle and dice into 1/2 inch pieces.

While the vegetables cook, prepare the rest of the salad. Cut the apple into small pieces and shred the cabbage. Make the dressing by combining the oil, mustard, vinegar and sugar in a small jar with a tight-fitting lid; shake until the sugar is dissolved.

Combine potatoes, carrot, apple, cabbage and dressing in a large bowl, tossing well to mix thoroughly. Add salt and pepper to taste. Cover and refrigerate for at least five hours (best if made one day ahead). The salad can keep for three days.

Each of the four one-cup servings has 180 calories and seven grams of fat.

For a free copy of a produce chart that can help you choose, store and use produce wisely, write AICR, Dept. HU, Washington, D.C. 20069.



Seasonal salad: Winter Vegetable Salad combines potatoes and carrots with tart apple.

Resolve to 'Eat Younger' during the new year

See related story on Taste front. Recipes submitted by Muriel Wagner, Registered Dietitian

MARINATED VEGETABLES

- Vegetables
- 1 red pepper - cut into strips
- 1 green pepper - cut into strips
- 1/2 package baby carrots - steamed crisp tender
- 1 cauliflower - cored and steamed crisp tender
- 1 can artichoke hearts - drained
- 1 red onion, separated into rings

- Marinade
- Mix together
- 1 bottle nonfat Italian dressing
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 tablespoon white wine vinegar
- 2 tablespoons Italian seasoning

Marinate prepared vegetables for 24 hours in the above marinade. Refrigerate. Remove from marinade and drain well. Serves 8-10. Vegetables can remain refrigerated up to one week.

GARLIC CHICKEN

- 1 small turkey or roasting chicken (5-7 pounds)
- 1 head garlic, separated into cloves and peeled
- 1 bunch parsley, rinsed
- 2 lemons, quartered

Rinse body cavity of turkey or

chicken. Pat dry. Cut garlic cloves in half. Gently lifting skin on poultry, slide garlic cloves under skin all over bird. Stuff body cavity with parsley and lemon quarters.

Insert meat thermometer into meaty part of thigh, making sure that it does not touch bone.

Roast about 1 1/2 to 2 hours at 375 degrees F. or until the thermometer registers 170 degrees F.

Place on a warm platter and remove parsley and lemon. Serves 12.

Slim from page B1

loss guru earlier this year in Beverly Hills, Calif., and I was a guest at his home for lunch. He taught me about correct portion size (I was way off on this) and gave me some tips on how to enhance low-fat foods.

"One strip of bacon gives a great deal of flavor to many dishes without adding lots of fat and calories," he said.

He also told me, "eat slowly" and savor the meal. (I tended to consider meals as "races," most of which I won by consuming the food in record time!)

During my visit, Richard took me to his exercise studio to see how fit I was. He found my upper body strength lacking and put me on a daily schedule of exercise. I thought I was doing well with my six-days-a-week program. "If God gave us seven days, why are you only exercising on six?" he asked.

In April, he developed a new food plan for me based on 1,500 calories a day. My daily food plan consisted of five proteins (approximately five ounces of meat/cheese), five starches, two dairy servings, four vegetables (cabbage lettuce is a freebie), four fruits and four fats (20 grams a day).

Richard also became my "diet buddy," checking in on a regular basis to offer tips - "Get your diet cola beverages down to no more than two a day," - and encouragement - "Be proud of yourself and your successes every day!"

With Richard's help and lots of hard work, this year has ended with an additional weight loss of

60 pounds. This achievement has spurred me on to up my weight loss goal to a total of 185 pounds, instead of the original 150 pounds. That will put me in the 130s, a weight I haven't seen since middle school!

There are many reasons for my success this time. I traded in former "good" foods, such as cheesecake, cheeseburgers and chocolate for healthy foods, primarily fruits and vegetables. Also, I have stopped eating after 7 p.m. This has eliminated a lot of snacking.

Water, as many as eight glasses a day, has been added to my daily routine. Oftentimes, when I think I'm hungry, I discover I'm just thirsty. A glass of water does the trick!

Another secret to my success is limiting meats in my diet. I stick to fruits and vegetables during the week and add lean meats, such as chicken breast and ground round, on weekends. One of my favorite weekend dishes, especially on a cold winter day, is low-fat chili.

I also keep my refrigerator stocked with "filler" foods - vegetable or cabbage soup, lots of lettuce and non-fat dressings and sugar-free gelatin desserts.

However, the main reason for my successful weight loss is motivation. Each and every day I remind myself, through prayers and self talks, that I am worth being as fit and healthy as I can be. I reach deep down inside of myself and tell myself that I can do it. And I am!

Alcohol-free Mocha Megabyte has 'cyberkick'

Cyberspace is all the rage this year, so why not give your holiday party a cyberkick by including "Mocha Megabyte" among the beverage choices? The recipe for this, and other cyberspace-

themed drinks can be found in AAA Michigan's "Great Pretenders Party Guide," available free at all Auto Club branch offices.

MOCHA MEGABYTE

- 1 teaspoon instant coffee granules
- 1 tablespoon hot water
- 2 tablespoons cold water

- 2 tablespoons whipping cream, unwhipped
- 2 ice cubes
- 2 tablespoons instant pudding powder
- 3/4 cup nonfat chocolate frozen yogurt (Häagen-Dazs preferred)
- Sweetened whipped cream for garnish

Pour instant coffee granules into blender. Add hot water. Blend few seconds until coffee is dissolved. Add cold water, whipping cream and ice cubes, and blend until ice is crushed. Add chocolate instant pudding powder and blend until powder is dissolved. Add chocolate frozen yogurt, blend until smooth. Pour into stemmed glass. Garnish with dollop of sweetened whipped cream. 1 serving.

Recipe from Dion Frischer of Ann Arbor, first place winner Birmingham Regional contest.

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Sandy shares low-fat recipes

See related Taste story on front.

CABBAGE SOUP

- 1/2 large cabbage, shredded
 - 1 cup celery, diced
 - 1 cup carrots, diced
 - 1 (18-ounce) can diced tomatoes
 - 1 package onion soup mix
 - 1 large can tomato juice
 - 1 (14.5-ounce) can beef broth
 - 1 teaspoon Beau Monde seasoning
 - 1 teaspoon basil
 - Salt and pepper to taste
- Mix all ingredients together in a soup pot. Boil over medium heat until vegetables are tender. Can be

kept refrigerated for two weeks. Recipe submitted by Sandra Dalke-Przybyl

SANDY'S SUPER SPUDS

- 6 baked potatoes
- 1 can nonfat refried beans
- 18 ounces salsa
- 8 ounces nonfat sour cream
- Diced vegetables (tomatoes, peppers, green onions, mushrooms, or any vegetable you like)

Cut baked potatoes in half to fill with warmed refried beans and diced vegetables. Top with salsa and sour cream. Serves 6.

LITE BLUE CHEESE DRESSING

Makes 2 cups

- 1/2 cup crumbled blue cheese
- 1 cup non-fat cottage cheese
- 1/4 cup reduced-fat mayonnaise
- 1/4 cup non-fat plain yogurt
- 1/4 cup white vinegar
- 1 teaspoon crushed fresh garlic
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon salt (optional)

Place 1/4 cup of blue cheese and all remaining ingredients in blender or food processor. Blend until smooth. Stir in remaining cheese.

Put in covered bowl and chill several hours or overnight. Recipe submitted by B.J. Manion

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