

## 2 UNIQUE

KELLI LEWTON

## There's nothing new about microbrews

**M**y entering class at Schoolcraft College participated in the third annual Winterfest Beer Tasting held in conjunction with the Merchants Fine Wine Stores, John Jonna and John Lossin.

The event at the college on Feb. 25 was a huge success. Microbrewers from Washington to Detroit were present, and sampled their microbrews. I was amazed to see so many varieties all under one roof. As I was passing the tasting tables, I heard terms like, "its hopiness, stout, oake, evergreen, etc."

This is language that I'm not accustomed to hearing. I'm still in the pairing the right wine with food zone, and now all of a sudden, I think I need to be enrolling in Microbrew 101. I discovered some very interesting things on my micro mission to research information to educate myself and share with you.

## History

Microbrewery is not a new concept. Historians can trace the origin of beer all the way back to the earliest days of civilization. Clay tablets from ancient Mesopotamia, dating back to 4000 B.C. tell about the brewing and consumption of beer.

Archaeologists with the United Nations, unearthing the Queen of Sheba's tomb, discovered beer memorabilia and clay tablets inscribed with information on brewing.

From the book of the Dead, the Egyptian kings show records of beer consumption. Beer may have been the beverage of choice for the architects and builders of the great pyramids. A few thousand years later, an Assyrian tablet from 2000 B.C. records Noah stocking beer aboard the Ark.

It is fabled that Europeans stumbled upon brewing by accident when a clay pot filled with grain from the past season's harvest became soaked and fermented spontaneously with wild yeast organisms to produce the first of Europe's home brews. This low alcohol drink became the drink of choice for many men, women and children.

The first white settlers in North America brought with them both commercial as well as home-brew. Historians theorize that the settlers stopped at Plymouth Rock due to their low supply of beer, which was a staple in the Puritan diet.

By 1887 there were 2,600 brewing companies in the United States, and by 1991 the number had fallen to 1,100.

Dave Morgan of Red Hook Brewery shared some enlightening facts. Five years ago there were only three microbreweries in Michigan. This number has exploded to around 70, including Michigan Brewing, Atwater, and Belle Brewery. On a national level, microbreweries have grown from 50 in 1981 to approximately 1,200 today.

When I posed the question to Dave - why all this microbrew hoopla? Will it last, or is it just a passing fad in the pan? His response was quite eloquent:

"Quality endures," he said. "Connoisseurship is not pretentious or snobbish. It is practiced by people of all types, backgrounds and income levels. A connoisseur is a person with an informed and astute discrimination; someone who appreciates and seeks out the best in any given category. Only a few can be connoisseurs of vintage automobiles; almost anyone can be a connoisseur of beer, bread or coffee."

"Connoisseurs are people who notice the subtle differences in the simple pleasures that make life sweet. It is a tradition that is centuries old, and is common to virtually all cultures."

Please see MICROBREW, B2

## LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- For the Love of Food

## Golden nutrition nuggets

- Serve high calorie snacks on a plate to control the amount you eat, rather than munching on them straight out of the bag.
- Check the vending machine for lower fat snacks such as pretzels. Even though peanuts are quite high in calories and fat, they are more nutritious than chips or a candy bar.
- Include plant-based foods as your main items as often as possible. Peas, beans and lentils can stand in for meat, poultry or eggs. Try lentil or pea soup with a salad and roll, or beans and rice with a chunky salsa for a nutritious meal.
- Read food labels. Look for high percentage of daily value (%DV) numbers of important nutrients like calcium, and low (%DV) numbers on sodium and fat.
- For lower fat chili, tacos or meatloaf, put cooked ground beef in a strainer and rinse briefly with hot water. Drain and use in your recipe. Better yet, try ground turkey instead. Check the label to make sure it is 100 percent turkey and not skin and fillers.
- Use positive self talk. Tell yourself you are in control of your eating, and that you alone decide which foods you'll eat, and how much.
- Move! Add movement to your day and everything you do.
- Use fruit purees such as applesauce or stewed prunes or mashed bananas as a substitute for half the fat or oil in some of your favorite baked goods.
- Slip healthful ingredients into desserts such as bran cereal, whole grain flour or orange juice concentrate to intensify flavors.
- There are many differences in fats. Animal fats contain cholesterol. "Manufactured" fats such as those found in margarine, shortening and butter replacement spreads are saturated, however, most plant oils such as olive oil, contain antioxidants and are other important elements for good health. Regardless of the type, all oils and fats are at the tip of the Food Guide Pyramid, which means they should be used sparingly.
- Save fat calories by eating reduced fat cheese whenever possible.
- Use tub or liquid margarine rather than stick margarine. If you can't give up butter, try a light, whipped version.
- Choose lower fat processed meats such as turkey hot dogs.
- Watch out for hidden sodium in foods such as frozen dinners, pizza and luncheon meats. Restaurant foods also tend to be high in sodium.
- Plan to eat plenty of fruits and vegetables. Keep dried fruits in your car or desk for munching. They are high in calories, but also contain a lot of nutrients. Microwave a sweet potato for a nutritious foundation to a meal. Steam or sauté vegetables such as broccoli, spinach, green beans, asparagus or cauliflower. Add a touch of oil, honey mustard and/or garlic for flavor.
- Switch from empty calorie, heavily sweetened "liquid candy" (soda pop) to low-fat milk or fruit juice.

## Serving Sizes

Learning to judge serving sizes takes a little practice. Since carrying around measuring cups and a scale just isn't practical, here are some visual examples to help you make quick estimates.

- 3 ounces of meat, poultry or fish - Deck of playing cards, cassette tape
- 1 ounce of meat, poultry or fish - Matchbook
- 1 cup of fruit or yogurt - Baseball
- 1/2 cup of chopped vegetables - Three regular ice cubes
- 1 medium potato - Computer mouse
- 1 cup of potatoes, rice or pasta - Size of a fist or a tennis ball
- 1 medium orange or apple - Baseball
- 1 standard bagel - Hockey puck
- 1 cup chopped fresh leafy greens - Four lettuce leaves
- 2 tablespoons peanut butter - Golf ball
- 1 ounce of cheese - Four dice or a tube of lipstick
- 1 slice of cheese - 3.5-inch computer disk
- One-half cup of cooked vegetables equals:
  - 8 asparagus spears
  - 7-8 baby carrots or carrot sticks
  - 1 ear of corn
  - 3 broccoli spears

## Get a glow with a rainbow of fruits and vegetables

BY PEGGY MARTINELLI-EVERTS  
SPECIAL WRITER

If we could make one wish under the rainbow many of us would wish for a lifetime of good health. The good news is that it is easy to eat healthy and to make small changes that can result in big differences in your health.

The bad news is that some of you will stop reading this article right now and not learn all the simple and exciting ways to eat smarter and live healthier.

March is National Nutrition Month and making nutrition "come alive" requires a commitment on your part to make healthy choices that fit your lifestyle. Whether you want to lose weight, control diabetes or blood pressure, or generally improve your health, you should know that there is no one magic food or fix. Healthy eating involves a realistic approach of making small changes over time in your food choices.

Don't worry about just one meal or one day. Evaluate your food choices over several days. Try not to think of food as "good" or "bad." Food is not the enemy; it's not about feeling guilty or deprived. Depending on your nutrition goals, you can probably eat and enjoy most foods if you eat sensibly and don't over do it. Be adventurous and expand your tastes to enjoy a variety of foods. There are dozens of ways you can improve your health with food selections.

In 1997, the American Institute for Cancer Research and the World Cancer Research Fund published the report "Food, Nutrition, and the Prevention of Cancer: A Global Perspective." The report suggests dietary changes could reduce cancer incidence worldwide by 30 to 40 percent a year. The report is unique in that it reviewed over 4,600 scientific studies from around the world. The findings of the study are consistent with other recommendations to prevent heart disease and other diseases.

So how can we change our diets to reduce the risk of cancer and heart disease? Eating all the colors of the rainbow can help make our wish for good health a reality.

Eat fruits and vegetables in a variety of colors and shapes every day to add eye appeal, fiber, nutrients, and phytochemicals to your diet.

Choose predominantly plant-based meals, rich in a variety of vegetables, fruits, legumes, and minimally processed, starchy staple foods such as rice and potatoes. Plant-based foods provide fiber, vitamins, minerals, phytochemicals and antioxidants. By varying the colors of your fruits and vegetables you will be getting a good variety of these nutrients.

The next time you go to the supermarket, think about eating the rainbow. Spend most of your time in the produce section, choosing fruits and vegetables from the color spectrum. Remember, wishing alone can't make good health happen. Enjoy the wonderful bounty our good earth provides for a healthy, balanced diet.

Peggy Martinelli-Everts of Clarkston, is a registered dietitian and director of clinical operations for IDS Services, a Farmington Hills-based food service and hospitality management company. Look for her story on the second Sunday of the month in Taste.

See recipe inside.



## A few changes makes mother's lasagna lower in fat

MURIEL Q. WAGNER

REGISTERED  
DIETITIAN

you about your food intake, guide a mock supermarket tour and help you modify your favorite recipes.

You'll be able to talk to the winners of our Main Dish Salad Recipe Contest winners, and see their winning salads. We've got prizes, balloons and lots of free recipes and pamphlets. But most important, I'll be there to meet and talk with you in person. Will I see you there?

Today, I'm sharing an "Eating Younger" version of a recipe that has fond memories for me. You see, my mother wasn't Italian, but you couldn't tell by her lasagna. Many meals were graced by her casserole of noodle, high

fat cheese and her homemade meat sauce.

My fat loving taste buds adored her lasagna, but I changed the recipe.

Why? Because I didn't want my weight or cholesterol numbers to match hers. But, not to worry. The fat, cholesterol and calories may be lower, but the flavor is still there, helped by freshly grated Parmesan cheese and a zesty ready-prepared tomato sauce.

I exchanged the lasagna noodles for jumbo-sized macaroni shells. They make a pretty presentation and, it's easier to freeze leftovers in portion sizes. The cheeses are non-fat ricotta, mozzarella and Parmesan. The Parmesan cheese is not a low fat cheese, but since 3 tablespoons weigh in at less than an ounce, the aroma and flavor that it adds makes it a taste treat bargain. I like to grate my own cheese. I find that the cheese in those cardboard boxes has lost most of its character by the time I'm ready to use it.

To reduce preparation time, I use a ready prepared spaghetti sauce. If you want to "beef it up," add a little top round beef that you've had trimmed and ground once. Of course you'll cook it well done before you add it to the sauce.

## STUFFED SHELL FLORENTINE

- 12 Jumbo Macaroni Shells
- 1 pound non-fat ricotta cheese
- 1 (10 ounce) package frozen chopped, spinach, defrosted, drained and squeezed dry
- 1/4 teaspoon lemon peel, grated
- 1 tablespoon fresh lemon juice
- 1 tablespoon Fleischmann's Fat-Free Spread
- 1/2 cup onion, chopped and sautéed until softened
- 2 cloves garlic, minced and sautéed until softened
- 1 egg, plus 2 egg whites, slightly beaten
- 1/2 cup non-fat mozzarella cheese, shredded
- 3 tablespoons grated Parmesan cheese
- 1 (32 ounce) jar low-fat prepared spaghetti sauce (2 grams fat per serving or less)
- Freshly ground pepper to taste

Gradually add shells to 3 quarts rapidly boiling water so that water continues to boil. I like to add a teaspoon of olive oil so that the shells don't stick together. Cook uncovered, stirring occasionally,

until tender. Drain in colander.

While the shells are cooking, make the filling by combining the ricotta cheese, spinach, lemon peel, lemon juice, Fleischmann's Fat-Free Spread, onion, garlic, egg, mozzarella and Parmesan cheese.

In a 13- by 9-inch casserole sprayed with nonstick spray, place 3/4 of the spaghetti sauce (mixed with optional ground beef).

Stuff cooked shells with cheese mixture. Arrange stuffed shells on top of sauce. Cover with foil. Bake at 350° F for 35-40 minutes. Before serving, heat remaining spaghetti sauce and pour over shells. Serves 6.

**Nutrition facts per serving:** 2 shells, Calories 262; Fat 2.2g; Saturated Fat 0.4g; Cholesterol 30mg; Sodium 583mg.

**Food exchanges** - 1 bread; 1 lean meat; 1 vegetable; 1 milk.  
Muriel Q. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter filled with recipes and nutrition tips. To subscribe, send a check or money order for \$13.50 to Eating Younger, P.O. Box 69021, Pleasant Ridge, MI 48069.