

## 2 UNIQUE



KELLI LEWTON

## Fresh baked bread will warm your hearth

Bread is becoming one of our most interesting and enjoyable "stuffs of life." We've come a long way from white sliced bread. Think of all the possibilities—rosemary, focaccia, potato onion, chocolate cherry, tomato basil, garlic Parmesan, rustic peasant and sourdough are just a few types of bread available today.

Since the start of my culinary training, great importance has been placed on bread. The first "food impression" typically interpreted by restaurateurs and clients is the bread basket. Bread has separated its role as a tool to soak up leftover juices or a filler to become a celebrated main feature at most meals.

### Commercialization

As we started the 19th century and the Industrial Revolution, Americans took the bakery concept one commercial step further by mass producing bread for national distribution. This mass produced bread was featherly light, generally flavorless and less nutritious than home or bakery style bread. With mass production and women joining the work place, "gummy white" was what most of us grew up on. With all the changes that started in the 1970s "grass roots" movement, one of the leaders in the pack of change was grains. People were hungry for breads that fortified them with whole grains. They wanted breads with interesting shapes, colors, textures and ingredients.

When the third edition of U.S. dietary guidelines was released in 1990 by the U.S. Department of Agriculture, Americans were advised to eat 6-11 daily servings of bread and grains. The guidelines were modified in response to the increasing evidence that complex carbohydrates, such as the those found in bread, may reduce the risk of certain cancers, heart disease and obesity. These carbs are generally low in fat and a good source of nutrients. The United States Commerce Department estimates that annual per capita bread consumption will be 60 pounds by the millennium.

### History

Bread enjoys one of the longest, most interesting histories of any food. The history of bread is older than recorded history of mankind and parallels the development of human history. Archeologists trace the origin of bread to a primitive, gluey dough of water and wild cereal grains that was beaten between rocks to crack their husks, then shaped into flat cakes and cooked by wandering hunters on stones heated in open flames. In time, the nomadic peoples of the Middle East learned to cultivate local grains. Many of the leavened breads of the past live in a similar form today in most Middle Eastern countries.

Between 4,000 and 5,000 B.C., Egyptians were credited with the first leavened bread. Hieroglyphics in the pyramids show the importance of harvesting grain and bread making. These pictorial histories also show that grain and bread were considered sacred gifts from the gods and used as ceremonial offerings. Bread is mentioned in numerous biblical quotes.

Egyptians are also the inventors of the first bread oven which resembled two beehive cones with two levels inside. Bread was so significant, that their administrative systems were based on it. Wealth was measured by numbers of bread and wages were paid in part with bread (perhaps this was the start of our slang term "loaf" meaning money).

The Greeks took the process a step further using millstones for grinding as well as bread ovens that technically resemble what we use today. The Romans later refined technology for

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## LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Satisfying stews

# Perfect cold weather food chases away winter chills

By PEGGY MARTINELLI-EVERTS  
SPECIAL WRITER

Winter in Michigan is a true wonderland—pine trees blanketed in snow, frozen lakes for skating, and hills and meadows perfect for cross-country skiing. There's something special about spending a day outside in the snow, whether it's skiing, tobogganing or skating—and then coming in for a hearty meal.

Soups, stews and meatloaf with mashed potatoes, just seem to satisfy appetites when it's cold outside. However, I may be an exception to the norm when it comes to cold weather comfort food. I just returned from a business trip to Marquette, where winter is certainly more severe than it is here. Returning to my hotel room after working all day, I craved a crunchy, crispy salad. My point is that we crave the foods we enjoy and I believe we should eat what we like.

For many, our New Year's resolution is to improve our diet and lose weight. Cold weather can make this more challenging because hearty foods, and heavy foods

that tend to be comforting, may also be higher in calories. As with other times of the year, eating wells means eating wisely.

The truth is that no foods are "good" or "bad" for you; it's your total diet that counts. Healthy eating does not mean you have to "give up" your favorite foods. It is about balance, variety and moderation.

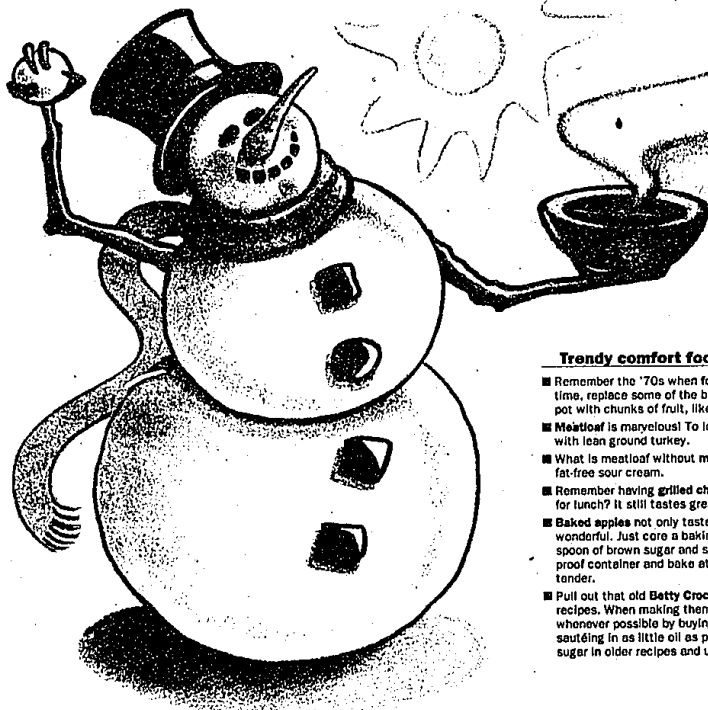
Just like good eating habits, adding some regular physical activity can add immeasurable quality to your life. Exercise for the health of it and not just to lose weight. Get some fresh air and sunlight. It will not only help you physically, but improve your frame of mind as well. Choose relaxing, fun, activities and be consistent. Exercise regularly. Remember

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### Dietary guidelines

- Eat a variety of foods.
- Maintain a healthy weight.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet with plenty of vegetables, fruits and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

Source: U.S. Dept. of Agriculture, U.S. Dept. Health & Human Services



### Trendy comfort food with roots in the '70s

- Remember the '70s when fondue was hot? Well, it is again. This time, replace some of the bread that you dip in the warm cheese pot with chunks of fruit, like apples and pears.
- Meatloaf is marvelous! To lower the fat use ground sirloin mixed with lean ground turkey.
- What is meatloaf without mashed potatoes? Make yours with fat-free sour cream.
- Remember having grilled cheese sandwiches and tomato soup for lunch? It still tastes great!
- Baked apples not only taste good, they make your kitchen smell wonderful. Just core a baking apple, sprinkle it with a tablespoon of brown sugar and some cinnamon, place in an oven-proof container and bake at 350°F. for about 15 minutes, or until tender.
- Pull out that old Betty Crocker cookbook or your old favorite recipes. When making them today, just try to reduce the fat whenever possible by buying lean meat, trimming fat and sautéing in as little oil as possible. Try reducing the salt and sugar in older recipes and use low fat or non-fat dairy products.

### SUPER BOWL CHILI

- 1/2 pound top round of beef, trimmed and ground once
- 1/2 pound ground turkey breast
- 1 tablespoon chili powder
- One (16-ounce) can black beans, drained
- 3/4 cup mild salsa
- 2 plum tomatoes, seeded and chopped
- 1 cup Healthy Choice shredded Cheddar cheese
- 1/4 cup sliced pitted ripe olives
- 1 avocado, peeled, pitted and diced (optional)

Mix beef, turkey and chili powder. Brown mixture over medium heat in a non-stick skillet, stirring to separate. Cook meat mixture until well done. Pour off any fat (there should be little or none). Add beans, tomatoes, salsa and olives. Heat to serving temperature.

Place in individual bowls or one large serving dish. Garnish with cheese and avocado. Serve with fat-free tortilla chips or warmed flour tortillas.

**Nutrition facts per serving:** 211 calories, 28 grams fat, 0.7 grams saturated fat, 45 milligrams cholesterol, 563 milligrams sodium. **Food exchanges:** 3 lean meat, 2 starches

## Score a touchdown with Super Bowl Chili

### MAIN DISH MIRACLE



MURIEL WAGNER

What's a better winter warmer-upper than a bowl of chili, especially when it takes 15 minutes or less to prepare?

This chili has a dual personality. It can also be served as a dip with store-bought baked low-fat corn chips or flour tortilla triangles that you bake yourself—that makes it perfect for Super Bowl entertaining or a family TV night supper.

Get out of the kitchen early by spooning the chili into a Crock-Pot or casserole dish that you can keep warm. Even though this chili is reduced in fat and saturated fat, no one will guess, trust me. The seasonings will take care of that. You can even turn up the heat a notch by choosing a hotter salsa.

I've reduced the fat and saturated fat by mixing the beef with turkey ground turkey breast of course. Usually I'm not into reducing fat in a recipe by substituting ground turkey breast for meat. My meat-loving taste buds

tell me it's not the same. But this recipe has enough seasonings to carry the flavor. Be sure to get ground turkey breast. Regular ground turkey can be a high-fat item because it's made from light and dark meat and skin.

The ground top round of beef in my recipe is the lowest in fat of all the ready ground meats. It's even lower in fat than the ground meat labeled "extra lean." Using this cut of beef and the turkey also makes it possible to keep the saturated fat low even though I've used a cheese with a slightly higher fat content for its better melting qualities.

Yes, the diced avocado and ripe olives that garnish my chili are high in fat, but it's the friendly sort—monounsaturated rather than saturated fat. Even so, the portions need to be small to control the calories.

I like the Hass avocado, which is purplish black with a rough skin. Ripe avocados are hard to find. Pick an avocado that is heavy for its size with no soft spots. It should give slightly when gently pressed. It will take about 2 to 3 days to ripen in a closed paper bag.

After it's peeled, you may want to sprinkle the avocado with a little lemon juice to prevent darkening.

When I eat chili I love corn muffins. As you know, I'm a lazy cook so I converted a corn muffin mix into an Eating Younger special. Gold Medal Corn Muffin Mix has one gram of fat per muffin in the unprepared mix. By substituting evaporated skim milk, egg whites and Fleischman's 6-calorie Fat Free Spread for the suggested whole milk, margarine and egg, I kept the fat down to the level listed for the unprepared mix. I add 3/4 cup of drained, whole kernel corn for the crunchiness and moistness. Follow the package instructions for baking but be sure not to over-bake.

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.