

MONDAY, JANUARY 11, 1993

## TASTE

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## TASTE BUDS



CHEF LARRY JONES

Spread it around,  
peanut butter's good

Some people are just plain nuts about peanut butter. It's every mother's mainstay as a kid's sandwich filling. Peanut butter will combine with jelly, honey or other accents. It has also been a long-popular ingredient in the cooking of several cultures.

Peanut butter is an age-old food of choice. It originated in the 15th century in Africa where ground nuts were pulverized to use in a spicy chicken and tomato stew. For centuries, the Chinese have crushed peanuts into a creamy sauce for noodles.

Indonesian cooks combine ground peanuts with chilies and coconut milk to make a spicy dipping sauce for skewered meats.

## American introduction

But as far as Americans are concerned, peanut butter came into existence in 1890. An anonymous physician in St. Louis Mo., persuaded the owner of a food products company to process and package ground peanut paste as a nutritious substitute for meat.

At about the same time, Dr. John Kellogg of Battle Creek began experimenting with peanuts as a vegetarian source of protein for his patients. Soon, his brother, W.K. Kellogg, established a company that supplied the new food to grocery stores.

Their concoction never took hold, probably because they steamed the peanuts, and the resulting mixture was pasty rather than creamy.

The first spin on peanut butter was a creamier version created by Joseph Rosefield of Alameda, Calif. in 1922. Rosefield churned peanuts to make peanut butter. One of the first big businesses to adopt this process was Swift & Co., a meat packing company in Chicago. It was marketed as E.K. Pond peanut butter until 1928 when the name was changed to Peter Pan.

A few years later, Rosefield began producing chunky peanut butter under the Skipper label simply by adding chopped peanuts at the end of the churn cycle.

It takes about 548 in-shell peanuts to make a 12 ounce jar of peanut butter. Not bad when you consider that an acre of peanuts can make 30,000 peanut butter sandwiches, and half the peanuts harvested in the United States will cover the bottom of the Grand Canyon.

## Food bargain

For the money, peanut butter has always been a great food bargain at about 7.5 cents a tablespoon. Rich in protein, to serve as an adequate meat substitute, peanut butter should be paired with grains and/or legumes.

The good news is that peanut butter is cholesterol-free because of its vegetable origin, but the bad news is that only two tablespoons of the smooth stuff packs a whopping 16.4 grams of fat which means it gets almost 75 percent of its calories from fat.

Two tablespoons of creamy peanut butter add up to 190 calories, 9.2 grams of protein, 4 grams of carbohydrates, 220 milligrams of potassium, 100 milligrams of sodium (salted varieties), or 5 milligrams sodium (unsalted varieties).

Convenience does have its benefits. Virtually every grocery and convenience store in town stocks an amazing array of peanut butters from creamy to super chunky to natural.

## Natural varieties

The "natural" varieties do not contain the stabilizer (hydrogenated vegetable oil) that keeps the butter from separating. Users have to stir in the oil slick that naturally forms on the top. Yours truly tried to forgo this step recently and found that the resulting mass was gritty. For spreadability, you're better off to stir.

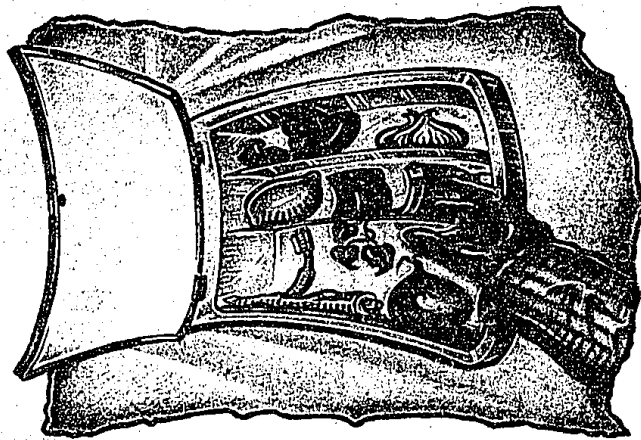
## Peanut butter cookbook

Peanut butter lovers can get 143 ways to celebrate their favorite food by sending for "The Official Peanut Butter Lovers' Centennial Cookbook." Recipes in 12 categories are presented in the 100-page book, available by sending \$8 to the Peanut Advisory Board, Centennial Cookbook, P.O. Box 7028, Tifton, Ga. 31793.

The spiral-bound, softcover book was issued in 1990, the 100th birthday of the historical food. It also contains information, color photographs and serving suggestions.

If your tastes go a bit beyond Elvis' old favorite of peanut butter and banana sandwiches, just about any cookbook will feature scores of recipes that use this tasty protein substitute.

See Larry Jones' family-tested recipes inside. To leave a message for Chef Larry, dial 953-2047 on a touch-tone phone, then mailbox number 1888.



## FOODS THAT CURE WHAT AILS YOU

BY JOAN BORAN SPECIAL WRITER

■ Here's a prescription for good health. Eat more fresh fruits, vegetables, and grains. You'll feel better, and have more energy.



Once upon a time, there was a woman who went on a diet. Many were the tales of her noble sacrifices and heroic consumption of carrot sticks. But, like other heroines in other legends, the lady had a secret, darling, wife.

Taped to the under-side of the toilet tank was a plastic bag of Oreos (with extra frosting). By the light of the moon she would creep out of bed, lock the bathroom door, and stuff herself. Then, since she was already guilt-ridden, she went back to bed without flossing.

One January, they say, she threw away her roll of tape and vowed to eat feel-good foods that are good, and live happily ever after. And so do we all. Listen to the experts:

"Oriental vegetables for stir-frying, such as napa cabbage and bok choy, are much in demand in January," said Joe Mirana, Jr., co-owner of Joe's Produce, in Livonia. "People push toward a healthier diet after the holidays. They tell us they've made resolutions to lose weight, or just to eat more fresh fruits and vegetables, because they know they'll feel better if they do."

"Citrus fruit is at its best in the winter months, and sells briskly because it's fresh and juicy, because the price is right, and because our customers are aware that grapefruit and oranges provide vitamin C and fiber."

Not only are people interested in

buying healthier foods, they want to learn more about cooking it too. "Even if a class isn't specifically focused on nutrition, we try to include hints on how to eat well and cut down on fats," said Kitchen Glamour owner, Toula Petzalla.

Nutritionist Kay Huberty is teaching a class, "Recipes for Health," at each of the four Kitchen Glamour stores. Classes are scheduled: 7 p.m. Tuesday, Jan. 26, Novi store; 1 p.m. Wednesday, Jan. 27, Redford store; 7 p.m. Thursday, Jan. 28, West Bloomfield store; and 7 p.m. Friday, Jan. 29,

Rochester store. There is a \$3 fee, for more information, call 537-1300.

What, you're wondering, is a nutritionist? "A nutritionist structures a program to fit a life. After all, if I'm working on a stomach or a colon, the organs doesn't arrive by UPS — the whole person is involved. The goals established for an individual are impossible to reach without exercise and a positive mental attitude. Diet is vitally important, but it's a part of the whole program," said Huberty.

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## REMEDIES TO NURSE YOUR COLD

"How come they can put a man on the moon but they can't find a cure for the common cold?" The answer is — Because there's only one man and over 200 viruses that can cause colds.

In her new book, "Cold Spaghetti at Midnight: Feel-good foods to nurse your cold, soothe your aches, ward off disease and even ease the pain of a broken heart," (William Morrow & Co., \$19) author Maggie Waldron lists some of the folk remedies that mankind has devised over the years to cure a cold. Here are a few:

- It was de rigeur in 14th century France to dangle a pouch of garlic from a string around the neck. The garlic pendant repelled vampires and protected the wearer from colds, flu and the plague.
- Perhaps the reason birds neither sneeze nor cough is that they always sleep with their heads tucked under their aerated wings. Therefore, wear a muffler.
- To clear the sinuses, cut an onion in half and set on either side of your pillow so you can inhale the fumes.
- For congestion, place a poultice of fried onions on your chest.
- Cayenne pepper tea and foods spiced with pepper cause your mucous membranes to weep, thereby making it easier to blow your nose.
- The legendary English physician Sir William Osler once declared, "There is just one way to treat a cold and that is with contempt." He followed his advice with a simple and effective prescription — bed rest, no food and a good book to read.

## FEEL GOOD FOODS

Sandra Johns, manager of The Good Food Company, West, a natural foods supermarket in Livonia, knows exactly what feel-good foods are. "Good-for-you foods are feel-good foods, because if you eat them regularly, you feel good," she said.

"Many people want to return to a healthier life style, in January and in other months as well, but some people think the process is complex and don't know how to start. 'If you just can't give up those nocturnal forays' to the toilet tank for cookies, don't despair. Johns has three simple suggestions to help you make some healthy changes."

- Increase the amount of grains and legumes in your diet. Brown rice, barley, and dried beans are rich in fiber and nutrients and will make it easy to reduce your meat intake.
- Increase the amount of fiber-rich vegetables, such as cabbage, broccoli, and Brussels sprouts. In salads, use darker greens, such as leaf lettuce or romaine, rather than iceberg, which is mostly water and lower in nutrients and in fiber.
- Exercise, think good thoughts and help the less fortunate. In practically no time, you'll be a healthier, happier, person.

## Slimmer dinner lean on fat



BETSY BRETHEN

It's a new year, how about a new body? After all, it's out with the old and in with the new, isn't that how the old saw goes?

Just in case you are thinking along slimmer lines, this week's Winner Dinner, submitted by Kathy Sattio of Garden City, is low in fat and calories, and

high in taste and nutrition.

Included in her menu are recipes for a marinated chicken dish and a potato casserole that actually tastes better when made a day ahead. Lemon broccoli, and a fruit salad made by cutting up, and combining seasonal fruits completes the menu.

With dinner practically made, you will have some free time the next day to take a walk, exercise or dive into that new bag of Oreos . . . just kidding.

The mother of three grown children, Sattio is a registered nurse, and has worked in many local hospitals. She is a rehabilitation supervisor at Metro Home Health Care Services in Dearborn, and co-owner of Total Change, a weight care clinic in Westland where she works part time.

Over the years, Sattio has drastically



JIM JACOBSEN/STAFF PHOTOGRAPHER

**Winner Dinner:** Kathy Sattio presents a winning dinner combination that's low in fat and calories, and high in taste and nutrition.

cally changed her cooking style by carefully monitoring fat consumption and cutting back on red meat, creamy soups, sauces and casseroles.

See SLIMMER, 2B

OBSERVER &amp; ECCENTRIC

## Winner Dinner Recipes

CHEESY MASHED  
POTATO CASSEROLE

8 medium potatoes, peeled and quartered  
8 ounces fat-free cream cheese  
¾ cup fat-free cottage cheese, whipped  
½ cup non-fat plain yogurt  
Dash of garlic powder  
Dash of salt and pepper  
1 green onion, chopped  
cheese sprinkles

Place the potatoes in a pot of cold, salted water. Boil until fork-tender. While the potatoes are cooking, place the cottage cheese in a large bowl and mix until smooth with a hand-held mixer. When the potatoes are tender, add them to the bowl along with the rest of the ingredients, except for the cheese sprinkles. Mix well. Spray a 9- by 13-inch baking dish with non-stick cooking spray and pour the potato mixture in, spreading it so that it is evenly distributed throughout the dish. Sprinkle cheese sprinkles over the top. Bake at 350 degrees for 1 hour.

## LEMON BROCCOLI

Fresh broccoli, washed and trimmed  
Juice of ½ lemon  
Steam desired amount of broccoli in a small amount of water. Avoid overcooking. Place in a serving dish and sprinkle lightly with freshly squeezed lemon juice.

## MARINATED CHICKEN BREASTS

8 small chicken breasts, skinned and boned

Marinade:

16 ounces pineapple juice  
½ small Bermuda onion, sliced  
½ cup light soy sauce  
½ cup time juice

In a small bowl, combine the marinade ingredients and stir to mix well. Place the chicken breasts in a baking dish and pour the marinade over the meat. Cover dish with plastic wrap, refrigerate and allow to marinate for 24 hours. Grill or broil in the traditional manner until the meat is cooked through. Serves 4-6.