## Shake from page 1B

in conjunction with good eating and exercise habits.

and exercise habits.

"The best way to control high blood pressure is to avoid it in the first place," and Debra Finkelstein of West Bloomfield, a registered dietitian who was recently named Dietitian who was recently named Dietitian of the Year by the Michigan Dietetics Association. "The way to do that is to lower the amount of sodium in one's diet."

It sounds simple enough, but the fact is that as salt-loving Americans, we consume 10 to 15 times more sodium per day than

the 3,000 mg the American Heart the 3,000 mg the American reart Association deems acceptable. Be-sides the sodium which occurs naturally in food, we are a popula-tion with a penchant for fast and processed foods and hands which reach almost reflexively for the salt shaker when we sit down to

salt shaker when we at uown umeals.

Why do we love salt so much?
"It's an acquired taste." sald
Finkelstein who works at the
Works at the Centre in Farmington Hills.
"Working mons, for example, depend on such childhood staples as
macaroni and cheese, processed

cheese and meats, fast foods, without realizing how alarmingly high in sodium these foods are."

Kids learn to love salt enrly and continue to seek that flavor as they get older. It is a problem, however, that can be remedied quite easily.

"Cut back on salt gradually and learn to use other natural flavor enhancers like herb mixtures and lemon juice," said Finkelstein. ennancers like, ero mixtures and lemon juice," said Finkelstein. "The truth is cutting back on salt let's you experience the natural flavors of food." Also, the American Heart Asso-

ciation recommends losing weight. Typically an elevated blood pressure comes down sig-nificantly when a person loses weight.

Although people think of the salt shaker as the main culprit in high blood pressure, the fact is that processed foods pose an even greater sited! eater pitfall.

"Canned vegetables and soups, processed cheese, things we typically think of as healthy are in fact laden with salt," said Dr. Muriel Wagner, a registered dietitian with a Southfield practice.

"Even frozen vegetables are pack-aged with added salt,"

Salt is inexpensive, freezes well and gives people a taste they like so manufacturers use it. It is therefore up to the consumer to be wary and read labels.

"Stay away from foods which list more than 140 mg of sodium per serving on the food label," said Wagner. There are so many wonderful low sodium alterna-tives on the market today that lowering one's sodium doesn't have to make a person feel com-promised.

For example Wagner brings along a bottle of low sodium soy sauce when she goes out for Chinese food. "I sak the cook to prepare my meal with it. There really are simple solutions if you plan shead," she says.

Finally, every diet needs to in-corporate a wide variety of tasty and healthful foods. Low salt doesn't meal low tasts. In fact, with a little creativity, those with high blood pressure can learn to eliminate salt and still est a diet that is rich in flavor and nutri-tion.

# Low-fat, low cholesterol dishes full of flavor

See related story — "Shake Salt Habit," on Taste front. Recipes are from temperature of the Chalester-sociation Low-Fat, Low Chalester-ol Cookbook."

#### HERB SEASONING

- HERB SEASONNA

  ½ taspoon cayenne pepper
  tablespoon garile powder
  1 teaspoon dried basil
  teaspoon dried parsley
  1 teaspoon dried parsley
  1 teaspoon dried savory
  1 teaspoon mace
  1 teaspoon mace
  1 teaspoon onlon powder
  1 teaspoon fresly ground pepper
- 1 teaspoon powdered sage

Mix ingredients gently. Store in an airtight container in a cool, dry place for up to six months. Use sea-soning in casseroles, atews or fresh vegetable dishes.

#### LEMON HERB SEASONING

- 4½ tablespoons dried basil 3¾ tablespoons dried oregano espoons powdered black peppe
- 11/2 tablespoons granulated
- 11/2 tablespoons whole celery
- 1¼ tablespoons powdered
- 1/2 teaspoon granulated garlic

1/2 teaspoon lemon rind, grated (optional)

Combine all ingredients in medi-um bowl. Toss gently with spoon until well blended. Store in an airtight container in a cool, dry, dark place for up to six months.

Use this mix with fish, chicken or

CHICKEN WITH MUSTARD AND HERBS

4 boneless chicken breasts, about 4 ounces each skinned, all visible fat re-

1 tablespoon herb seasoning 1 teaspoon lemon pepper sea-

I teaspoon vegetable oil ¼ cup spley brown mustard Preheat own to 350 degrees F. Place chicken breasts in a baking pan. Mix remaining ingredients to-specther to make a pasta. Thickly and evenly spread it over the top of each chicken breast. Bake 20 minutes, or instead of the present the special con-tings until meat has turned white. just until mest has turned white throughout. Serves 4. Recipe contains 174 calories, 235 mg. sodium.

### SUMMER PASTA SALAD

11/2 cups broccoll florets 12 cup sliced carrots 3 cups cooked pasta spirals 1 1/2 cups sliced zucchini % cup plain non-fat yogurt

¼ cup cider vinegar

cheese 2 tablespoons mayonnaise 2 tablespoons mayonnaise 1/2 teaspoon garlic powder 1/2 teaspoon freshly ground pepper

Cook pasta omitting sait. Drain, rinse under cold water and set aside. In small bowl mix yogurt, vinegar, Parmesan cheese, mayon-naise and easonings. Set aside. In a large bowl combine pasta, yogurt mixture and vegetables. Mix well. Chill thoroughly and serve cold. Serves dold. Serves dold.

Recipe contains 269 calories, 138 ms. sodium

### Quick tips

Here are some quick tips om the American Heart Asso-

- Make use of herbs and spices instead of salt.
- spices instead of sait.

  Salt can be reduced or climinated unless the recipe calls for yeast.

for yeast.

We educed or no salt varieties of canned soups, vegetables and other processed foods.
Do not add salt to boiling water when cooking pasta, rice, vegetables and cereals.
Use onion and garlic flakes or powder in lieu of onion and garlic flakes.
Drain and rinse canned tune, sardines and salmon

### Chef Larry shares some of momma's favorite recipes

See Larry Jane's column Taste wis on Taste front.

MOMMA'S BISCUITS

1 34 cups all purpose flour 2 teaspoons double acting

Working

from page  $m{1B}$ one from Poland, and the other from Italy, for teaching her how to cook many diffrent ethnic

dishes.

Even though Italian was spoken to her since a very early age, she has been formally studying language for four years at Oakland Community College. She is hoping to go to Italy someday to meet and visit her many aunts and unclea who live there.

Gallizzi continues to support her alma mater, St. Joseph's College in Collegeville, Ind. by organizing fund-raising dinners and soliciting dona-tions from alumni as well as other sources.

Thank you Kathy Gallizzi for sharing your recipes with us and congratulations on being a Winner Dinner.

baking powder teaspoon sugar

1/2 teaspoon baking soda 1/4 cup lard or 5 tablespoons

¾ cup butternilk or sour milk

Combine all the dry ingredients

and sift. Cut in lard or butter until crumbly. Add buttermilk and stir just to mix. Do not overmix.

Turn the dough onto a floured oard and knead for 1 minute. Cut into circles and place on an un-greased baking sheet. Place in a

# Momma's Homemade Potato Dumplings

11/2 pounds potatoes, boiled and peeled and cooled 1/2 cup fresh breadcrumbs 2 eggs, beaten

2 tablespoons milk 2 tablespoons finely minced

onion

4 cup flour
1 tablespoon chopped fresh or dried parsley salt and pepper to taste

Grate potatoes on one of those four sided graters. Add remaining ingredients and mix well. Taste for

salt and pepper. Form into walnut sized balls and drop into simmering stew, soup or broth

Cover and cook gently for 15 min-utes. Makes about 24.

# THE BEST CHOCOLATE CHIP COOKIES

2 cups butter 2 cups white granulated sugar 2 cups dark brown sugar

2 teaspoons vanilla extract

4 cups flour 5 cups oatmeal (blended to a

fine powder) teaspoon salt

2 teaspoons baking powder

1 - 8-ounce Hershay bar

3 cups chopped nuts

Mix together the butter with both the sugars until creamy. Add eggs and vanilla and blend well. Mix flour with eatmeal powder, selt, baking powder and baking soda. Mix well. Combine both mixtures and mix well. Sit in chocolate chips, grated chocolate and nuts. Roll into balls and place 2-inches apart on a baking sheet. Bake for 10 minutes at 376 degrees F. Makes about 10 dozen, depending on the size. Recipe can be halved.

# Pineapple biscuits tasty dessert, snack

AP — You can't top these quick-and-easy biscuits, because they top themselved A glistonling pineapple glaze forms during baking, just like on an upside-down cake. Because you start with refrigerated biscuits, you only need one baking dish.

In it, you can heat the glaze in your microwave oven, then bake the biscuits in your conventional oven. Serve them warm for breakfast, brunch, dessert, or a coffee-fast, brunch, dessert, or a coffee-

fast, brunch, dessert, or a coffee-

## PINEAPPLE UPSIDE-DOWN BISCUITS

2 tablespoons margarine or

¼ cup packed brown sugar cup packed brown sugar tablespoon light com syrup teaspoon ground cinnamon 4-ounce can pineapple slices, drained, or 13½-

ounce can pineapple tidbits, drained 1 package (10) refrigerated

biscuits
In an 8 by 19-1-inch round microwave-safe baking dieh, cook margarine or butter, uncovered, on 100
percent power (high) for 40 to 50
seconds or until melted. Add brown
sugar, corn syrup and cinnemon;
sitr until sugar is dissolved.
Arrange drained pineapple silces
or tidbits in the dish. Separate biscutter stranger in a single layer ston-

or tidbits in the dish. Separate bis-cuits; arrange in a single layer atop pincapple. Bake in a 600-degree F ovenfor 18 to 20 minutes or until biscuits are golden brown. Carefully invert onto a serving plate. Serve warm. Makea 5 servings. Nutrition information per serving: 221 cal., 7 g fat, 0 mg chal., 2 g pro., 41 g carbo., 0 g fber, 420 mg sodium. RDA: 10 percent iron, 16 percent thiomine.



# ITALIAN BREAD

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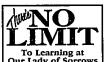
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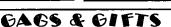
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