

2 UNIQUE



KELLI LEWTON

Greek islands offer simply delightful food

I've just returned from a wonderful vacation with my twin sister, Karen, in Greece. During our 14 day adventure we managed to take in much of what Athens, and many of the Cyclades Islands, had to offer. Every new territory we embarked on was rich in culture, history and food.

There was fabulous food to be found everywhere, which helps account for my seven pound weight gain. What distinguishes Greek cuisine from others is fresh ingredients, judicious use of herbs and philosophy, their philosophy concerning matters of eating, drinking and sharing meals, and the country itself.

Natural foods

Due to the warm climate, produce is grown in a natural, organic fashion in Greece. For the most part, the animals are free range. I was amazed at all the goats and lambs that were roaming freely in pastures rich in herbs. This would support the flavorful taste of their meats. I've never eaten lamb so flavorful or tender, and seafood from the Mediterranean is a treat.

After spending the majority of my trip island hopping in the Aegean Sea, I was amazed at how crystal clear the water was at every port of call. There probably are large fisheries, but the only ones I saw were small family, one boat operations, which reminded me of old movies from my youth. Santorini, also known as Thera, now reinstated as its official name, is the largest fragment of a volcanic archipelago made up of the old broken remnants of the most massive caldera on Earth. This is often thought by many to be the origin of the Atlantis legend.

Visiting Oia

The view from of the glass-like Aegean Sea was breathtaking, and the people were very friendly. We spent our last night in Santorini roaming the very quaint village of Oia. On our stroll, we happened upon a dazzling jewelry store, Oro, which means gold in Spanish. The owner, Alexander, and his wife Martha, his wife Martha, his wife Martha, were so hospitable. They offered us some famous Santorini wine, and explained the history of their town. Ironically, Martha was Mexican, and grew up in the same small suburb as my sister's husband, Xico.

At Alexander's suggestion, we stopped at a local taverna called S'Aggo Santorini - "I love you Santorini." After our 10 minute walk, we entered the charming cottage like tavern. We were seated by Marco, our German host, who would later be our server. There were no menus. The only bound papers in the taverna were wonderful thick books filled by patrons from around the world who shared feelings about their evening at S'Aggo Santorini.

Marco told us he was the menu and told us what fresh foods were available. We told him things we liked, and fresh grilled lamb, octopus, tomatoes and feta cheese, and asked him to be the captain of our ship.

Sharing a meal

As food started arriving, so did our new friends from the jewelry store, and I think there were seven or eight of them. We joined tables and shared some of the most amazing food, wine and spirits I'd encountered in my travels through Greece.

We had lamb, rubbed delicately with herbs, olive oil and garlic, and roasted to perfection over amber coals in the courtyard of the restaurant.

The tomatoes were very flavorful, and the housemade sausages and feta cheese left me speechless. I'm sure the rustic breads we broke were made by someone's grandmother.

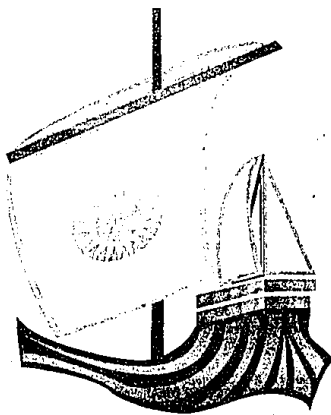
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LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- For the Love of Food

RIDE THE WAVES OF AGING IN GOOD HEALTH



ENJOY YOUR GOLDEN YEARS

The patient said "I know I'm overweight, but I do watch my diet and I've given up a lot of things that are bad for me so why am I facing _____?" Fill in the blank with heart disease, diabetes, high blood pressure, etc.

The answer is - "You've never been this age before." In other words, you can get by with poor eating habits and cheat for the first half of life, but it will catch up to you eventually.

Aging is like a glass half full/half empty. For those in good health it can be the most fulfilling time, and for those whose health fails, it may be a time of compromised expectations.

Because life expectancy is increasing, we may spend nearly one-third of our lives in retirement. The years past 50, in order to reach the "golden years," must be lived with a certain amount of conscientious effort to making good food choices. We may also have to consider the health of one of our spouses since how they age will make a difference in the quality of our years left together.

When the husband of a couple I know had a heart attack their lives changed forever. One of the biggest adjustments was in their relationships with friends and family. Every get together was a challenge. Late evenings out were forbidden. Stopping for cocktails before going out to dinner was another temptation. Tailgating at a sports event could be life-threatening. Making plans with old friends, or celebrations with the family, became a dreaded event.

But instead of becoming isolated and depressed, this couple decided to take a proactive approach. Instead

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STORIES BY PEGGY MARTINELLI-EVERTS • REGISTERED DIETITIAN

Baby boomers are entering their 50s, and are a hardy breed for the most part. They work hard to age gracefully and fill their leisure hours with travel, sports and hobbies.

The best advice for successful aging is to work on controlling your environment and make the most of your genetic makeup.

It is important to remember that nutrition plays an important role in helping our body respond to the physiological changes of aging. This means eating nutrient dense foods every day.

Chronological aging and biological aging are not synonymous. There are general processes that occur as we age. These include a loss of lean body tissue such as muscle, a loss of bone density, and an increase in internal body fat. The body's ability to correct for nutrient imbalances declines with age. This is why it is important to pay attention to what we eat. Poor eating habits, plus chronic diseases, may place heavy demands on nutrient reserves.

Here is a list of important tips to help you feel good inside and outside:

- **Drink milk** - Bone loss is accelerated as we age, both in men and women. Include beverages

and foods high in calcium such as milk, yogurt and cheese in your diet for bone health. Vitamin D, which is also important, is found only in fortified milk, not yogurt, so drink your milk. Choose fat-free or low-fat milk most often. Calcium fortified orange juice is an option for those with milk intolerance.

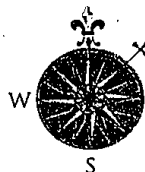
- **Eat whole grains** - Breads, cereals and grains contain important B vitamins and most are fortified with folic acid. Plus, grains contain fiber which helps prevent constipation and may reduce the risk of colon cancer.
- **Focus on fruits and vegetables** - There are protective components in fruits and vegetables called antioxidants. Vitamins C, E and beta carotene are known to be involved in reducing your risk of certain forms of cancer, heart disease, cataracts and other degenerating diseases. Rich sources of these nutrients include citrus, green peppers, strawberries, cabbage, green leafy, yellow or orange vegetables. Nuts, seeds and whole grains are also good sources. Also, choose a general multi-vitamin/mineral supplement with not more than 100 percent of the U.S.

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GET GOING IN THE RIGHT DIRECTION

Calories needed in proportion to how active you are. As we age, we need fewer calories to maintain our weight. To calculate the calories you need:

- Weight in pounds x 10 (sedentary)
- Weight in pounds x 15 (moderate activity)
- Weight in pounds x 20 (very active)



Cheesy macaroni satisfies taste buds, health goals

MAIN DISH MIRACLE



MURIEL WAGNER

and calorie version of macaroni and cheese for some time.

I began with a recipe from a 1950s cookbook and made 1998 substitutions. I used evaporated skim milk instead of whole milk. The evaporated milk makes a richer tasting sauce than regular skim milk. I increased the seasonings and added veggies for color, flavor and nutrition. The sauce seemed to cling better to the ridges of rotini (corkscrew macaroni) than the regular macaroni.

The problem was the cheese. Cheddar cheese has nine grams of fat per ounce, with 75 percent of the calories from fat, and 50 percent of those calories are saturated fat. Cheese has a higher percentage of calories from fat

and saturated fat than pork sausage or spare ribs. I tried fat-free cheese, but the flavor wasn't very good. What I finally settled on was a reduced fat cheese (2 grams per ounce) augmented with Parmesan cheese and a cheese flavor substitute. Of course, Parmesan is not a low-fat cheese, but it has lots of flavor per ounce. One tablespoon is only 1/4 of an ounce, and that has only 2 grams of fat.

Try my recipe, and see what you think. It has less than half the fat and saturated fat of the original recipe. It's also a perfect vegetarian entree. You needn't worry about adding one of the big three - chicken, meat or fish for protein. There's plenty of protein from the milk, cheese and even the rotini.

MACARONI (ROTINI) AND CHEESE

- 2 cans (14 ounce) evaporated skim milk
- 3 tablespoons cornstarch
- 1 1/2 teaspoons dry mustard
- 1 teaspoon Worcestershire Sauce
- 4 green onions, chopped
- 1 red bell pepper, chopped
- 5 tablespoons Molly McButter All Natural Dairy Sprinkles - Cheese Flavor
- 8 slices Kraft 2 percent milk singles
- 4 tablespoons grated Parmesan cheese
- 1 dash paprika
- 8 ounces dry rotini
- Nonstick spray

Prepare rotini according to package directions. Set aside.

Mix cornstarch with dry mustard. Add a little evaporated skim milk to make a smooth paste. Combine with remaining milk and Worcestershire Sauce. Heat over very low heat, stirring constantly until thickened, or place in a 2-quart measuring cup in microwave on high for about 4 minutes, until thickened.

Stir in 6 slices of cheese until melted. Add Parmesan and Molly McButter Cheese. Stir until combined. Add rotini and chopped vegetables. Stir gently until mixed through.

Pour into a 2-quart casserole that has been sprayed with nonstick spray. Top with remaining cheese slices. Sprinkle lightly with paprika. Bake in a moderate oven 375°F about 25 minutes until heated through and lightly browned. Serves 6.

- **Nutrition facts:** 1 cup serving. Calories 248; Total Fat, 5.6g; Saturated Fat, 3.3g; Cholesterol, 15mg; Sodium 655mg.
- **Food exchanges:** 1/2 fat-free milk; 2 starches; 1 fat

Muriel G. 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 63021, Pleasant Ridge, MI 48069.