

2 UNIQUE



KELLI LEWTON

'Eat' your fruit and vegetables in unusual ways

Remember those words — "You have to eat your fruits and vegetables?" Many health professionals suggest that we should eat seven servings of vegetables and two servings of fruit per day. It is common knowledge that on most days, the average American doesn't come close to that.

For centuries, fruit and vegetable juices were used for their therapeutic benefits, but that dietary choice was replaced with a lot of complicated recommendations from books, nighttime specials and talk shows. It would seem we are all just trying to figure out the big old jigsaw puzzle of nutrition.

No matter what your personal beliefs are, some of the most important core nutrition is alive in raw foods, juices and now, on the horizon, smoothies.

Many colors, content

Smoothies come in many shades of color and content. Some come alive with fun names like Peach-Kean, Love Potions and All Protein to name but a few. Smoothies are liquid concoctions containing raw fruits, vegetables or dairy products. They can include yogurt, ice, soy products, coffee and green teas. The possibilities are endless.

Smoothies and raw juices are often laced with "power-ups," such as ginseng, antioxidants, blue-green algae, protein powder and a ton of other herbs, minerals and powders. Smoothies are full of nutrients, and most are low to moderate in calories and fat. They are assimilated quickly into the body system in their liquid form, which has huge diet and health benefits, and help make smoothies a viable nutrition alternative for our fast-paced lives.

It's 'Super'

If you visit your local "true" smoothies and juice bars or pick up one of the better blender recipe books, you will stumble across listings of "Super Smoothies," boasting to do everything from cure your cold, freshen your breath, enhance your immune system, and even make your love life glow. Super Smoothies generally include additives such as ginseng, antioxidants, and protein powders, minerals and herbs.

I've been enjoying breakfast drinks every morning for nearly six years now. (I call my smoothie the Over Thirty). It is loaded with protein powder, blue-green algae, vitamins, soy milk, and fresh fruit and juices. It helps, as the fast-paced restaurant world can often leave you on your feet for 10 hours at a time without even noticing that you have cooked all day but not added to your own nutritional needs. Our smoothie bar serves smoothies with the addition of an apple in one out of every two orders.

Smoothies are relatively easy to make at home. All you need is a blender, fresh ingredients, and a recipe book. Smoothies are a healthy, nutritious, and delicious way to get your daily vitamins and minerals. They are also a great way to get your kids to eat their fruits and vegetables.

Please see 2 UNIQUE, D2

LOOKING AHEAD

What to watch for in Taste next week:

- Rosh Hashanah
- National Breakfast Month

Learn ABC's of nutrition

Students can digest good eating habits

By PEGGY MARTINELLI-EVERTS
SPECIAL WRITER

Packing your child's lunch for school can be thankless and daunting. Children are informed consumers and can be fussy about what they eat for lunch.

A great way to get children to eat their lunch is to include them in grocery shopping and food preparation. Sandy Rizzo of Rochester makes grocery shopping a family outing.

"When we're in the market, my children help select cereals and other snacks," Rizzo said. "This way, they can enjoy treats, but in limited quantities."

Foods of choice

Let the children pick out the vegetables, fruits, grains, cheeses, meats and other lunch box ingredients.

Fourth-grade teacher Kathy Wochanski recommends keeping the size of the lunch in proportion to the size of the child.

"Some kids' lunches are huge," Wochanski said. "Parents would be shocked at what goes right into the garbage. They see an empty lunch box when the child gets home and assume their child ate everything."

Whole pieces of fruit are generally too large for younger kids to finish. The fruit may be too difficult for small hands to peel or too large to eat.

Choose fresh fruits and vegetables that are cleaned and cut up, like carrot sticks or baby carrots, celery sticks, cucumber rounds, broccoli florets, green pepper rings, cherry tomatoes, apple wedges, melon balls, orange slices, or strawberries. Additional healthy choices include dried fruits, juice boxes, fruit cups and vegetable juice cocktails.

Last night's dinner is a great way to build today's lunch. Cold chicken, pizza, and salads are great for lunch and can be a creative way to use leftovers.

What's the difference? Divided by two rivers the Dordogne and the Garonne, Bordeaux literally has two banks, the Right with the major appellations of Pomerol and Saint-Emilion; and the Left, with the appellations of Saint-Estephe, Pauillac, Saint-Julien, and Margaux, generally grouped together under the name Medoc.

The two rivers make a significant impact on climate, soil, and grapes grown. Since the Medoc is also bordered on both sides by water, the Atlantic Ocean and the Gironde River, greater diversity is created. Wines from each bank have decided personalities.

Also, last night's chicken can be turned into a tasty chicken salad or sandwich.

For Lake Orion resident Janet Barnard, chocolate is no longer a staple in the home. "Now that our children are getting older, we decided it was time to stop stocking up on junk food," Barnard said.

You can set a good example by eating nutritious foods yourself. Keep soda pop, sugary snacks, potato chips and other low nutrient foods out of sight of children.

Children do not like things that are too spicy, salty, soggy, squishy or tough. Also, those convenient all-in-one lunch meals are handy, but they are very expensive and often high in sodium and fat. Make the lunch yourself, and you'll spend less money and put together a more nutritious meal.

Let your kids know that a complete meal does not consist of a candy bar, potato chips and a pop. Ask your child to limit vending machine purchases and instead buy from the lunch line. Encourage them to choose more nutritious offerings, such as nuts, rather than chips or chocolate.

Keep food safety in mind by keeping hot foods hot and cold foods cold. Use a good quality Thermos for savory soups like chicken noodle or creamy vegetable, or macaroni and cheese and other hot foods. Use an ice pack or frozen juice box to keep meat, cheese and dairy foods cold.

Fun in a lunch box

You and your child will have fun making and eating these kid-friendly lunch box treats:

■ **Walking Sticks:** Wrap slices of turkey or ham around a bread stick, carrot or celery stick. Wrap a pickle in a slice of ham.

■ **Pretzel Shish Kebabs:** Alternate a frankfurter and cheese chunks on pretzel sticks.

■ **Fruit Kebabs:** Alternate mini

marshmallows with fresh fruit chunks on skewers.

■ **Treasure Logs:** Cut thin slices of meat and roll with a piece of cheese.

■ **Blue Suede Sandwich:** Combine peanut butter with bananas, raisins, nuts, shredded apple or carrots. Spread onto bun, bread or bagel.

■ **Merry-Go-Rounds:** Spoon peanut butter on a thin apple slice.

■ **Jack-O-Lantern Sandwich:** Spread a round cracker, rice cake or piece of bread with cheese spread or grated carrots moistened with salad dressing. Decorate with raisin eyes and nose.

■ **Lotus Pasta:** Cook up fun shapes of pasta, toss in some cut up broccoli or shredded carrots, and mix in a little olive oil or Italian dressing.

■ **Trail Mix:** Make your own using granola, mini chocolate chips, nuts, sunflower seeds, dried fruits, Goldfish crackers and pretzels.

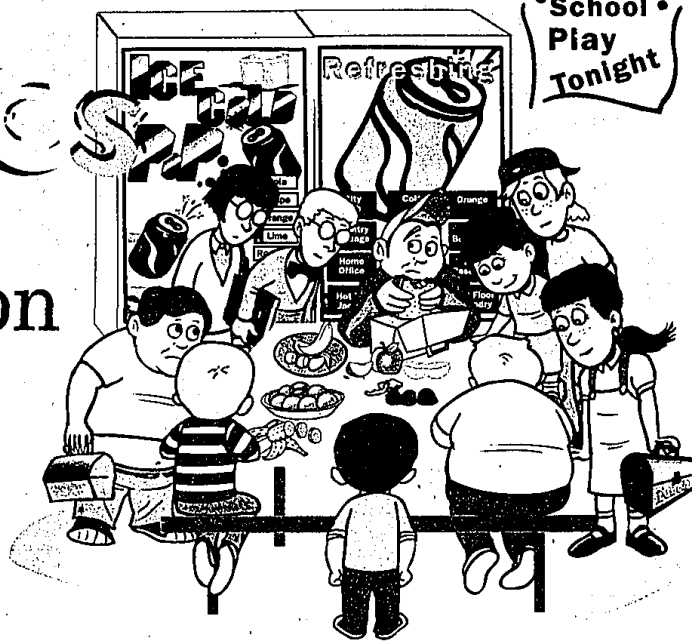
■ **Peanutty rollups:** Spread a lettuce leaf with peanut butter, place a carrot or celery stick in the middle, then, roll up the lettuce leaf.

Let your children know you are thinking about them by adding a love note, stickers or a special napkin to their lunch. Give kids information about food to inspire them to eat nutritiously. Explain how food makes their muscles and bones grow, and how it keeps them healthy.

Children should be empowered to make their own food choices and encouraged to eat a wide variety of foods.

Peggy Martinelli-Everts, a Clarkston resident, is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospital management and consulting company, specializing in food and nutrition service management for hospitals, long-term care facilities, businesses, private clubs and private schools.

'School Play Tonight'



"PIGS" IN A BLANKET

1 package crescent rolls, pizza dough or buttermilk biscuits

Your choice of the following: Lean ham slices, Muenster cheese or your favorite cheese

Mozzarella cheese, shredded
Tomato, thinly sliced
Scrambled eggs, cooked
Dill pickle slices
Bell pepper slices

Preheat the oven to 375°F. If using pizza dough, roll it out thinly and cut into 4-inch squares. If using biscuits, roll each biscuit until it is flat and about 14-inch thick. For crescent rolls, carefully unroll each triangle.

Place ingredients on the dough. Be sure they do not hang over the edges of the dough. Once assembled, place a second piece of dough on top and pinch to seal the edges. Transfer the "pig" to an ungreased cookie sheet.

Bake for 10-12 minutes until puffy and browned. (Pizza dough may take a little longer.) Serve immediately or cool, wrap, and refrigerate or freeze for later.

TURKEY STROLLERS

6 lavash, pita breads or flour tortillas
6 lettuce leaves, ridge removed
6 tomato slices
6 cucumber slices
12 sweet red pepper strips

Please see RECIPES, D2

Do you prefer Left Bank or Right Bank wines?

For two centuries the French region of Bordeaux has produced world-class red wines as blends of five varieties: cabernet sauvignon, merlot, cabernet franc, malbec, and petit verdot. But that's far too simplistic. Confirmed Bordeaux wine lovers know whether they are Left Bank or Right Bank.

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The two rivers make a significant impact on climate, soil, and grapes grown. Since the Medoc is also bordered on both sides by water, the Atlantic Ocean and the Gironde River, greater diversity is created. Wines from each bank have decided personalities.

A recently released four-pack, Collection Baron Philippe of Bordeaux wines (about \$80) from Baron Philippe de Rothschild, has two Left Bank and two Right Bank wines that may help you to decide which bank you're on. Additionally, the four-pack is a savings of \$15 total, over buying each wine separately.

The similarity between all this and Left Brain and Right Brain is too close to ignore. If you don't already know, your answers to the following questions may help you to decide about your brain. We'll get to the wine in a minute.

■ **Would you clear off a table before checking a French map to locate the Bordeaux region?** Left: yes; Right: no

■ **Do you remember what the sales person who sold you your last bottle of wine looked like?** Left: no; Right: yes

■ **Would you choose a wine because it had a catchy name or very attractive label?** Left: no; Right: yes

■ **If someone whistled a tune, could you guess what it is without hearing the lyrics?** Left: yes; Right: no

What about the wines? OK, now you have a pretty good idea about your brain, so let's get back to the banks. From the Left Bank, the 1998 Baron Philippe de Rothschild Medoc is a blend of 65 percent cabernet sauvignon, 35 percent merlot, 5 percent cabernet franc, 3 percent malbec, and 2 percent petit verdot. It offers a rare opportunity to

Please see WINE D2

Wine Picks

We've tasted more Bordeaux wines from the 1998 vintage. Some are terrific bargains.

Since we're into this Left Bank/Right Bank thing, they are categorized that way and listed in our order of preference. Sorry, Right Bankers, uh, right drinkers, we have only one recommendation for you.

■ **Right Bank:** Chateau Puy-Blanquet (\$20), a mellow style and good structure.
■ **Left Bank:** Chateau Moyney (\$28) is typical of St-Estephe with bigger fruit, more power, and ageability. Chateau Larose-Trintaudon (\$17) is softer on the palate with gobs of layered complexity. A great find at this price. Chateau Greysac (\$17) has excellent balance, but it's a little on the light side (however if you don't like big and bold, you'll really like it). Chateau Bel Air (\$15) has dark fruit complemented by intriguing olive notes and a nice grip in the finish.

