

Culinary Outlook

Young chefs can cook up healthy habits

By Aileen Claire
NEA Food Editor

Most children's eating habits are erratic, to say the least. A child may like something one day and hate it the next. And, as parents know, children will often refuse to mix different foods on their plates or eat only peanut butter and jelly sandwiches five days in a row.

Experts say it is best not to make an issue of food. Don't use it as a reward, punishment, bribe or pacifier. Don't insist that children eat everything on their plates or eat a specific food, such as spinach. Serving small portions can encourage kids to eat almost everything they are served.

Government surveys show that about 20 percent of all school-age children don't get enough calcium and nearly a third don't get enough vitamin B6. They also fall short of essential amounts of iron, zinc and vitamin C.

As Gail Becker, a registered dietitian, points out, children eventually adopt their parents' eating habits. "Expect your child to eat erratically and make poor food choices if this is what they see mom and dad do."

Children under 12 need to eat about every three hours, so healthy snacks are in order. Allowing children to help in the kitchen can lure them into good eating habits that will last a lifetime. Kids who make their own sandwiches or help make a soup will probably enjoy eating the result.

And cooking with the kids may help them with school subjects. Measuring ingredients helps them learn about accurate measurements. Making sandwiches using different cookie cutters can stretch their creativity. Researching the backgrounds of certain foods and their use in other countries can add geography and history to the learning pot.

EGG GO-ROUNDS

- 1 cup sour half and half
- 1 uncooked egg
- 1 teaspoon salt
- 1/2 teaspoon dried dill weed
- 10 hard-cooked eggs, chopped
- 1 cup crumbled crisp-cooked bacon (about 10 slices)
- 1/2 cup chopped green onions with tops
- 1/2 cup chopped celery
- 6 English muffins, split or 2 (10 to 12-inch) ready-made pizza crusts
- 3/4 cup (3 oz.) shredded Cheddar cheese

Blend together half and half, uncooked egg and seasonings. Stir in remaining ingredients except muffins and cheese.

Spread each muffin half with 1/2 cup egg salad. Top each with 1 tablespoon cheese. Broil about 6 inches from heat until cheese melts, about 2 to 3 minutes. Or, spread half of the egg salad (about 2 cups) on each pizza crust. Bake in preheated 400-degree oven 15



YOUNGSTERS can help make their own sandwiches, such as egg salad topped with cheese on English muffin.

minutes. Top each with about 1/2 cup cheese and bake until cheese melts, about 5 minutes more. This kitchen-tested recipe makes 6 servings.

LOWER CAL EGG SALAD

- 1/2 cup plain lowfat yogurt
- 1 tablespoon instant minced onion

- 1/4 teaspoon seasoned salt
- 1/4 teaspoon dry mustard
- 1/4 teaspoon pepper
- 9 hard-cooked eggs
- 1/2 cup chopped celery
- 6 lettuce leaves

Blend yogurt and seasonings together. If desired, cut 6 slices from center of 1 egg and reserve for garnish. Chop all remaining eggs. Stir

chopped eggs and celery into yogurt mixture until moistened throughout. Cover and refrigerate until ready to serve. For each serving, spoon about 1/2 cup onto a lettuce leaf. Garnish with reserved egg slice. This kitchen-tested recipe makes 6 servings — 132 calories per serving.

Variation: Add any of the following ingredients to taste: Chopped green pepper, zucchini, tomatoes or water chestnuts; sliced mushrooms or radishes; shredded carrots or cucumber; alfalfa or bean sprouts; chopped parsley, chives or watercress.

GHANA PEANUT BUTTER SOUP

- 3 cups milk
- 1/4 cup creamy peanut butter
- dash cayenne, chili powder, Worcestershire sauce or hot pepper sauce, to taste

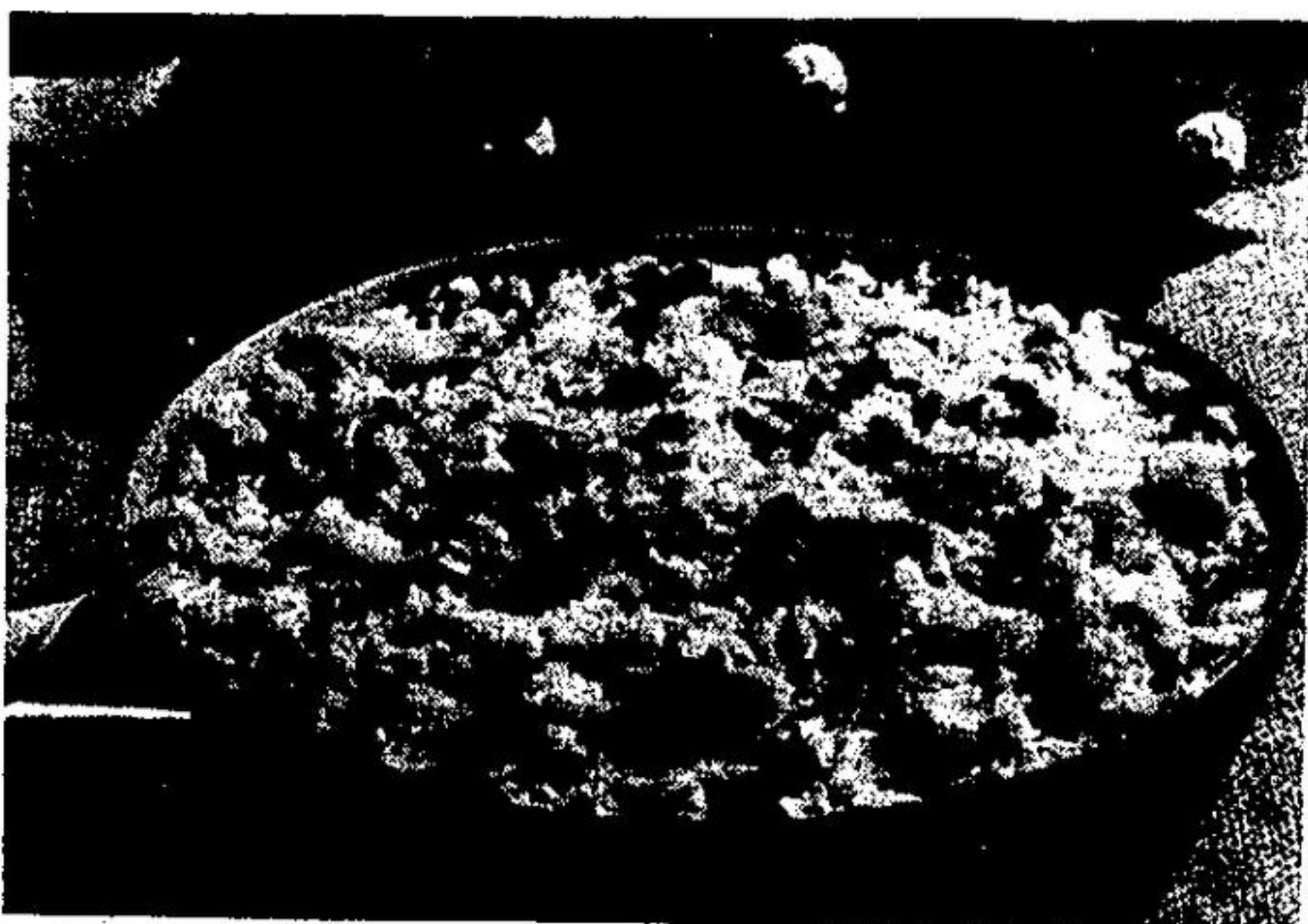
Gradually stir milk into peanut butter in 2-quart saucepan. Cook over low heat until heated thoroughly. Do not boil. Sprinkle with cayenne, chili powder, Worcestershire sauce or hot pepper sauce. This kitchen-tested recipe makes 4 servings.

FOOD



AILEEN CLAIRE

Rice dishes do have an international appeal



RICE is the basis of an easy cheese and onion skillet dish.

By Aileen Claire
NEA Food Editor

Rice has been a worldwide food staple ever since it was cultivated in Southeast Asia in 3,000 B.C. Today, it supplies more than 80 percent of the daily food-energy requirement for more than half of the world's population.

Bill Goldsmith, executive vice president of the Rice Council, based in Houston, says Americans put rice on their tables for a variety of reasons. Rice is an excellent source of complex carbohydrates, is cholesterol and sodium-free and contains only a trace of fat. It also is chock-full of essential vitamins and minerals.

Regular milled white rice, which is the most commonly used rice, is enriched with iron, niacin and thiamine. But if it's rinsed, the water-soluble vitamins and nutrients can go down the drain. Packaged rice need not be washed, unless the instructions say so.

Widespread interest in ethnic and regional dishes has also brought more rice into American kitchens. Spanish

rice, arroz con pollo (chicken with rice), New England rice pudding, paella, rice pilaf, Chinese fried rice, Southern Hoppin' John, New Orleans rice cakes and Italian risotto are just a few popular ethnic recipes.

Vegetarians have helped boost sales of brown rice, and rice growers in Texas, Arkansas, Louisiana and Mississippi market a variety of rices, such as long, medium and short grain varieties. The more expensive aromatic rices are intriguing to cook and eat since they have a roasted nut flavor.

Of course, economy is also an important factor. Regular milled white rice costs about 4 cents a serving, and uncooked white rice can be stored indefinitely. Many cooks prepare rice in quantities to store in the refrigerator (for up to one week) or in the freezer (for up to six months), so there is some at hand for a quick dish. Those with microwaves often zap a dish of rice for a quick, hot breakfast.

CHEDDAR RICE WITH GREEN ONIONS

- 1/4 cup sliced green onions, including tops

- 1 tablespoon butter or margarine
- 3 cups cooked rice
- 1/4 cup diced pimentos
- 1 cup (4 ounces) shredded Cheddar cheese

Cook onions in butter in large skillet until soft but not brown. Add rice and pimentos. Cook over low heat until rice is thoroughly heated, stirring occasionally. Stir in cheese just before serving. This kitchen-tested recipe makes 6 servings.

Blood Donors Give The Best Gift:

Themselves!

Please... Give Blood!



The Feminine Way INTERNATIONAL

Passive Reducing Salon

Shape Up The Feminine Way!

Try Our LUNCH HOUR Sessions Half Hour or 45 Minutes Available

NEW
Manicure Table Opening Specials \$10.00

10 - 1 HOUR Treatment Sessions Only \$79.00 Draws - Every Sunday

Call For Your Appointment Today!

FREE Figure Analysis
FREE 30 Minute Treatment (Limit One Per Person)

Heading South? Try Our TANNING BEDS \$7.00 Per Session 10 for \$50.00

Put your Figure Problems on Our Tables and let The Feminine Way do the rest!

Vibrator Table

Hours:
Mon.-Fri. 8 am - 10 pm
Sat. 8 am - 4 pm
Sun. 8 am - 4 pm

The Feminine Way INTERNATIONAL

116 Guelph St. Georgetown (Rear Entrance)

873-4907



art effects
Gallery & Framing Centre
Limited Edition Prints
(416) 877-7491
348 Guelph Street
NEXT TO BELL GLASS
IN THE KNOWCREST CENTRE
Georgetown

Want To COMPLAIN?
But don't know what to say or who to send it to? Let me write a formal complaint for you!

"PUT IT IN WRITING" (Writing Services)
Specializing in letters of complaint, protest, resumes, forms and applications.

Confidentially Assured
NORA SAVAGE 853-1187