

# Food

## Health recipes recommended

Foods like rice, potatoes, and bread used to be considered fattening "fillers." But today, nothing could be further from the truth. Nutrition experts now recommend that 55 to 60 per cent of all calories consumed should come from "starchy" foods.

March is nutrition month and dieticians across the country are recommending healthy recipes that highlight complex carbohydrates, the body's preferred source of energy.

Versatile, flavorful rice makes it easy to increase complex carbohydrates anytime of day. With just 108 calories in a 1/2 cup serving and virtually no fat, cholesterol or sodium, rice can add a nutritious boost to all kinds of dishes.

For more delicious rice recipes write to: Uncle Ben's New Make It Healthy Recipe Booklet, 160 Eglinton Avenue East, Suite 606, Toronto, Ontario M4P 3B5.

### RICE PANCAKES WITH TROPICAL FRUIT SALSA

Cooked rice makes this popular breakfast food lighter and much more nutritious. Rice pancakes are delicious with traditional maple syrup, but for a fresh, colorful sauce, try our fresh fruit salsa and a big dollop of plain yogurt.

#### Tropical Fruit Salsa:

- 2 kiwi, peeled and diced
- mango, peeled and diced
- banana, peeled and diced
- 1/2 cup quartered red grapes
- 1/4 cup granulated sugar
- 1/4 cup lime juice

#### Rice Pancakes:

- 1 1/4 cups all-purpose flour
- 1 tbsp. granulated sugar
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 cup cold cooked Uncle Bens Converted Brand Rice
- 1/4 cup butter, melted
- 2 eggs, lightly beaten
- 2 cups milk

Tropical Fruit Salsa: Stir fruit, sugar and juice together in small bowl. Set aside while preparing pancakes.

Rice Pancakes: In large bowl,

stir together flour, sugar, baking powder and salt with fork. Stir in rice. In small bowl, stir together butter, eggs and milk. Stir into dry ingredients, until just barely moistened, ignoring lumps. Drop batter in 1/4 cup batches onto hot

non-stick heavy skillet sprayed with cooking spray. Cook 2 to 3 minutes until top is bubbly. Turn and cook until bubbly side is well browned. Serve immediately with salsa and yogurt. Makes about 14 pancakes.



### VEAL TENDERLOIN WITH WILD MUSHROOMS IN A TARRAGON CREAM SAUCE

- Serves 4 -

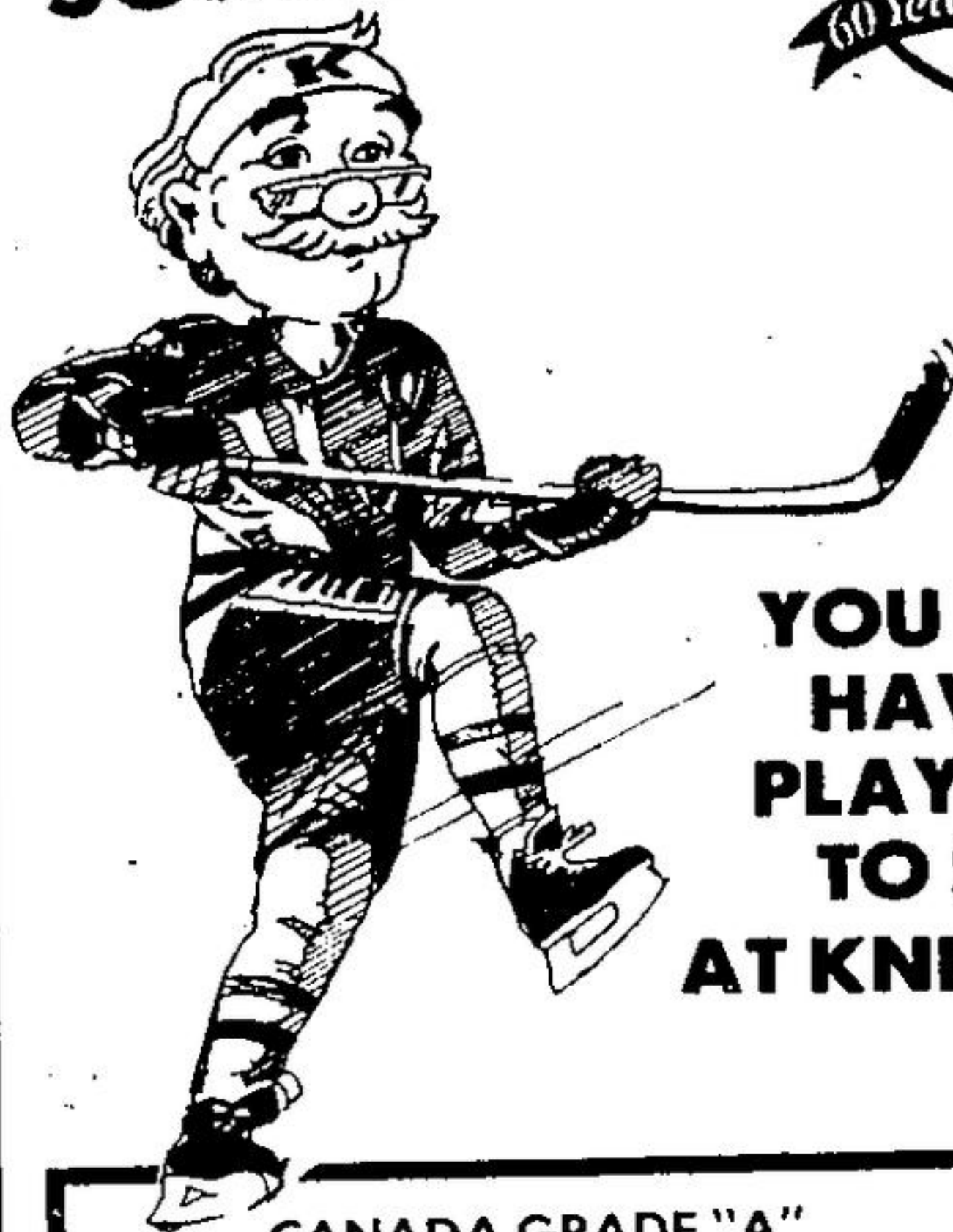
#### Ingredients:

- |                                |                        |
|--------------------------------|------------------------|
| 1 veal tenderloin              | 2 tbsp. olive oil      |
| 1 tbsp. butter                 | 1 clove garlic         |
| 1/2 oz. dried morels           | 1/4 cup dry white wine |
| 1 3/4 cups whipping cream      | 2 tbsp. lemon juice    |
| 1 tsp. tarragon                | salt and pepper        |
| 1 tbsp. finely chopped shallot |                        |
| 1 cup sliced regular mushrooms |                        |

#### Method:

1. Put the dried morels in a small bowl. Pour enough boiling water in to cover them and allow to soak about 30 minutes. When soft, cut open the morels and rinse out any sand, finely chop the mushrooms; strain and reserve the soaking liquid.
2. Heat the olive oil in a large frying pan until almost smoking. Put the meat in and sear it on all sides. Remove from pan and set on a baking sheet. Pour off extra oil from frying pan but don't wash pan.
3. In the same pan, melt butter; saute the garlic, shallots, wild mushrooms and regular mushrooms until soft. Turn up heat and pour in the wine. Scrape all the brown bits off the bottom of the pan. Add reserved mushroom liquid. Cook until juice is reduced to a few tablespoons. Pour in whipping cream and bring to a boil.
4. Add lemon juice and tarragon to sauce. Boil until sauce is reduced to about 1 cup. Season with salt and pepper.
5. Preheat oven to 400° F.
6. Roast the veal in preheated oven (18 minutes for rare, 23 minutes for medium). Remove from the oven and allow to rest in a warm place for 10 minutes.
7. Slice the veal into 1/2" slices; spoon the warm sauce onto warm plates and arrange the veal over it.

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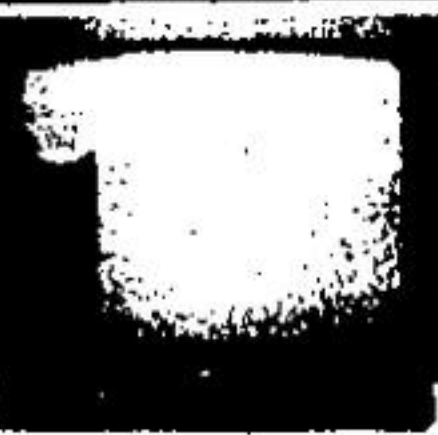
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