

Lori endorses a food revolution

The food revolution? Surprisingly, I don't watch a lot of cooking shows on TV. For a couple of reasons. First of all, after cooking for a living, writing recipes, planning menus and working in a grocery store all day, then coming home to cook for my family, write for the paper and organize private catering events in the evening, I don't really feel like having anything to do with food when I finally sit down! Second, I can't bear to pay the price to have the more expensive cable package which includes the Food Network, but that's a whole other topic.

Anyhow, last night (Sunday night) I was flipping channels and I saw Jamie Oliver. I love him. His recipes are great and he's so passionate about what he does. Anyhow, I watched a show called *The Food Revolution*. Basically, he's gone to a small US town and is planning to change the way they eat and the way they think about food. He is in the local school system, trying to get the school board to provide better food and get the kids to eat it. He's in people's homes, showing them how to make healthy food. He's opening a free cooking school and I'm sure there's more to come. What a fantastic show!

I was so pumped when it was over

Lori Gysel & Gerry Kentner



that I wanted to call Jamie up myself to congratulate him—I may still do just that! What a project he has taken on. As much as I'd like him to be successful, I'm not sure he will be. How can one man make such a big change for an entire town?

Will people really believe him and take it to heart when he tells them that the packaged foods that they are eating are killing them? In a school system where the kids are fed pizza and chocolate milk for breakfast, then chicken nuggets and strawberry milk for lunch — how can he get them to start eating real food?

This is a program to keep watching. And maybe, just maybe we should take a lesson from Jamie and start looking in our own backyard to see what we are feeding our families here. Hmmmm...

Have fun and keep cooking!

Email your comments and questions to Lori and Gerry at whatscookin@independentfreepress.com

What's Cookin': Stuffed Peppers

Makes 10 half peppers

Ingredients

- 5 whole peppers, any colour
- 1 lb ground beef
- 1 Spanish onion, diced
- 3 stalks celery, diced
- 1 cup chopped canned tomatoes
- 2 cups tomato sauce
- 1 1/2 cups cooked rice
- 1/2 tsp dried savoury
- 1 tsp fresh thyme, chopped
- salt and pepper to taste
- 1/2 tsp hot sauce (optional)

Method

1. Sauté ground beef, onions and celery until cooked through over medium heat.

2. Add tomatoes, 1 cup of the tomato sauce, rice, herbs, salt, pepper and hot sauce (if using). Simmer 10 minutes.

3. Meanwhile, halve peppers lengthwise, removing stem and seeds.



4. Divide filling among the 10 half peppers. Top with remaining 1 cup of tomato sauce.

5. Bake at 375 degrees F. covered for 45 minutes to 1 hour.

Cook's Note: You can add grated cheese of any kind on top of the peppers if you like. Remove the cover and sprinkle cheese on peppers and continue to cook uncovered for the last 5-10 minutes of the cooking time.

Upcoming community dinners

Saturday, March 27

• Get a Sweet Taste of Spring at the annual Limehouse Memorial Hall fundraiser, 9 a.m. to 1 p.m. Enjoy pancakes, maple baked beans and maple sweets all served with fresh Ontario maple syrup. Adults \$5, children (ages 6-12) \$3 and free for children under five. Bake table and syrup.

• Bake sale and lunch room, 9 a.m. to 2 p.m. at Huttonville United Church. Best lunch in the village. Homemade baking, soups, sandwiches and pies. Come and bring a friend.

Friday, April 2

• Enjoy Easter Tea, 1 p.m. at Georgetown Seniors Centre. Prize for best Easter Bonnett, cake, coffee/tea and special guest. Admission: \$3.

Sunday, April 4

• Easter SunRise Service begins at Churchill Community Church, Churchill Rd. N. and Erin/Halton Townline, 7 a.m. with the Acton Citizens' Easter Brass Band followed by a breakfast of pancakes, ham and eggs. Free will offering. All welcome. Church service at 11 a.m. Info: 519-853-4380.

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