



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

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Chief and Rays Supermarkets

DRINKING ORANGE JUICE MAY COMBAT LDL

That morning glass of orange juice might be doing some good for your cholesterol numbers. In a new study published in *Nutrition Research*, Brazilian scientists report that orange juice made from concentrate reduced unhealthy LDL in patients with high cholesterol.

"Orange juice is regularly consumed worldwide, but its effects on plasma lipids have rarely been explored," noted Thais B. Cesar of Sao Paulo State University and colleagues. They theorize that orange juice from concentrate, because of its higher flavonoid levels, can improve LDL levels and lipid metabolism.

What's in a glass of orange juice? A typical 8-ounce serving of orange juice from concentrate contains 122 calories, 20.7 grams of total sugars, 83.7 mg of vitamin C and 105 IU of vitamin A. Some brands may also add calcium, vitamin D and omega-3s. Opt for real orange juice over juice drinks that often have added sugar and extra calories. For dietary fiber, choose whole fruit instead, with about 3 grams per orange. *Source: Tufts University Diet & Nutrition Letter, February 2011.*

A IS FOR ARTICHOKE

A shopper at the Bryan Chief asked me about artichokes recently. She had never cooked an artichoke and needed to know because she had a recipe for an artichoke dip. I advised her to use the canned variety to make her dip but she was still interested in how fresh ones are prepared.

Green globe accounts for nearly all the artichokes grown in the US and are available year-round in the supermarket. They cannot be imported. It's a vegetable that isn't served on a regular basis but at some point in time you should introduce your family to them as I did when our children were young.

My recommendation is to steam or boil fresh artichokes. Any good all-purpose cookbook will provide further details or look on the internet.

TUNA DISH FOR LENT

There was a time when I bought canned albacore tuna because I thought it was best kind to buy but today my choice is regular tuna canned in water because albacore contains more mercury than I want to eat. Also, the 5-ounce can of chunk light tuna is often on sale at Chief and Rays. It will take (2) 5-ounce cans to make this week's Tuna Cheese Casserole. It's a tasty alternative to tuna-noodle combos.

TUNA CHEESE CASSEROLE

- (2) 5-oz. cans chunk light tuna canned in water, drained
- 1-1/2 cups cottage cheese (I like Daisy brand)
- 1/4 teaspoon kosher salt

- 1/4 teaspoon pepper
- (1) 4-ounce can mushroom stems and pieces, drained
- 2 tablespoons minced onion
- 2 tablespoons chopped green bell peppers
- 2 eggs, well beaten
- 2 cups coarse soft breadcrumbs
- (1) 2-ounce jar chopped pimiento, drained
- 1/4 cup parmesan cheese

Stir together all ingredients but cheese. Spoon into a 1-1/2-quart round casserole. Sprinkle parmesan cheese on top. Set dish in a shallow pan of hot water and bake 1 hour at 350°F. Recipe makes 4 to 6 servings.

EASY DOES IT!

In addition to trying new recipes on Bryan Chief customers I get a lot of feedback about their likes and dislikes. Two things stand out: They like simple, easy recipes and they don't want to spend an arm and a leg making them! I get the message loud and clear so Baked Chicken-Macaroni will surely resonate with them and you, too!

BAKED CHICKEN-MACARONI CASSEROLE

- 2 cups uncooked whole wheat elbow macaroni
- 2 cans Campbell's Healthy Request cream of mushroom soup
- 2 cups milk (whatever kind you buy)
- 4 hard cooked eggs, chopped
- 1/2 lb. Velveeta cheese, cubed (reduced fat kind is fine)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 2 to 3 cups cubed rotisserie chicken

Mix ingredients together and refrigerate overnight. Remove from refrigerator one hour before baking. Spoon into 3-quart 9x13-inch casserole. Bake in 350°F oven for 1 hour or until macaroni is tender. Recipe makes 8 servings.

TOMATOES FOR SKIN CARE?

Recently I read an article in USA Weekend that eating tomatoes, whether raw or in naturally processed catsup and tomato sauces, are excellent sources of lycopene, a hydrator and antioxidant, useful in preventing premature aging. This information really interested me because if there is any food I eat in some form every day it's a tomato. I buy V-8 juice by the case and it's not unusual for me to have a cup of hot V-8 with a grilled cheese or egg sandwich for lunch during the wintertime. In the summer I can make a meal on a plate of tomatoes from my mini salad garden. I'm not saying tomatoes prevent wrinkles but they might suppress them. Tomatoes anyone?