



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

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Chief and Rays Supermarkets

GREEN TEA BOOSTS FULLNESS

Sipping a cup of green tea with a meal may help you feel fuller and less likely to go back for seconds. That's the conclusion of Swedish researchers, who compared the post-meal effects of green tea and plain water. Researchers observed study participants for two hours after a meal, quizzing them on satiety and how full they felt. Not only did participants report feeling fuller when accompanying the meal with a cup of green tea, they were also less interested in eating another mouthful of the same food. When washing down the food with plain water, participants were later more likely to go for a second helping.

SOURCE: Tufts University Health & Nutrition Letter, February 2011.

RIGHT KIND OF FAT CAN LOWER HIP FRACTURE RISK

The benefits of "good" fats versus the dangers of "bad" fat are a hot nutrition topic. Many Americans tend to eat a diet high in "bad fat" which can lead to obesity, heart problems and even death. But adding more healthy fats to your diet can help you live a longer, healthier life.

Now, researchers have found that eating the right kind of fat also can have a significant impact on your bone health, according to a study published in the December 2010 issue of the *American Journal of Clinical Nutrition*. More than 137,480 participants from the Women's Health Initiative study were evaluated for total fractures and, more specifically, hip fractures, in relation to dietary fat intake. The researchers found that higher saturated fat consumption was associated with a higher risk of hip fracture. Saturated fats are typically found in meat products such as beef and pork, as well as full fat dairy products and palm, palm kernel and coconut oils.

The study also found that women who ate diets high in monounsaturated fat from foods such as olive oils, avocados and pecans, and those who ate foods high in polyunsaturated fat, such as walnuts, sunflower seeds, soybeans and safflower, sunflower and corn oils, had decreased fracture risk.

SOURCE: Weill Cornell Medical College Food & Fitness Advisor, February 2011.

MORE "CHEAP EATS"

Sloppy Joe Beef Bake is timelier today than it was in the spring of 1971 when it was featured in *Mary's Memo*. The recipe serves 6 to 8 people with just 1 pound of ground steak or ground chuck (the leaner the meat, the less calories per serving). Ditto if you make it with reduced-fat cheese. Kudos to McCormick for voluntarily reducing the amount of sodium in their mixes! Since 1971 whole grain pastas are also

available. Do try this healthier version soon!

SLOPPY JOE BEEF BAKE

- 1 pound ground steak or ground chuck
- 1 package McCormick Sloppy Joe Seasoning Mix
- (1) 6-ounce can tomato paste
- 1-1/2 cups water
- 2 cups whole wheat elbow macaroni, cooked according to package directions
- (1) 15.25-ounce can whole kernel corn, drained
- 2 cups reduced-fat shredded sharp Cheddar cheese

Cook ground steak or chuck in large skillet over medium heat, stirring constantly until meat loses its red color. Drain any fat from meat before proceeding. Return meat to skillet and add seasoning mix, tomato paste and water. Bring to a boil; reduce heat and simmer 10 minutes, stirring occasionally. Stir in cooked macaroni and 1 cup cheese. Spoon into 2-quart casserole; sprinkle with remaining 1 cup cheese. Bake, uncovered in preheated 350°F oven until bubbly, about 35 minutes. Recipe makes 6 to 8 servings.

MUFFINS: AN ANYTIME TREAT

But when they're made with fresh blueberries, there's even more reason to eat them. This recipe requires 6 ounces of blueberries, the size container that is available this time of year. Zest of lemon adds to total tastiness. Serve them hot.

BLUEBERRY LEMON MUFFINS

- 1-1/2 cups +1-1/2 teaspoons unsifted all-purpose flour
- 1/4 cup sugar
- 2-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup milk
- 1 well beaten egg
- 1/3 cup canola oil
- 6-oz. container fresh blueberries, washed and drained
- 2 tablespoons sugar
- 1 teaspoon zest of lemon
- Melted butter and additional sugar for topping

Mix flour, 1/4 cup sugar, baking powder and salt together in a mixing bowl. Make a well in the center of the flour mixture. Whisk together milk, egg and oil. Add all at once to dry ingredients. Stir quickly until dry ingredients are just moistened. Mix blueberries with 2 tablespoons sugar and lemon zest; stir gently into muffin batter. Fill greased muffin cups 2/3 full. Bake in a preheated 400°F oven for about 25 minutes. Loosen from muffin cups and while still hot, dip in melted butter and sugar. Recipe makes 1 dozen muffins.