



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

Memo No. 2230 September 5, 2011

Chief and Rays Supermarkets

BETTER BREAKFAST MONTH

I couldn't find any information about who started Better Breakfast Month. It's logical to think it was a cereal company but I'm not sure. What I do know is that it's been scientifically proven that academic performance is definitely improved when students start the day with a healthy breakfast.

But students are not the only ones that should start the day with breakfast. It behooves everyone, young, old or in between, to add at least whole wheat toast, fruit juice (not a fruit drink) or fresh fruit to that morning coffee. If breakfast improves academic performance in school, it makes sense that it will make anyone better at his game, whatever it may be!

Since we're in such a hurry weekdays, save this Sausage Brunch Casserole for a weekend breakfast. Recipe calls for processed Swiss but other shredded cheese can be used.

SAUSAGE BRUNCH CASSEROLE

- 6 slices white bread (I prefer Pepperidge Farm)
- 1 pound bulk sausage
- 1 teaspoon salad mustard
- 1 cup shredded Swiss cheese
- 3 slightly beaten large eggs
- 1-1/2 cups milk (whatever kind you use)
- 3/4 cup evaporated milk (may be fat-free)
- 1/2 teaspoon salt or to taste
- 1/4 teaspoon pepper or to taste
- 1/8 teaspoon ground nutmeg
- 1 teaspoon Worcestershire sauce

Fit bread into bottom of a buttered 2-quart oblong baking dish. Brown sausage; drain off excess fat. Stir in mustard. Spoon sausage mixture evenly over bread; sprinkle with cheese. Combine eggs, milk, evaporated milk, salt, pepper, nutmeg and Worcestershire sauce. Pour over cheese. Bake in 325°F oven for 30 minutes or until set. Recipe makes 6 servings.

EVERY MONTH IS SOUP MONTH

Soup is a year-round food for me but a lot of people think soup when fall sets in later this month. I was on a mission looking for something in the basement and came upon Country Cupboard Soup from the Pork Information Bureau, vintage 1995. Yes, you're likely to find recipes in some form in every room of my house except the bathroom! It did sound good and I had everything to make it without leaving the house.

COUNTRY CUPBOARD SOUP

- 2 boneless pork loin chops, cut into small cubes (mine were 1-inch thick)
- 1 teaspoon canola oil
- 1 cup thinly sliced carrots
- 1 cup thinly sliced potatoes
- 1 envelope dry onion soup mix

- 2 tablespoons sugar
- Black pepper to taste
- 4 cups water
- (1) 28-ounce can diced tomatoes with juice
- 1/4 teaspoon dry oregano
- Dash or two of Tabasco Sauce

Heat oil in Dutch oven and brown pork, stirring occasionally. Add remaining ingredients and bring to a boil. Reduce heat to simmer; cover and cook gently for 30 minutes. If desired, serve with cornbread. Recipe makes 6 servings.

SOURCE: Adapted from Pork Information Bureau recipe, 1995.

COFFEE MAY COMBAT AGGRESSIVE CANCERS

Here's news that might settle the nerves of heavy coffee drinkers: Two new studies suggest that high coffee consumption might be linked to reduced risks of the most aggressive form of breast cancer in women and lethal prostate cancer in men.

Some research has hinted at a protective benefit for coffee against breast cancer, but a 2010 analysis of more than 500 studies of coffee and cancer failed to support such a conclusion. Now scientists at Sweden's Karolinska Institute may have found an explanation: Coffee may significantly reduce the risk of only one type of breast cancer ... the most aggressive. This is non-hormone responsive subtype, as opposed to the other major subtype, ER-positive hormone-responsive estrogen receptor form.

Men who love their coffee can perk up at a new study from the Harvard School of Public Health. Kathryn M. Wilson, ScD, and colleagues looked at data on 47,911 men in the Health Professional Follow-Up Study who reported their coffee consumption every four years from 1986 to 2008. During the study period 5,035 cases of prostate cancer were reported, including 642 fatal or metastatic cases.

Men who consumed the most coffee, six or more cups daily, had nearly a 20% lower risk of developing any form of prostate cancer. The inverse association with coffee was even stronger for aggressive prostate cancer: Men who drank the most coffee had a 60% lower risk of developing lethal prostate cancer, and even drinking one to three cups per day was associated with a 30% lower risk.

SOURCE: *Tufts Health & Nutrition Letter*, August 2011.

HEART FAILURE RISK LINKED TO FRIED FISH

Your risk of developing heart failure is lower if you frequently eat baked or broiled fish, but higher if you eat more fried fish, according to a study reported online May 24, 2011, in *Circulation: Heart Failure*, and American Heart Association journal.

In an analysis of data from more than 84,000 postmenopausal women, those who ate the most baked/broiled fish (five or more servings per week) had a 30% lower risk of heart failure compared to women who ate less than one serving per month.

Source: *Weill Cornell Medical College Women's Nutrition Connection*, August 2011.