



# MARY'S MEMO

Recipes • Shopping • Cooking • Health Tips

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Chief and Rays Supermarkets

## "HOPPING DOWN THE BUNNY TRAIL"

Kraft's bunny-shaped, vanilla-flavored marshmallows inspired me to look up Mother's recipe for 5-Cup Fruit Salad. Light sour cream with half the fat was not available when she first made this fruit salad but I used it in my 2012 version and could not tell the difference!

### MOTHER'S FIVE CUP FRUIT SALAD

- 1 cup pineapple chunks canned in juice, well drained
- 1 cup Mandarin oranges, well drained
- 1 cup flaked coconut
- 1 cup Kraft® Bunny-Shaped Marshmallows
- 1 cup Daisy brand reduced-fat sour cream

Gently fold together the 5 ingredients being careful not to damage the pastel colored marshmallows. Chill thoroughly. NOTE: I served on Boston lettuce cups with an additional bunny marshmallow on top for a club meeting in late March. Single recipe makes about (5) 1-cup servings.

## DID YOU KNOW?

I do recycle everything I can but it wasn't until Mary Ann called it to my attention that the plastic cartons that blackberries, red raspberries, blueberries and strawberries are sold in are recyclable, regardless of their origin. Look for the triangle on the bottom with a 1 inside it.

## A FUN RECIPE FOR SPRING

My friend and former Bryanite, Eleanor Heyman, sent me a recipe for a Three-Two-One Cake in February. She got it from another former Bryanite, Marcia Leslie Engel, who like Eleanor, lives in California. I thought it was perfect for my March article in the *Williams County Department of Aging Newsletter* but because so many people loved the concept when I served it, I decided to also share the recipe in *Mary's Memo*. Keep in mind that you can use any flavor cake mix but my preference is yellow or white with angel food because it makes the mix more versatile. You must use angel food cake mix regardless of the other cake mix chosen. Be sure to cook in a 1-1/2 cup to 2-cup microwave-safe container or it will overflow.

### THREE-TWO-ONE CAKE

- 1 regular size box of angel food cake mix
- 1 box yellow or white cake mix (or whatever flavor you prefer)
- 2 tablespoons water

- 1 minute on high in the microwave

Mix both cake mixes together until well blended. Store in an airtight container. To make individual cakes, mix together 3 tablespoons mix with 2 tablespoons water in microwave-safe container. Microwave, uncovered, on high for 1 minute. Cool slightly and top with a scoop of vanilla ice cream and mixed fresh berries or ice cream with whatever topping you prefer.

## MOST STILL FLUNKING HEALTHY EATING

A new Center for Disease (CDC) report gives Americans' diet a failing grade. The Healthy Eating Index, comparing how people actually eat against the 2005 Dietary Guidelines, scored the typical US diet at only 60 points out of a possible 100. The only categories in which US adults are getting enough are total grains, meat and beans; we're falling short on everything else, especially dark green and orange vegetables and whole grains. What are we consuming instead? Too many calories from sugary foods and alcohol, along with too much sodium. Overall, women scored better than men, and people age 60 and up did better on fruit and vegetable intake and calories from sugar and alcohol.

SOURCE: *Tufts Health&Nutrition Letter*, March 2012.

## FRUITS AND VEGETABLES COULD LOWER STROKE RISK IN WOMEN

A diet packed with fruits and vegetables appear to reduce the risk of stroke, even in women who do not have a history of cardiovascular disease (CVD), according to a study published in the December 1, 2011 online edition of *Stroke: Journal of the American Heart Association*.

Researchers in Sweden studied the relationship between total antioxidant capacity (TAC) and the incidence of stroke in 31,035 cardiovascular disease-free women and in 5,680 women with a history of the condition. Their ages ranged from 49 to 83. TAC measures the cumulative capacity of all antioxidants in a person's diet to reduce disease-causing radicals. Antioxidants are also thought to limit blood clotting, blood pressure and inflammation. The researchers monitored the health of the women for periods ranging from 9 to 11 years, as well as their dietary records that measured total antioxidant capacity. Although the subjects were women in Sweden, the authors think the results would be applicable to men and to people in other countries. The bottom line: Eat more antioxidant-rich fruits and vegetables to lower the risk of stroke.

SOURCE: *DukeMedicine HealthNews*, March 2012.