

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

# Food

## 'C' foods – the Choice is yours

BY MARY ANN MENENDEZ  
STAFF WRITER

Once upon there was a beloved blue furry creature known throughout the world as Cookie Monster. He is still famous for singing his sugary sweet song, "C is for Cookie" at 123 Sesame St. He's right, of course, because who doesn't like cookies?

Therefore there will be no cookie recipes on this page today as we look at other foods beginning with the letter "C." Until now, I overlooked the fact there are so many; and now I don't know where to start!

There's cabbage, carrots, cauliflower and celery. Then there's corn, cranberries, chicken, calamari (squid) and couscous. Let's not forget chestnuts, chili, chocolate, cream, cake, calzones, Canadian bacon, croissants, cavatina (baked pasta), Caesar salad, cheesecake, cherries, cannelloni (filled tubular pasta), clams, cheese, cashews, cod, cannoli (Sicilian pastry), cantaloupe, capellini (very thin pasta), capers, cinnamon, curry, cappuccino, caramel and caraway.

Let's narrow our focus because of space constraints on this page. So the four "C" foods featured are: cabbage, carrots, cauliflower and celery. This grouping is pretty common to the point of being ho-hum boring. They are usually found in your refrigerators, economically priced and available year-round. The bonus is they are all healthy choice unlike a few of the others listed above.

Cabbage seems to come in many colors and has names like Chinese cabbage, Napa Cabbage, green cabbage, red cabbage, Savoy cabbage and swamp cabbage. Of these green is the most commonly used.

When purchasing, cabbage should be heavy with crisp leaves with no cuts or bruises. Store this round vegetable in a plastic bag in the fridge until use. Remember to wash it thoroughly when using. Cabbage is high in Vitamin K, Vitamin C, Vitamin A and folate. A serving is 1 cup raw cabbage and equals about 1/2 cup when it is cooked.

Cabbage lent its name to a product that created a shopping frenzy a few decades ago. Do you remember the hot demand when "Cabbage Patch Kids" debuted on America's toy stage?

### Cabbage and Pear Salad

**2 cups finely shredded green cabbage**  
**1/2 cup finely shredded carrot**  
**1/2 cup thinly julienned green pepper and red or yellow peppers**  
**2 tablespoons thinly sliced**



**onion**  
**1/4 cup vegetable oil**  
**2 tablespoons lemon juice**  
**1 tablespoon sugar**  
**1/4 teaspoon salt**  
**2 pears, divided**

Combine cabbage, carrot, peppers and green onion. Toss well. Combine oil, lemon juice, sugar and salt. Mix until sugar dissolves. Pour over vegetables; mix well. Cover and refrigerate at least two hours. Core and dice one pear. Add to cabbage mixture and toss. Serve on individual serving plates or in serving bowls. Quarter and core remaining pear. Slice each quarter 5 times leaving 1/2-inch of stem intact. Fan slices to garnish salad.

### Cabbage Roll Casserole

**2 pounds ground beef**  
**1 cup chopped onion**  
**1 (29 ounce) can tomato sauce**  
**3 and 1/2 pounds chopped cabbage**  
**1 cup uncooked white rice**  
**1 teaspoon salt**  
**2 (14 ounce) cans beef broth**  
Preheat oven to 350 degrees. In a large skillet, brown beef in oil over medium high heat until redness is gone. Drain off fat and rinse meat in colander with hot running water. In a large mixing bowl combine the onion, tomato sauce, cabbage, rice and salt. Add meat and mix all together. Pour mixture into a 9 x 13 inch baking dish. Pour broth over meat mixture and bake in the preheated oven, covered, for 1 hour. Stir, replace cover and bake for another 30 minutes.

Throughout the decades, nurturing mothers with only the purest love for her offspring were famous for saying, "Eat your carrots. They are good for the eyes." And right she was!

These orange vegetables are rich in beta-carotene, which the body converts to vitamin A - a crucial nutrient for maintaining proper eyesight. It's a fact Vitamin A deficiency can cause night blindness and an extreme deficiency can even cause blindness.

In addition, carrots provide a good dose of Vitamins C, K and B6, along with potassium, thiamin, niacin, folate and manganese. They are an ideal choice to snack on for maintaining opti-

mum health and encouraging weight loss.

Select carrots that are fresh, ripe, bright orange and hard. Ignore carrots that have turned brownish or feel rubbery. Wash all the carrots thoroughly with cold running water. Place all the carrots into a plastic container with a lid. Fill with cold water until they are completely covered and snap on the lid.

Put the container in the refrigerator. If you have a vegetable crisper, and the container fits inside, put it there. Change the water about every four days to keep it fresh. Your carrots should stay crisp and fresh for 2 weeks.

### Carrot Ring

**1 cup butter, softened**  
**1/2 cup brown sugar**  
**1 egg, lightly beaten**  
**1 teaspoon water**  
**1 and 1/2 cups sifted all-purpose flour**  
**1 teaspoon baking powder**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon salt**  
**1/2 teaspoon ground nutmeg**  
**1/2 teaspoon ground cinnamon**

**2 cups grated carrots**  
Preheat an oven to 350 degrees. Grease a tube pan or bundt pan. Cream together butter and brown sugar. Add egg and water; blend well. Mix together the flour, baking powder, baking soda, salt, nutmeg and cinnamon in a separate bowl. Blend into the creamed butter mixture. Stir in the grated carrots and mix thoroughly. Pour evenly into prepared tube pan. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about an hour.

### Sweet Carrot Salad

**4 cups shredded carrots**  
**2 apples, pared and diced**  
**1/2 cup raisins**  
**1/2 cup pecans**  
**1/4 cup lemon juice**  
**1/4 cup honey**  
**1/4 teaspoon cinnamon**  
In a mixing bowl, combine the carrots, apples, raisins and pecans. Blend the lemon juice, honey and cinnamon together. Pour over salad. Serve cold.

There is only a mere 14 calories in 1/2 cup of cauliflower. What is so great about this veggie is the absence of fat and cho-

lesterol. Sodium and dietary fiber are neck-and-neck at 6 percent while vitamin C is way out in front with 46 percent.

Cauliflower is also high in manganese, pantothenic acid, phosphorus, potassium, riboflavin, thiamin and Vitamin B6. It receives bad marks for its sodium and sugar content.

Select clean, firm, compact heads that are white or creamy white. Attached leaves should be green and crisp. Avoid heads with huge spots, speckles, bruises or loose, open floret clusters. Store this vegetable in the refrigerator. While you should eat it as soon as possible, it should keep up to five days. Store the unwrapped head in an open or perforated plastic bag. Keep the head stem-side up to prevent moisture from collecting on top.

### Mediterranean Cauliflower Salad

**1 head cauliflower, cut into florets**  
**1/4 cup chopped red pepper**  
**1/4 cup chopped green pepper**  
**2 tablespoons fresh parsley, chopped**  
**1/4 cup black olives**  
**1 tablespoon capers**  
**1 tablespoon wine vinegar**  
**3 tablespoons olive oil**  
**1/2 teaspoon dried oregano**  
**Salt and pepper to taste**  
Steam cauliflower florets until just tender. Refresh under cold water to stop the cooking process. In a bowl, combine cauliflower, pepper, parsley, olives and capers. Toss lightly. Chill briefly. Whisk together vinegar, oil and oregano. Pour over vegetables. Marinate in the refrigerator for two hours or overnight. Serve cold.

### Cauliflower Soup

**1 head cauliflower**  
**2 tablespoons extra-virgin olive oil**  
**1 small onion, diced**  
**3 cloves garlic, minced**  
**1 quart low-sodium chicken stock**  
**1/2 cup Parmesan cheese**  
**Salt and pepper to taste**  
Remove the leaves and thick core and coarsely chop cauliflower. Set aside. Heat the oil in a large pot over medium heat. Add onion and garlic. Cook until soft but now brown, about five minutes. Add cauliflower and stock.

Bring to a boil. Reduce the heat to a simmer. Cover and cook until cauliflower is soft and falling apart, about 15 minutes. Remove from heat and using a hand-held blender, puree the soup. Another option is to place small amounts in the blender and puree. Add the Parmesan cheese and stir until smooth. Season to taste with salt and pepper. Keep warm until serving time.

What vegetable is low in saturated fat and cholesterol, high in dietary fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Potassium, Manganese, Riboflavin, Vitamin B6, Pantothenic Acid, Calcium, Magnesium and Phosphorus?

If you selected celery, you know your vegetables quite well. The one thing you may not know is that celery has a high salt content which is not good.

One positive about celery is that it helps with weight loss as a one cup serving only contains 19 calories.

Rinse the celery with water. Allow it to dry for a few minutes. Using aluminum foil, completely wrap the celery and store it the vegetable bin or the bottom of the refrigerator.

### Celery Casserole

**4 cups sliced celery, sliced into 1-inch pieces**  
**1 5-ounce can sliced water chestnuts, drained**  
**1 can cream of chicken soup**  
**1/4 cup diced pimiento, drained**  
**1/2 cup soft bread crumbs**  
**1/4 cup slivered almonds, toasted\***  
**2 tablespoons melted butter**

Cook celery in salted water until just tender but still a little crisp, about 8 minutes. Drain and combine in a bowl with water chestnuts, soup and pimiento. Pour into a greased 1-quart casserole dish. Combine bread crumbs, almonds, and melted butter; sprinkle over the casserole. Bake at 350 degrees for about 30 minutes, or until hot and bubbly. \*To toast nuts, spread out in a single layer on a baking sheet. Toast in a 350 degree oven, stirring occasionally, for 10 to 15 minutes. Or, toast in an ungreased skillet over medium heat, stirring, until golden brown and aromatic.

### Celery and Cranberry Salad

**1 3-ounce package sugar-free strawberry gelatin**  
**1 cup boiling water**  
**1 tablespoon lemon juice**  
**1 cup coarsely ground cranberries**  
**1 cup chopped celery**  
**1/2 cup cold water**  
Add boiling water to gelatin. Stir until dissolved. Add cold water and chill until partially set. Add lemon juice, chopped berries and celery. Pour into mold. Chill until firm. Serve on lettuce.

## Fareway Fare

# Salmon — healthy and appetizing

BY MARY ANN MENENDEZ  
STAFF WRITER

A delicious choice for dinner any time is salmon - succulent and healthy. This pink-hued entree is rich in omega 3 fatty acids and can be prepared a number of ways.

This fish itself is a natural wonder. It has the capability to remember where to go for spawning - the place of its own birth. Salmon is known to swim through thousands miles of seas in its lifetime.

Whenever you crave salmon, visit with the staff in the meat department at the Estherville Fareway Store. Manager Jeff Bernholtz and his crew will assist you in making this purchase. New to customers last year is the Mediterranean Crusted Salmon that sell two for \$6. "It's been a good seller because it is easy to prepare," he said.

For those wishing to purchase salmon fillets to prepare and cook, Fareway offers packages containing about 2 pounds. This salmon is farm-raised. Full of nutrients, Bernholtz also noted its high omega 3 acid content.

Salmon sold at your Estherville Fareway Store is secured from National Fish & Seafood, one of oldest American seaports at Gloucester, Mass. They ensure their products meet and exceed quality expectations.

"With Lent approaching, salmon will be a popular choice by our customers because it is easy to fix and delicious," Bernholtz said.

### Honey-Lime Salmon

**2 tablespoons Dijon mustard**  
**Juice of one freshly squeezed lime**  
**2 teaspoon olive oil**  
**2 tablespoon honey**  
**1 and one-half dried oregano**  
**2 tablespoons dry or semi-dry sherry**  
**One-fourth teaspoon salt**  
**1 and one-fourth to 1 and one-third pounds salmon fillets, one-half to five-eighths inch thick**  
**Nonstick vegetable spray**



Lime wedges

To make the marinade, thoroughly combine the first 7 ingredients. Place the salmon fillets in a shallow, nonmetal dish and top with the marinade. Turn to coat the other side. Marinate in the refrigerator for about an hour, turning once or twice. Preheat the broiler. Coat the broiler-pan rack with the nonstick spray. Place the salmon on the rack, skin side down. Spoon the marinade over the fish. Broil the fish 4 to 6 inches from the heating element for 5 to 6 minutes or until the fish is done. (No need to turn.) Makes 4 servings. Garnish with lime wedges.

## Timely Tips

# Broiling

BY MARY ANN MENENDEZ

■ To broil your foods is to choose a healthy and wise way to cook.

■ Broiling is a cooking process involving the use of very high heat for a short period of time. The high heat makes a crisp outer layer and maintains an inner moistness. Meat, poultry, vegetables, and seafood can all be broiled.

■ Select thinner meat cuts to ensure the meat is cooked all the way through.

■ Preheat the broiler prior to putting food in the oven.

■ If the directions say to broil 4 inches from the heating element that means 4 inches from the source to the top of the food.

■ Food should be at room temperature when broiling.

■ Spray the broiler and

drip tray with cooking spray or aluminum foil for easier cleaning.

■ Remember to trim excess fat to avoid flare-ups.

■ Place a bread slice in the drip tray to absorb the drippings to reduce flare-ups.

■ Rotate the pan or turn thicker cuts of meat halfway through for even cooking.

■ Thinner cuts should be closer to the heat source while thicker cuts should be lower. This prevents burning the exterior.

■ When basting, be sure to use warm liquid as a colder fluid will slow the browning/cooking process.

■ A low-fat dressing makes a good basting agent.

■ The high temperature will cause the food to burn more quickly so stay nearby and keep watch.