## **FOOD**

# 'L' – LOADED WITH GREAT TASTE

BY MARY ANN MENENDEZ STAFF WRITER

The 12th letter of the alphabet is pleasing to the ears, as

its sound is soft and light. Foods beginning with the letter

'L' are loaded with taste and good nutrition.

Foods like lemon and lettuce are refreshingly light and low fat. Add to that leeks, lentils and lima beans and "L" becomes a very healthy spot to be. Recipes that provide low fat and low-calorie options are also under this heading. While the pie recipe is not included today, the question is, "Do you know anyone who can refuse the taste of luscious lemon meringue pie?"

The lemon contains Vitamins C and A, dietary fiber and is a good source of potassium, calcium, phosphorus, magnesium and iron.

The unpretentious leek belongs to the same family as onion, shallots and scallions. It offers a more subtle taste without the overwhelming urge to overpower. It is low in calories and offers a good source of manganese, Vitamin C, iron and folate.

Lentils has occupied this space a time or two, but the tiny bean packs a healthy one-two punch and is worthy of a repeat. Lentil Soup with Spinach not only tastes good, but also is a very wise choice for lunch.

Lettuce contains minimal calories with no fat or cholesterol. Present are Vitamin A, Vitamin C and a dab of iron. Just remember this rule - the greener the better!

Finally yet importantly is the lima bean.

Lima beans are ignored and probably because of the calorie content. However, do not over look this light-green or light-yellow-colored bean because it provides a good source of fiber, protein and carbohydrates.

The recipe for Lace Cookies was selected because we all have to indulge from time to time. Treat yourself to a few with a cold glass of milk or a hot cup of tea, and share them with the children in the neighborhood!



#### Roasted Potatoes with Lemon

- 4 pounds potatoes, washed and peeled
- 1 cup water
- 1/2 cup lemon juice
- 1/3 cup extra virgin olive oil
- 3 garlic cloves, minced
- 1 teaspoon salt
- 2 teaspoons dried oregano

1 teaspoon pepper

Cut potatoes lengthwise into thick wedges; place in 9-by-13 inch pan baking dish. Whisk together water, lemon juice, oil, garlic, salt, oregano and pepper; pour over potatoes, turning to coat evenly. Bake in a 325 degree oven, gently turning occasionally to keep potatoes well moistened, for about 2 hours or till potatoes are very tender and moist and most of the liquid has evaporated.

#### Lettuce Wraps

- 1 head of any leaf lettuce
- 1 carrot
- 1 lime, wedged Sliced red onion Beef mixture:
- 1 pound ground beef
- Garlic, chopped Red onion, chopped
- 1 dash red pepper flakes (optional)
- 1 dash rice wine vinegar (optional) Soy sauce

Cooked rice

Make the rice. Heat a large pot, or wok to high heat add ground beef, garlic, chopped onion, red pepper, soy sauce. Make sure to move the meat a lot so it all breaks up and cooks evenly. Slice carrots thin with a vegetable peeler, cut saucepan over medium lime into wedges, and slice onions thin. Meat should be done shortly, do not drain the meat. Fluff the rice with a fork. Place all of the fresh ingredients on a plate, lettuce leaves, carrots, limes and onions. Place rice and meat in separate bowls. Serve by placing rice in lettuce add meat, and then and pour in enough chicken the fresh veggies that you would like, wrap it up, and enjoy.

### Lima Bean Hot Dish

- 1 pound dried lima beans
- 3/4 brown sugar 2 teaspoon flour
- 1 tablespoon dried mus-
- 1 teaspoon salt
- 1 tablespoon molasses
- 1 cup sour cream

Soak lima beans overnight. Drain, cover with fresh water, and simmer until tender (but not mushy), about one hour.

Drain and turn into a buttered 2-quart casserole. Mix together all other ingredients and add to beans, mixing in gently. Bake in the oven at 350 degrees for about one hour. Beans should be tender and sauce should be thick and creamy, not dried out.

#### Lentil Soup with Spinach

- 2 cups dry lentils, rinsed
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 tablespoon olive oil
- 24 ounces beef stock or broth
- 1 cup finely chopped carrot 6 cloves garlic, minced
- 1/2 cup chopped celery
- 1 1/2 cups chopped onions
- 1 (14 .5 ounce) can diced tomatoes
- 8 cups water 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper

1 1/2 teaspoons chopped mint (optional) In a large stock pot, heat the oil and saute the garlic,

onions, celery and carrot until the vegetables are tender. Add the rinsed lentils, water and beef stock. Bring the mixture to a boil, then reduce the heat to a simmer, cover and cook for about 45 minutes (or until the lentils are tender), stirring occasionally. Add the tomatoes (with the juice in the can) and the chopped oregano, salt and pepper. Stir in the spinach and simmer uncovered for about 15-20 more minutes.

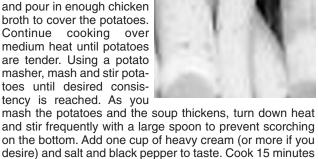
#### Leek and Mashed Potato Soup

3 tablespoons butter 3 leeks, white part thinly sliced

- 1 medium or large onion, chopped
- 6-8 russet potatoes, thinly sliced 3 1/2 cups chicken broth 1 cup heavy cream

Salt to taste Freshly ground black pepper to taste

Melt butter in a large heat. Add onions and leeks. Cook and stir until onions are limp and just slightly brown. Add sliced potatoes broth to cover the potatoes. Continue cooking over medium heat until potatoes are tender. Using a potato masher, mash and stir potatoes until desired consistency is reached. As you



on the bottom. Add one cup of heavy cream (or more if you desire) and salt and black pepper to taste. Cook 15 minutes more over low heat, stirring frequently, then remove from

heat and serve.

#### Lace Cookies

- 1/2 pound softened butter (two sticks)
- 3 cups oatmeal
- 1 cup sugar
- 1 teaspoon vanilla
- 1/2 teaspoon salt

Cream butter, sugar and vanilla until light and fluffy. Fold in oatmeal one cup at a time. Drop mixture by level teaspoonful onto ungreased cookie sheet (4 across and 5 down). Bake at 350 degrees for 8-10 minutes or until cookies are thin and golden brown. Allow to cool slightly before carefully removing from sheet. Place cookie sheets side by side, do not stack in oven. Makes about 100.

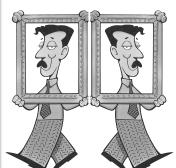
#### Low-Fat Peach Salsa

- 3 large peaches, ripe but firm (peeled, pitted and fine-
- 1 cup cucumber, unpeeled and finely diced Three-fourths cup red bell pepper, seeded and finely
- 1/3 cup fresh cilantro, finely chopped
- 1 small jalapeno chile, seeded and finely chopped
- 2 tablespoons fresh lime juice 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper 3 tablespoons apricot preserves
- (Salt, pepper and jalapenos should be adjusted to

Combine all ingredients in a medium bowl and stir to blend. Cover and refrigerate until needed. Stir before serving. This recipe may be prepared 2-3 hours in advance.

In honor of Dad's Big Day on June 21 The Estherville Daily News is holding a

Father-Daughter and/or Father-Son Look Alike Contest



\$10 will put your colored picture and greeting to the best Dad ever into the June 20 edition of the Estherville Daily News. We will ask the community to vote on the best look-alike

The winner of this contest will receive:

by June 26 in person or June 27 online.

> 2 movie tickets from Superior 71 2 rounds of 9 hole golf with free cart rental from Estherville Golf

> A large pizza and 2 soft drinks from Woody's > A 3-month subscription from Estherville Daily News

> Deadline for photo registration is June 12. Winner will be drawn on June 30.

Registration	Form
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Father's Name:\_ Daughter/Son's Name:\_\_

Mail or Bring Registration Form to: Estherville Daily News, 10 N. 7th St., Estherville, IA 51334. Email: ednbus@ncn.net

Website: www.esthervilledailynews.com

If you want your photo returned, enclose a self-addressed, stamped envelope; or photos may be picked up at the Daily News, 10 N. 7th St., Estherville, IA after June 20, 2009

