



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

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Chief and Rays Supermarkets

FROM THE COOKBOOK SHELF

I like it when wives of candidates "say it with recipes." Fran DeWine's 11th cook booklet is now available during husband Mike DeWine's campaign to be Attorney General of Ohio. Fran DeWine's *Family Favorites* is written and prepared by Fran DeWine with illustrations by her daughters and granddaughters. As the mother of eight and now grandmother of 13, Fran DeWine loves to cook and food seems to be the center of their family gatherings.

One of the new recipes in the 11th edition is Chicken Tortilla Soup, a good choice with fall less than a month away. I've made it and like all of her recipes, the soup is delicious!

FRAN DEWINE'S CHICKEN TORTILLA SOUP

SAUTÉ TOGETHER:

- 2 medium onions, diced
- 4 cloves garlic, minced
- 2 tablespoons olive oil

ADD AND SAUTÉ FOR 1 MINUTE:

- 2 teaspoons oregano
- 1 tablespoons chili powder

ADD:

- (2) 28-ounce cans crushed tomatoes
- (1) 16-ounce package frozen corn
- (1 or 2) 4-ounce cans chopped green chilies
- (2) 15-ounce cans black beans
- 1 quart chicken broth
- 4 cups chopped cooked chicken

Bring to a boil. Simmer about 20 minutes. Garnish with chopped fresh cilantro and tortilla chips (fry some thin strips of corn tortillas for a nice presentation). Garnish with sour cream if you like.

Also from the cookbook shelf we have *Not Your Mother's Fondue* by Hallie Harron; Harvard Common Press, softback/\$17.95. Fondue is back so dust off your appliance and make appetizers to yummy desserts with this better than ever fondue cookbook! Roca Fondue will appeal to children and grownups!

ROCA FONDUE

- 4-ounces Almond Roca or Heath bar candy, chopped
- 1 cup heavy cream
- 1 cup sweetened condensed milk
- 1/3 cup sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 2 large eggs

Place candy, cream, condensed milk, sugar and vanilla and almond extract in a medium-size fondue pot over medium-low heat. Stir frequently until candy is melted. Place the

eggs in a small bowl and beat them. Stir in 1/2 cup of the warm cream mixture. Blend well, then add the mixture to the fondue pot and stir to combine. Serve on lowest possible heat setting. Recipe makes 3 cups. Suggested dippers include animal crackers, marshmallows and chocolate chip cookies. SOURCE: Recipe used with permission of the Harvard Common Press.

ABDOMINAL FAT ASSOCIATED WITH GREATER DEMENTIA RISK

Carrying around excessive abdominal fat can place you at high risk for dementia later in life, according to a study in the May 20, 2010 online edition of *Annals of Neurology*. The study found a strong association between increasing body mass index (BMI) and lower brain volume in older adults, as well as younger and middle aged adults. The data further suggests that central obesity (the visceral fat component of abdominal obesity) significantly raises the risk of dementia and Alzheimer's disease. Though researchers said the findings are preliminary, they hope to use the results to help develop better prevention strategies in the future. They added that the results underscore the connection between cardiovascular health and brain health and that by avoiding heart risk factors such as obesity, hypertension, high cholesterol and a sedentary lifestyle, you are also helping preserve brain health and cognitive functions. SOURCE: *DukeMedicine HealthNews, August 2010*.

SALAD GETS RAVE REVIEWS!

This salad is appropriately called Dilled Garden Salad because ingredients include the kind you have in home gardens or that you can find reasonably priced at Chief and Rays this time of year.

DILLED GARDEN SALAD

- 1 cup cherry tomato halves
- 1/2 seedless cucumber, sliced thin
- 1 small sweet onion, sliced thin
- 1/2 cup seedless kalamata olives
- 4-ounces mozzarella cheese cut in 1/2 inch cubes

VINAIGRETTE:

- 1/4 cup canola oil
- 2 tablespoons white wine vinegar
- 1 teaspoon dill weed
- 1/4 teaspoon kosher salt
- 1/4 teaspoon sugar
- 1/4 teaspoon fresh ground pepper

Place all salad ingredients except cheese in large serving bowl; toss lightly. Whisk together vinaigrette ingredients in a small bowl and toss with salad mixture. Refrigerate overnight to blend flavors. Add cheese cubes just before serving. Recipe makes 10-1/2 cup servings.

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