

# Deli Meats . . . Why you should read the label

Next time you want to pick up some nice, easy, sliced deli meats, ask the clerk to let you read the LABEL. Yes, they can hand over that huge bundle of goods but be prepared the wrapper is usually a dark color, with small print making it hard to read and filled with words you cannot pronounce. If the bundle is too big to hand over the high counter ask the clerk to read it to you, every last word.

Ten years ago when I heard about all the chemicals they use in the processing of ham, turkey and beef I made the personal choice to no longer put them in my body. It doesn't matter if they come from the grocery store or your favorite sub shop they are all the same. I can't believe how many hot dogs and baloney sandwiches I fed my children when they were small. I apologize to them often for not knowing. As Maya Angelou says, "When you know better, you do better."

Which reminds me of a story I heard years ago, it goes like this. Three generations of women were in the kitchen cooking. The

A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.

-William Arthur Ward

## One-Bowl Magic for Leftovers

Here is what I found waiting in my fridge one winter's night: cold grilled chicken breast, a bowl of Bok Choy, and a tiny dab of mixed steamed veggies. Chopped one half of the cold chicken breast into a bowl. Nuked the two bowls of veggies for one minute and dumped them on top to warm up the chicken. It was yummy good and perfect for your lunch box or a mid afternoon snack.

mother of the household was preparing a roast for dinner. When she cut off the small end and discarded it into the trash, the young daughter asked her why she cut off the end of the roast. Her mother's reply was, "Ask your grandmother, she always did it that way." Looking at her grandmother, the young lady said okay, "Why?" The grandmother said, "Go ask Granny, that's the way she did it". So off to the living room she went in search of her Great-Grandmother. When she asked the question, "Why did you cut off the end of the roast?" Granny's simple reply was, "The pan was too small." Mystified the young lady asked, "Why didn't you use a bigger pan?" Again a simple reply, "I didn't have one." So you see the parable of the story is no matter how long a "thing had been done in a certain way, it doesn't mean we should keep doing it." Sometimes our food choices can be very harmful. As my friend and editor Denise says, "Maybe what is preserving the food is not preserving us".

## Mistakes — YES, we all make them

everyday. Some of our cooking mistakes can be doo-zies. One of my "many" was the time I tried a new recipe for roasted spicy cauliflower. I'm not prone to liking things too spicy, so when I got these off the rector scale HOT, I wanted to toss them out. Being the tightwad I am, I placed them in a freezer bag with a note "HOT use a little in soup". A month later I was looking for soup in the freezer and found a *benign* looking bag of soup, plus the bag of cauliflower. Decided to toss a few frozen flowerets into the soup. The only problem was, I had NOT marked the soup HOT and it was! Guess who was fishing out the cauliflower bits?

What's the old saying make lemonade when given lemons!