



# Food and Fitness

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## Websites of interest:

- [sportsmedicine.about.com/od/hydrationand-fluid](http://sportsmedicine.about.com/od/hydrationand-fluid)
- [Mexicanfood.about.com/od](http://Mexicanfood.about.com/od)

## Summer Exercise—Keep Your Cool



Now that nice weather has arrived and you've moved your regular exercise program outside, it's important to pay attention to the heat. Under temperate conditions, the body increases your heart rate and produces sweat to keep you cool. Exercising in hot weather puts more stress on your heart. When your body heats up from exercise and hotter temperatures, the heart must work

harder to keep the body cool.

Higher temperature and humidity may cause your body's natural air conditioning to fail. But, don't let fear keep you from enjoying exercise in the summer. Check out these precautions to avoid heat-related illness such as heat cramps, heat exhaustion, and heat stroke.

**Slow down—**When you first begin to exercise in the heat, take it easy. As your body adapts to the heat, gradually work your way back to previous levels. If you have a medical condition,

you may want to ask your doctor if you need to take extra precautions.

**Drink plenty of fluids—**Since sweating is the body's main way to cool itself and since you will sweat more in warmer temperatures, it's important to drink more. Drink plenty of water before, during and after exercising in hot weather. An easy



way to know if you are dehydrated is to

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## Intergenerational Family Cooking with the Fish Family

Recently together to celebrate Easter the Fish family shared some life-long intergenerational cooking memories and family recipes. Nancy Stark of Charleston related how it all evolved.

“Usually, I provide the home for a family celebration and all of my sisters and husband do the cooking. I do contribute my famous blueberry cobbler!”

We were very fortunate to grow up with both of our grandmothers cooking. Our maternal grandmother, who lived with us, was a wonderful Lebanese cook, while our paternal grandmother Nannie stuck more to the basics. “

“Mom worked during the week and our Sitti (Arabic word for mother’s mother) would cook dinner. On weekends,

she and Mom would roll the cabbage and grape leaves and invite cousins over to share in the meal. How my dear dad survived this house full of women, I’ll never know. He describes it as ‘never easy – but always good!’ ”

“We usually had our Sunday dinners at our paternal grandmother Nannie’s home. She made the best potato rolls ever and would make them from scratch every week. She was also known for her Curry and Rice dish as she spent the first 10 years of her married life in India with my grandfather who was from Pennsylvania.”

“Nannie’s family came from England to India and Granddad was working for McJunkin Corp here in West



Three generations of the Fish family prepared Easter dinner recently for family and friends.

Virginia when he was sent to India. There he met Nannie. Our father was born in India and lived there until he was around 9 years old. “

“Both Nannie and Grandad loved to garden and shared this love with Dad. He is famous for his tomatoes and takes great pride in them. He doesn’t brag often, but he does say that has the best in the world! We all tend to agree.”

See Recipe Corner page 4 for favorite recipes from the Fish family.



Pungent flavors from cinnamon, allspice, lemon, and garlic figure prominently in the intergenerational recipes of the Fish family.

## More About Mexican Cuisine

By Catherine Townsend



Let's return to the "culinary trinity" of Mexican cooking and focus on corn, or *maiz*, as it's called in Mexico. The lives and activities of small farmers in Mexico center on the cultivation of corn. Planting begins just before the rains start toward the end of May.

All kinds and colors of corn are grown, and almost all of the corn plant is used in one way or another. For example, in their green husks the tender ears of corn are sometimes roasted over charcoal

or the kernels shaved off for fresh corn tamales. The corn silk is dried and made into a healthful tea. Sometimes the green leaves are cut from the stalk for wrapping triangular tamales. Even the silvery skinned mushroom (*cuitlacoche*) that sometimes grows on the ears is an epicurean treat!

The corn tortilla has been the sustaining basic food of the Mexican people for centuries. Traditionally, a ball of *masa* was pressed onto a piece of banana leaf and patted out to ensure that the tortilla would be round and flat. With the modern age

comes the wooden or cast iron press which speeds up the process considerably. While most Americans today would not consider buying dried corn and making their own tortillas, there are other options readily available in the supermarkets. Read the labels to see which tortilla best meets your dietary needs for carbohydrate, sodium and fat content.

Recipes this month use corn and corn tortillas, both high in energy and nutrients. The corn pudding is a version of one found in Diana Kennedy's *Mexican Cooking*, while the green sauce comes from *Escuela Kukulcan*, Cuernavaca, Mexico.

See Recipe Corner page 4.



**"The corn tortilla has been the sustaining basic food of the Mexican people for centuries."**



## Recipe Corner

### Budin de Elote

(Corn Pudding)

Non-stick vegetable spray

2 T. bread crumbs, toasted

2 cups corn kernels (fresh is best---about five ears)

½ cup 10-fat milk

3 T. lite butter, softened

3 eggs or substitute

1 teaspoon sugar

1 teaspoon salt

Freshly ground black pepper to taste

Preheat oven to 350. Toast bread crumbs in a metal baking container for about ten minutes at 350. Cut fresh corn from the cob with a sharp knife.

Spray a 4-cup baking or soufflé dish and sprinkle with toasted bread crumbs. Set aside.

Put corn and milk into food processor and blend until

reduced to a textured puree. Gradually add lite butter, eggs, and seasonings.

Pour this mixture into the prepared dish, place on a heavy baking sheet on lower rack of oven. Bake until mixture is firmly set and brown around the edges--- around 30-35 minutes.

Serve from dish or carefully unmold onto a serving dish. Serve with salsa roja (see May issue) as a separate vegetable dish or to accompany a main course. Buen provecho! Enjoy!

### Salsa Verde con Totopos Tostadas



(Green sauce with baked chips)

### Salsa Verde

6 tomatillos, (small green tomatoes) peeled and rinsed

1/3 small Serrano

*Mexican Cooking article and recipes contributed by Catherine Townsend.*



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## Recipe Corner

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pepper

1/3 bunch cilantro

1 ripe avocado,  
peeled and pitted

2 cloves garlic

Juice of 1 lime

Salt to taste

1/4 cup (or less) water

Remove stem and seeds from Serrano pepper. Remember to use gloves when handling this hot pepper.

Put all ingredients in blender. Process until ingredients are finely chopped, adding a small amount of water to facilitate the process. Drain off excess liquid before serving. Although it tastes great with chips, this sauce is especially good with grilled chicken!

### Totopos Tostadas

One package corn tortillas

3 Tablespoons salt

1 cup water

Traditionally totopos are fried but one can reduce fat intake by baking the tortilla pieces. To prepare crisply baked corn chips, cut each tortilla into 4-6 triangles. Dip into a solution of water and salt, then pat dry on paper towels. Place on cookie sheets and bake in oven preheated to 325 for about 40 minutes, turning over from time to time. Serve with green sauce. (*salsa verde*)

### Recipes from the Fish Family

#### Hummus

*Recipe from Nancy Stark's cousin*

*Louann Murad Bowen*

1 bag of dry chick

peas

6 Table-  
spoon of  
sesame  
Tahini

3 cloves  
of garlic

1 1/2 tea-  
spoon salt

Juice of 6  
Lemons

Cold water

Olive Oil and parsley  
for Garnish—optional



Rinse chick-

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## Recipe Corner

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peas and soak in water over night. Using this water, bring the chickpeas to a boil, and then simmer until tender (about one hour). Drain the water off. Puree chickpeas in a food processor. Crush the garlic and combine with salt, sesame tahini, and lemon juice. Mix well. Thin with cold water to desired consistency.

Garnish with olive oil and parsley, if desired.

### HASHWEE

1 lb. ground meat—low fat, like Laura's lean beef

½ cup pine nuts

1 Onion – finely chopped

Salt, Pepper, Cinnamon, Allspice - to taste.

1 cup Uncle Ben's Converted Long Grain Rice

2 ½ cups of fat free chicken broth

Brown the meat and onion and drain. Mix the meat, onion, pine nuts, and seasonings in a large saucepan. (The way that we determined if we had enough of the Allspice and Cinnamon in the mixture was to smell it – looking for a good strong scent).

Add rice to the mixture and stir. Add the broth. Bring to a boil. Reduce heat to medium/low, cover and cook for 25-30 minutes.

### Grape Leaf Rolls

100 grape leaves

1 cup rice (uncooked)

1 ½ lbs of lean

ground beef – very important to ask the butcher to grind the meat twice.

Salt, pepper, cinnamon and Allspice

2 Lemons

Wash grape leaves and pour boiling water over leaves to soften.

Mix rice, meat, spices and juice of one lemon. We knew that there was enough of the Allspice and cinnamon by smelling the mixture. Look for a strong smell.

Place about one Tablespoon of meat mixture on the veined side of each grape leaf. Line bottom of pan with 3 or 4 grape leaves or a



Grape Leaf Rolls



Pine Nuts



Grape Leaf

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## Recipe Corner

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pan rack. Place evenly in rows in layers, crisscrossing each layer. Use an inverted plate to hold down rolls. Add water to cover. Bring to boil, then reduce to low heat and cook 20 to 30 minutes covering the pot. Add juice of one lemon five minutes before removing from heat.

Can be served with a dish of Laban (Yogurt).

### Cabbage Rolls

2 large heads of cabbage

1 ½ pounds of lean ground beef – very important to ask the butcher to grind this twice - My grandmother would use ground chuck, but you may choose a leaner cut of meat.

4 cloves of garlic - crushed

Juice of 4 lemons

1 ½ cups of rice – We use Water Maid Rice Salt, Pepper, Cinnamon, and Allspice to taste

2 - 15 oz cans of tomato paste

2 – 28oz cans of tomatoes

Core cabbage and submerge into salted boiling water. While boiling, loosen each cabbage leaf with a fork and when slightly tender, remove. If the leaves are too large, trim heavy vein and cut in halves or thirds.

Mix rice, meat, salt, pepper, spices and juice of one lemon. We always knew that there was enough of the allspice and cinnamon by smelling the meat

mixture. Look for a strong smell.

Place 1 Tablespoon of rice and meat mixture on the inner side of the leaf. Spread across in a line and roll up completely. Line bottom of pan with 3 or 4 cabbage leaves or a pan rack. My grandmother often used soup bones to line the bottom of the pot to add flavor.. Place rolls evenly in rows in layers, crisscrossing each layer. Add tomato sauce, tomatoes, salt, pepper, and enough water to cover rolls. Use an inverted plate to hold down rolls.

Cover with a pot lid and bring to boil, then reduce to low heat and cook for 30 minutes. Add lemon juice near the end of cooking time.



*“Intergenerational Cooking” article and recipes from the Fish family contributed by Nancy Stark of Charleston.*

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## Summer Exercise—Keep Your Cool (continued)



*“Summer Exercise—Keep Your Cool” article contributed by Betsy Greer, MS*



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observe the color of your urine. It should be almost clear or straw colored. If the urine is a dark color or of minimal quantity, you may be dehydrated.

**Wear sunscreen**—Always wear sunscreen when exercising, working, or playing in the sun.

**Dress for the weather**—Wear loose fitting, lightweight, and light colored clothing. Avoid dark colors. Wear a

hat.

**Exercise during the coolest time of the day**—Exercise in the morning or the evening in the summer. If possible, choose a shaded route to walk. Swimming is a good way to stay cool.

**Stay inside**—If the temperature is high and, especially, the humidity is high, avoid exercise outside altogether. Exercise at the gym or walk at the mall.

Stop exercising and get out of the heat if

you develop any signs of a heat related illness. Symptoms may include weakness, chills, headache, dizziness, muscle cramps, nausea, and vomiting. Rest in a cool place and drink fluids. If symptoms don't go away or if you begin to feel worse, seek medical help.

You want to exercise throughout the year. Summer is a wonderful time to get outside for exercise, just remember to use common sense.