

Opinion

Nothing gets my heart pumping like donating blood

by Brian Randall
Blood Donating Expert

Q: How much blood can you donate? Have you ever passed out?

Let me just say this, I don't donate: I give. Donating implies a charitable act, for me its all about the idea of circulating more of me throughout American veins. I give to the weak so that they

might be strong. * This is the first difference between you and I, amateur. They don't test my blood for iron; they test it for steel.

You'll never see me with a needle in my arm. They just stick it right into my jugular. Most people give a pint. I give a gallon at minimum. I challenged people in the past to "donator off's". See who can give the most before they pass out. Well, lets just say this, I usually end up having

to donate extra blood to keep my opponent alive.

Have I ever passed out?

Only once, I decided to donate blood and do a triathlon at the same time. Let's just say I didn't think through the swimming section and had some shark issues. Though I can say with relative confidence that it was the oxygen deprivation at the bottom of the ocean that caused my temporary black out. I still won the race

and was able to donate some blood so that the shark could live.

I hope your questions have been answered. If you would like to know more you could come polish my American Red Cross donor of the Year trophies and I would be glad to answer any more questions you might have.

*Relative term in comparison to me.

Food For Thought II: Recipe for Yogurt Marinated Chicken and Mediterranean Rapini (Broccoli Rabe) Salad

by Risa Dimond
Managing Editor

Last week, one of my roommates, Owen Carson, made dinner and I wanted to share this easy, fast and fresh Mediterranean recipe. While chopping garlic and arranging organic yogurt, artichoke hearts, olives, and feta cheese, from Poppies, Owen says, "this recipe is a good introduction dish to Mediterranean flavors. Plus, broccoli rabe is healthy and if your ingredients are organic, the whole meal is really good for you."

I will no eat anything that remotely tastes like liquorish. This includes Nyquil, rye-bread, and Jaeger. Everything else is free game. However, I still ask reasonable and skeptical questions when it comes to what I eat. Is it really better if it's organic? (A friend says it's cheaper than cancer.) What types of flavors are involved? How well does each flavor compliment the other? Is it really as healthy as we think? Would

it be better with lamb, etc? I took Owen's word that this meal is nutritious and delicious, however, I couldn't help speculating the pros and cons of this recipe as well as finding such healthy benefits as these.

Broccoli rabe or Rapini is related to cabbage, Brussels sprouts, cauliflower, kohlrabi, Chinese cabbage, rutabaga, turnips and broccoli. It is closely related to turnips and is often referred to turnip greens. Broccoli rabe helps prevent cellular degeneration containing flavonoids, sulfuraphane and indoles. The dark leafy greens boost your immune system and are high in beta-carotene, vitamins A and C, calcium and iron. This vegetable packs a healthy punch as well as being very low in calories.

Yogurt Marinated Chicken and Mediterranean Rapini Salad

(Serves 4)

Chicken

2 attached boneless chicken breasts

(4 unattached)

1 c. Plain Yogurt

2 tsp. oregano

1 tsp. black pepper

2 cloves garlic,

minced

½ c. Feta Cheese

4 oz. Kalamata olives,

finely chopped

Combine yogurt through garlic in a shallow dish. Place chicken in dish and cover completely with marinade. Chill, uncovered, in fridge for 30 minutes.

Preheat broiler (500 F.) Drizzle a thin layer of olive oil in a broiling pan. Lay chicken in pan, discard marinade and cook for 8 to 10 minutes. Take pan out of oven, flip, and cover chicken with mixed feta cheese and olives. Cook an additional 4 to 6 minutes.

Rapini (Broccoli Rabe) Salad

1 bunch Rapini

(Broccoli Rabe)

¼ c. sun-dried

tomatoes (if not in oil, drizzle a little olive oil over tomatoes)

1 12oz can artichoke hearts with juice

1 tsp. capers

1 tsp. garlic

Juice of 1 lemon

1 tbs. balsamic

vinegar

¼ c. water

Combine lemon juice, vinegar, and water in a medium saucepan until warm. Add the rest of the ingredients to pan and cook on med-high heat until the liquid is absorbed, stirring frequently.

This meal is a great way to impress someone with worldly and healthy tastes. It would be great accompanied by some simply made steamed couscous and garlic. To create a twist on this dish trade out the chicken for some flavorful lamb. Sear the lamb in a sauté pan on both sides, then transfer to the broiling dish, marinade and all, and cook until medium rare. The lamb should be flavorful enough that the feta cheese and olives should be served on the side so eaters can choose on their own.