

Eating smart helps maintain good health Bring an Open Air Market to your table

If you're like most Americans, you know you should be eating a heart-healthy diet, but you're not sure where to start.

But, here's some good news: Healthy eating is within reach thanks to a new eating pattern called DASH (Dietary Approaches to Stop Hypertension), which is clinically proven to lower blood pressure.

Fifty million Americans have high blood pressure, and one-third of them don't know it. Untreated, it can lead to heart disease and stroke, the first and third leading causes of premature death in the United States. Developed by the National Institutes of Health, DASH is recommended for those working to lower their blood pressure, and is also a nutritious eating plan for anyone trying to eat more healthfully.

The DASH eating pattern is easy to follow. It emphasizes fruits, vegetables and low-fat dairy products. It includes whole grains, poultry, fish and nuts and is reduced in fat, red meat, sweets, and sugar-containing beverages.

For people who enjoy eating nuts, DASH has welcome news. DASH recommends consuming adequate amounts of potassium, calcium and magnesium to help control and possibly prevent high blood pressure. Almonds and other nuts, seeds and legumes are great natural sources of these essential minerals. They also provide fiber and protein, are low in saturated fat and contain no cholesterol. Accordingly, eating four to five servings of



Nutritious almonds, packed with essential vitamins and minerals, add crunch and flavor to your heart-healthy diet.

these foods each week is an important part of DASH.

The best part about this eating plan is that you don't have to sacrifice flavorful, great-tasting food. Renowned chef Nora Pouillon from Restaurant Nora in Washington, DC would agree. She's created this fresh mesclun salad topped with turkey that bursts with vibrant flavors, from juicy-sweet pears to crisp ginger-spiced almonds. Chef Pouillon's DASH-friendly recipe is consistent with the Step 1 Diet (from the National Cholesterol Education Program and the American Heart Association, 1993) when eaten

as part of a daily menu of 2,000 calories, with no more than 30 percent of calories from fat, less than 10 percent of calories from saturated fat, and less than 300 mg of cholesterol. Depending on your target body weight, you may have different caloric needs.

For more information on the DASH eating plan and a sample seven-day DASH menu with delicious recipes, you can log on to the Almond Board of California's own web site, www.almondsarein.com.

Mesclun Salad with Spicy Almonds and Turkey
Prep and Cooking

Time: 30 minutes
1 egg white
3/4 teaspoon ginger
1/2 teaspoon cayenne
1/2 teaspoon lite salt, divided
1 1/2 cups slivered almonds
2 teaspoons sherry vinegar
2 tablespoons extra-virgin olive oil

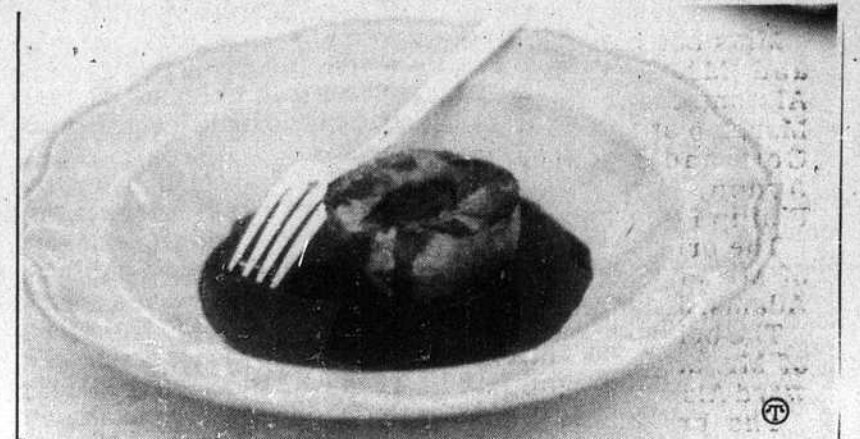
1/4 teaspoon black pepper
8 cups lightly packed mesclun or mixed baby greens
2 ripe pears, peeled, cored and cut into 1/2-inch cubes
8 ozs. prepared fat-free roasted turkey, cut into thick matchstick pieces

To make Spicy Almonds, heat oven to 350 degrees. Coat baking sheet with vegetable oil cooking spray.

In medium bowl, beat egg white to form soft peaks, then gently fold in ginger, cayenne pepper and 1/4 teaspoon of the salt. Mix in almonds, then spread evenly in pan. Bake 15 to 20 minutes, tossing every 5 minutes until toasted and crisp.

Meanwhile, in large bowl, whisk vinegar, oil, the remaining salt and the pepper. Add greens, pears and turkey; toss. Divide among four plates. Break up almonds into individual pieces. Top each salad serving with one tablespoon Spicy Almonds. (Reserve remaining almonds in airtight container for future use.)

Servings: 4
(Nutritional information per serving: 225 calories; 14 g protein; 19 g carbohydrates; 3 g fiber; 12 g total fat; 1 g saturated fat; 21 mg cholesterol; 49 mg calcium; 35 mg magnesium; 503 mg potassium; 649 mg sodium.)



Grilled Peaches with Blackberry Sauce

BY GEORGEANNE BRENNAN

In southern France, in Provence, where I learned so much about cooking from my neighbors, most of the fruit comes directly from the small, surrounding orchards and goes straight to the local open air markets.

Every city, town, and tiny village has a market day at least once a week, and often daily. The fruit is usually picked either the evening before or early in the morning on market day, then brought ripe to the mar-

ket stalls, so it tastes just like eating it right from the tree.

In the United States, most of the fruit comes to us shipped over long distances, and most of it is from California. In fact, 60 percent of the peaches grown in the United States and 90 percent of the plums and nectarines are grown in California, then shipped all over the nation. Even though we have a very different system of farming and marketing, we still want wonderful, sweet,

See FRUIT On Page 5-B

Desserts can be easy as easy as pie

If you think creating a delicious dessert such as Walnut Peach Pie or Chocolate Mocha Macademia Pie is only for those with time on their hands, think again.

Recently, Keebler Ready Crust sponsored a nationwide contest and invited consumers to create an original pie recipe requiring 15 minutes or less of preparation time. The winning recipes, are featured in a free booklet, "Desserts As Easy As Pie."

"Today's hectic lifestyles leave little time for baking, so who better to develop quick, and tasty recipes than home cooks who manage the time crunch every day," said Keith Hill, Marketing Manager for Keebler Ready Crust. "The recipes featured in the booklet demonstrate that you can prepare great-tasting pies in a few minutes if you combine a little imagination with the right ingredients."

Following is one of the many recipes in the booklet. In just a few minutes, you can see how easy it is to prepare a delicious dessert.

Mango-Pango Cheesecake Pie
Makes 8 servings
1 1/2 (8 oz.) packages reduced-fat cream cheese, softened
1/4 cup prepared or homemade lemon icing
1 egg, beaten
1/2 tsp. lemon extract
2 Tbsp. flour
1 1/2 cups cubed mango
1 (6 oz.) shortbread pie crust
Lemon Streusel topping (recipe follows)
Beat cream cheese and icing in bowl until smooth; add egg, lemon extract, and flour, beating until well blended. Stir in



Mango-Pango Cheesecake Pie with Lemon Streusel topping

Pour filling into pie crust; sprinkle with Lemon Streusel topping (see recipe below). Bake at 350° F. until center of cheesecake is just set, 35 to 45

minutes. Cool on wire rack; refrigerate 8 hours or overnight.

Lemon Streusel
(about 1/2 cup)
1/3 cup graham cracker crumbs
1 Tbsp. sugar
1 Tbsp. butter, melted
1 Tbsp. lemon icing
Combine all ingredients, stirring until crumbly.

To receive a free copy of the booklet, send a legal size, self-addressed, stamped envelope to the following address: "Desserts As Easy As Pie" Booklet Offer, 303 E. Wacker, Suite 440, Chicago, IL 60601.

THE CHOWAN HERALD...
PROUD TO BE CHOWAN COUNTY'S
ONLY HOMETOWN NEWSPAPER

Notice of Meeting of the Chowan County Board of Equalization and Review

Pursuant to N.C.G.S. 105-322 of The General Statutes of NC, the Chowan County Board of Commissioners will meet as a County Board of Equalization and Review as required by law.

PURPOSE OF MEETING

To hear upon request, any and all taxpayers who own or control taxable property assessed for taxation in Chowan County, with respect to the valuation of such property, or the property of others, and to fulfill other duties and responsibilities as required by law.

TIME AND LOCATION OF MEETING

Monday, May 3, 1999 at 11 a.m.
Chowan County Courthouse, Second Floor,
101 S. Broad Street, Edenton, NC

Expected adjournment date: May 3, 1999

Notice of any change of adjournment date will be published in the paper.

Please contact the County Tax Department for appointments by Wednesday, April 28, 1999.

P.O. Box 1030 • Edenton, NC 27932
(252) 482-8487

Lynda Hendricks, Clerk,
Board of Equalization and Review

Help is at your fingertips
Call our lifeline. It's toll-free.
THE VOICE OF HOPE
1-800-572-1717
MDA
Muscular Dystrophy Association

Laura's United Hair-Lines
"Where You're Always Treated First Class"
Wards Shopping Center, Hertford, NC

SPECIALS
APRIL 26 - MAY 1 Only

\$5.00 Off Full Perm with coupon	Tanning Bed or Booth 10 Sessions - \$25 20 Sessions - \$40	\$2.00 Off Wash, Cut, Blowdry with coupon
----------------------------------	--	---

Not valid with any other special.
Now offering paraffin wax treatment. Great for Arthritis, or dry cracked and peeling hands.

Laura White, Owner
9am - 5pm Monday-Saturday
After 5pm by Appointment
(252) 426-4692

GO TEAM

With your help, MDA investigators are racing to beat 40 neuromuscular diseases. Join our team in the battle for life.

MDA
Muscular Dystrophy Association
1-800-572-1717
www.mdousa.org

Driving is the event
This is your ticket...

Ford spring **BREAKOUT** sales event

0.9% apr
Or \$1,000 cash back
'99 Ranger

Only compact pick-up with available 4-door supercab

4.9% apr
Or choose \$500 cash back
the all new '99 Mustang

0.9% apr
Or \$1,000 cash back
'99 Windstar

Only vehicle to earn quadruple five star rating in Government crash tests. ★★★★★

Only at your **Neighborhood Ford Dealer**

NOT ALL BUYERS WILL QUALIFY FOR LOWEST APR. See dealer to see if you qualify. Limited term Ford Credit APR financing to qualified buyers. Finance rate varies by model and by creditworthiness of customer as determined by Ford Credit. For cash back or APR, take new retail delivery from dealer stock by 7/5/99. Dealer participation may affect savings. Residency restrictions apply. Excludes non-Ford branded derivatives. Windstar tested with optional side airbags. Always wear your safety belt and secure children in rear seat.