



Picante Shrimp 'n Peppers Pasta garnered Grand Prize honors — and a check for \$3,000 — in the 1993 Pace Picante Sauce "Pick Up The Pace" recipe contest. A fast and fresh mix of pasta, shrimp, bell peppers, mushrooms, tomato and shrimp, it takes its one-of-a-kind Texas-size taste appeal from San Antonio's own Pace Picante Sauce. Choose mild, medium or hot, as desired, for just the desired degree of tongue-tongling jalapeno "heat."

## Fiesta-Flavored Pasta Garners Grand Prize In Annual 'Pick up The Pace' Recipe Contest

SAN ANTONIO — Picante Shrimp 'n Peppers Pasta, a fiesta flavored, fast-to-fix main dish, has been named the \$3,000 Grand Prize winner in the 1993 Paced Picante Sauce "Pick Up The Pace" Recipe Contest. The hands-down favorite of the judges, the dish was selected from a record number of entries in the annual recipe round-up.

Colorful and appealing, the best-of-contest creation is a Mediterranean-style mix of pasta, shrimp, bell peppers, mushrooms and tomatoes seasoned with garlic and basil. For its big-as Texas taste and lively jalapeno heat it relies on versatile Paced Picante Sauce in the cook's choice of mild, medium or hot. A sprinkling of grated parmesan cheese tops the pasta, which needs only a favorite bread and simple salad to complete a winning meal.

Gregory Chaconas, a U.S. Postal Service lead mechanic from Ludlow, Massachusetts, who has never before entered a recipe contest, created the prize-winning recipe.

Recipe entries the 1993 contest mirrored today's back-to-basics cooking trend. Few exotic or hard-to-find ingredients were used, and emphasis was on simple foods prepared with spectacular seasonings. The vast majority of recipes entered could go from start to serving in an hour or less, and there was a major surge in meatless entrees — especially pasta, bean dishes, pizza and meatless "Mexican lasagna" — accounting for nearly 16% of all main dish entries. Chicken and turkey starred in more than a quarter of all main dish recipes, but as in previous years' contests, ground beef reigned supreme as the single most frequently favored dinner-starter.

### Picante Shrimp 'N Peppers Pasta

- 8 ounces rigatoni or other favorite pasta
- 1/4 cup olive oil
- 1 pound medium shrimp, peeled and deveined
- 1 green pepper, cut into short, thin strips
- 1 yellow pepper, cut into short, thin strips\*
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 1 tablespoon dry basil, crumbled
- 2 medium tomatoes, coarsely
- 1 cup Pace Picante Sauce
- Grated parmesan cheese

Cook and drain pasta according to package directions. While pasta is cooking, heat oil in 12-inch skillet over medium-high heat. Add shrimp, peppers, mushrooms, garlic and basil. Cook, stirring frequently, until shrimp is cooked through and peppers are almost tender, 3 to 4 minutes. Stir in tomatoes and picante sauce; simmer 2 to 3 minutes, stirring frequently. Add pasta; mix well. Serve with cheese and additional picante sauce. Makes 4 servings.

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### COOKIN' GOOD

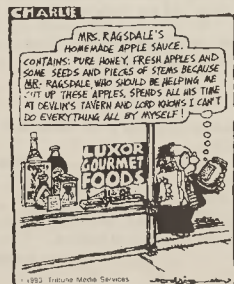
#### French Country Shrimp

By Deanna Gugel

- 2 pounds baby shrimp
- 2 small zucchini
- 10 pearl onions
- 1/2 red pepper
- 1/2 green pepper
- 1 cup wild rice
- 1 tsp. dried rosemary
- 1 tsp. dried basil
- 4 T olive oil
- 1/2 cup butter
- 2 T lemon juice
- 2 garlic cloves
- 1/2 tsp. black pepper
- 4 cups water

Prepare the wild rice as directed on the package. While the rice is cooking, slice the zucchini no thicker than one-quarter inch and cut the slices in half. Cut the peppers into strips about a quarter-inch wide and one-inch long. Set both vegetables aside separately. After all the water has cooked off the rice, turn your attention to the shrimp. In a large boiler or Dutch oven, add 2 T of olive oil to the four cups of water and bring to a boil. Add the shrimp and boil vigorously for about three minutes, or until the shrimp turn pink. Remove the tails and/or skins from the shrimp. Crush the garlic cloves. In a small saucepan, melt the butter over low heat, so it does not burn or boil. Add the crushed garlic. Stir in the 2 T olive oil, lemon juice, rosemary, basil and pepper. Add the baby shrimp until they have all been coated with the butter-seasonings mixture. Dump the rice into a very large skillet and heat on low on an oven burner. Sprinkle lightly with water and add the raw zucchini and pepper slices and the pearl onions. Mix well. Then stir in the shrimp/butter-seasonings mixture. Warm until the butter appears to be cooked off. Garnish with more pepper or raw zucchini, if desired.

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## Calorie Countdown Increase Carbs, Reduce Fat

By Susan Duff

To make the most of your workouts when you're trying to lose weight, experts suggest concentrating on high carbohydrate foods (pasta, fruits, vegetables, grains and breads) and exercising at a slow, steady pace for as long as possible.

What's called the "fat-burning" heart-rate zone is 50 percent to 60 percent of your maximum heart rate — a much lower rate than that achieved in most high-impact, no-pain-no-gain aerobics classes. Walking for an hour at a pace that maintains your heart rate within this zone will burn more body fat than playing tennis for half an hour, exercising vigorously for 20 minutes, or running for 15 minutes.

The good news about this is that exercise can be less painful, more enjoyable and more effective. You just have to spend more time on it and keep the pace consistent.

You can determine the heart rate zone you're in when you exercise by

feeling your pulse and checking it against a target heart rate chart. A more accurate and efficient way is to invest in a heart rate monitor that you strap around your chest; the read-out device is usually worn on the wrist. (Polar CIC Inc. makes good heart rate monitors in five different models; available in sporting goods outlets or by calling 1-800-227-1314.)

At a recent convention of fitness experts, the virtues of carbohydrates for losing weight and for increasing training capacity were extolled by several speakers. In a nutshell: High-carbohydrate diets help people eliminate excess fats from the diet (a gram of carb food contains less than half the calories of one gram of fat).

Carbs also fill us up faster and are more readily used by the body when we exercise as described above. As a result, the carbohydrates we eat are less likely to be converted into body fat than the calories we get from fat. High-carb staples like grains, rice, pasta and bread satisfy hunger more

completely and allow you to eat at lower calorie counts. The recommendation is to base your diet and snack on carbohydrate-rich cereal for breakfast, sandwich hearty whole grain bread at lunch, a dinner centered on rice, pasta, veggies. Federal dietary guidelines suggest we all include from 45 to 65 percent high carbohydrate foods in our daily diet. For dieters who like to exercise, and even for those who don't, high carbs are definitely the way to go.



The black and blue inks used today are more formulas that may date the early as the second century.

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