

The Cedar Culinary

News that's good enough to eat!

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The 8 Best Foods You Aren't Eating

You've probably never thought about eating a weed. It's a shame, since a succulent weed named purslane is not only delicious but also among the world's healthiest foods. Of course, there are many super foods that never see the inside of a shopping cart. Some you've never heard of, and others you've simply forgotten about. That's why we've rounded up the best of the bunch. Make a place for them on your table and you'll instantly upgrade your health.



Beets

These grungy-looking roots are naturally sweeter than any other vegetable, which means they pack tons of flavor underneath their rugged exterior.

Why they're healthy: Think of beets as red spinach. The nutrients in beets work together to lower your blood levels of homocysteine, an inflammatory compound that can damage your arteries and increase your risk of heart disease.

How to eat them: Fresh and raw, not from a jar. Heating beets actually decreases their antioxidant power. You can eat the leaves and stems, which are also packed with vitamins, minerals, and antioxidants.

Cabbage

Absent from most American kitchens, this vegetable is a major player in European and Asian diets.

Why it's healthy: One cup of chopped cabbage has just 22 calories, and it's loaded with valuable nutrients. At the top of the list is sulforaphane, a chemical that increases your body's production of enzymes that disarm cell-damaging free radicals and reduce your risk of cancer.

How to eat it: Put cabbage on your burgers to add a satisfying crunch.



Guava

Guava is an obscure tropical fruit that's subtly acidic, with sweetness that intensifies as you eat your way to the center.

Why it's healthy: Guava has a higher concentration of lycopene—an antioxidant that fights prostate cancer—than any other plant food, including tomatoes and watermelon.

How to eat it: Down the entire fruit, from the rind to the seeds. It's all edible—and nutritious. The rind alone has more vitamin C than you'd find in the flesh of an orange. You can score guava in the produce section of higher-end supermarkets or in Latin grocery stores.



Cinnamon

This old-world spice usually reaches most men's stomachs only when it's mixed with sugar and stuck to a roll.

Why it's healthy: Cinnamon helps control your blood sugar, which influences your risk of heart disease.

How to eat it: You don't need the fancy oils and extracts sold at vitamin stores; just sprinkle the stuff that's in your spice rack into your coffee or on your oatmeal.



Purslane

Although the FDA classifies purslane as a broad-leaved weed, it's a popular vegetable and herb in many other countries, including China, Mexico and Greece.

Why it's healthy: Purslane has the highest amount of heart-healthy omega-3 fats of any edible plant, according to researchers at the University of Texas at San Antonio.

How to eat it: In a salad. Think of purslane as a great alternative or addition to lettuce: The leaves and stems are crisp, chewy, and succulent, and they have a mild lemony taste.



Pomegranate juice

A popular drink for decades in the Middle East, pomegranate juice has become widely available only recently in the United States.

Why it's healthy: Israeli scientists discovered that men who downed just 2 ounces of pomegranate juice daily for a year decreased their systolic (top number) blood pressure by 21 percent and significantly improved blood flow to their hearts. What's more, 4 ounces provides 50 percent of your daily vitamin C needs.

How to drink it: Try 100 percent pomegranate juice from Pom Wonderful. It contains no added sugars, and because it's so powerful, a small glassful is all you need.

Goji Berries

These raisin-size fruits are chewy and taste like a cross between a cranberry and a cherry.

Why they're healthy: Goji berries have one of the highest ORAC ratings—a method of gauging antioxidant power—of any fruit, according to Tufts University researchers.

How to eat them: Mix dried or fresh goji berries with a cup of plain yogurt, sprinkle them on your oatmeal or cold cereal, or enjoy a handful by themselves.



Pumpkin Seeds

These jack-o'-lantern waste products are the most nutritious part of the pumpkin.

Why they're healthy: Downing pumpkin seeds is the easiest way to consume more magnesium. That's important because French researchers recently determined that men with the highest levels of magnesium in their blood have a 40 percent lower risk of early death than those with the lowest levels. And on average, men consume 353 mg of the mineral daily, well under the 420 mg minimum recommended by the USDA.

How to eat them: Whole, shells and all. (The shells provide extra fiber.) Roasted pumpkin seeds contain 150 mg of magnesium per ounce; add them to your regular diet and you'll easily hit your daily target of 420 mg. Look for them in the snack or health-food section of your grocery store, next to the peanuts, almonds, and sunflower seeds.



Recipe of the Month: BBQ Pulled Pork Sliders

Ingredients:

1 pork butt (7-8 pounds)
24 slider buns
1 bottle KC Masterpiece
Original Barbecue Sauce

DRY RUB:

- 1 tablespoon dark brown sugar
- 2 tablespoons granulated sugar
- 1 tablespoon paprika
- 4 teaspoons kosher salt
- 3 1/2 teaspoons garlic salt
- 3/4 teaspoon chili powder
- 1/4 teaspoon oregano
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon black pepper

BASTE:

- 1 bottle (12-ounce) dark beer
- 1 1/4 cup cider vinegar
- 1 cup (2 sticks) butter
- 1/2 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1 1/2 tablespoon fresh lemon juice
- 3 tablespoons chili powder
- 2 tablespoons salt
- 1 tablespoon sugar
- 2 teaspoons black pepper
- 2 teaspoons dry mustard
- 2 teaspoons paprika
- 1 teaspoon ground cumin



Directions:

1. While the pork is cooking, combine all of the baste ingredients in a medium saucepan and mix well. Place over medium-low heat and simmer until the butter melts. Keep baste on low heat until ready to use.
2. Build a charcoal fire for indirect cooking by situating the coals on only one side of the grill, leaving the other side void. Add a small aluminum pan to the void side of the grill and fill it halfway with water.
3. In a small bowl, combine the dry rub ingredients. Coat the pork evenly with dry rub, patting gently until the mixture adheres to the meat.
4. When the grill reaches 250°F, place pork butt on the void side of the grill over the water pan, close the lid, and cook over indirect heat for four hours. Use baste on pork as desired.
5. Once cooked pull pork apart and serve on slider buns with preferred toppings.

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