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A Note from Glen

Happy Valentine's Day, Presidents' Day, and any other day in the month that gives you time off from work! Happy anniversary to Jan and Glen this month too! It's now been 41 years and it keeps getting better. I could never have dreamed it would be like this!

Valentine's Day Fun Facts

- ♥ Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- ♥ More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- ♥ Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.
- ♥ 189 million stems of roses are sold in the U.S. on Valentine's Day.

Brain Teaser

Find a one-word anagram of PEPSI-COLA.

See page 2 for the answer.

Counting More Than Calories

More than half of American consumers read food labels to help them make healthier food choices. If you are one who doesn't read labels but would like to join in, here's how to find the most important numbers

- ▶ **Check the serving size** At the top of the label you'll find the serving size, number of servings per container, and the calorie count per serving. Serving size is important since the calorie count is based on it. If the serving size is only half of what you normally eat, you'll need to double all numbers on the entire label. After all, who eats only a half cup of ice cream?
- ▶ **Go for the goodies** Nutrients you want to eat more of, including vitamins, calcium, and fiber, are listed on the label. Reading the label and observing the % Daily Value can help you tell if you are getting enough.
- ▶ **Pay special attention to the baddies** The label also lists things that are not so good for you--things that you may be trying to limit. These include sodium, sugar, fats, and cholesterol. Servings of products low in these nutrients provide 5% Daily Value or less. There's no %DV for unhealthy trans fat but you can use the label to determine if the saturated fat and cholesterol are high or low. When comparing products, choose the one with the lowest totals of unhealthy fat.

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Loophole Alert: If a serving has less than 0.5 grams of trans fat, the label may state ZERO. Yes, that includes 0.49 grams in a serving size.

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Words about Wine



It's time to name names. I am a red wine lover. I especially enjoy Pinot Noir and Zinfandel. When visiting your local wine store, you probably notice that Pinot Noir is priced a little higher than some other wines. You can, however, find a quality Pinot at a decent price. One of our recent finds is the 2008 Castle Rock Sonoma County Pinot Noir. It is regularly priced at \$14 but our local Bevmo has it for \$10. I would characterize it as a very good value wine. It is remarkably good Pinot Noir for very little money.

When it comes to Zinfandel, there is one staple that you can usually find in my wine cabinet. It comes from Peachy Canyon Winery in Paso Robles and is called Incredible Red. It's a good quality wine for about \$9. Get some today.

Food Wishes

Some of us enjoy reading cookbooks from time to time. I know, there are others who can't imagine doing such a thing! There are times, however, when a video of the recipe helps make sense of it. I found what may be the perfect site for those who love visuals. It's called [Food Wishes](#). It has hundreds of videos of recipes. They are all categorized so you can more easily find ones that interest you. You can even submit your own food wish and maybe have it made into a video. Go ahead and check out [Food Wishes](#). You'll be glad you did.

Featured Recipe

Sometimes you feel a need to share something and it just won't fit in the space you have. That's the case this month. February is the perfect month for this Almond Cheesecake with Red Raspberry Sauce. That's why I created a separate page for the recipe. Just print page 3 of this newsletter and you will be ready to make it for your Valentine!

Cooking Tip: It's always nice to have a cooked chicken breast or two available for soup, enchiladas, or other recipes. If you watch the grocery ads, you can get good deals on chicken breasts with ribs attached. We sometimes get them in packages of 4 or 5 for 99 cents a pound. If you cook them immediately, you can have frozen breasts available and lots of homemade chicken broth as well. The broth will keep in the refrigerator for 3 or 4 days or you can freeze it for up to two months.

On [Glen's Place](#) you can find an easy recipe for [Stewed Chicken Breasts](#). All you need is a few chicken breasts, some veggies, seasoning, and about 2 1/2 hours for simmering the chicken.

A Final Word

Thanks again for reading the February newsletter. Pass the newsletter along if you know someone who might enjoy it. Send ideas, comments, and questions to Glen@Glen's Place.

Until next time remember:

Tomorrow is another chance

Answer to brain teaser: Episcopal

If for some reason you no longer wish to receive the Glen's Place Newsletter, you can [unsubscribe here](#). If you know someone who would like to be on the mailing list, they can [subscribe here](#). Send your comments or questions to [Glen @ Glen's Place](mailto:Glen@Glen's Place).

Almond Cheesecake with Red Raspberry Sauce

Crust

2 cups crushed vanilla wafers
3 tablespoons chopped toasted almonds
4 tablespoons melted butter

Filling

24 ounces cream cheese
2/3 cup sugar
5 tablespoons cornstarch
3 eggs
1 egg yolk
1/2 cup whipping cream
1/2 cup Amaretto di Saronno (or other liqueur of your choice)
2 teaspoons almond extract

Ruby Red Raspberry Sauce

1 12-ounce package frozen sweetened red raspberries, defrosted
2 tablespoons sugar
1 teaspoon cornstarch
1 tablespoon Amaretto di Saronno

In a small bowl stir together crushed cookies and chopped almonds. Add butter and stir to combine. Press mixture into the bottom of a greased 9-inch springform pan. Set aside.

Combine cream cheese, sugar, and cornstarch in a large mixing bowl. Using an electric mixer beat until smooth. Add eggs, one at a time, beating well each time. Add yolk and beat again. Stir in the whipping cream, amaretto and almond extract. Mix well. Pour mixture into the crust. Bake at 400 degrees for 10 minutes; lower temperature to 200 degrees and bake for 1 hour and 15 minutes or until the center no longer looks shiny. Remove the cheesecake from the oven and run a knife around the inside edge of the pan. Turn the oven off; return the cake to the oven for an additional 30 minutes. Remove from oven and chill for 3 hours or more.

Puree raspberries in blender or food processor and strain through a fine sieve over a wide bowl to remove all seeds. Place puree and sugar into a medium saucepan. In a small bowl, dissolve cornstarch in Amaretto. Stir into raspberry puree. Cook over medium heat, stirring, until mixture comes to a boil and thickens. Remove from heat and refrigerate until ready to serve. (Sauce may be refrigerated up to one week.) Makes about one cup sauce.

To serve cheesecake, pour some of the sauce on each plate. Place serving of cheesecake on sauce. Garnish with toasted almonds or whole fresh raspberries. Makes 10 to 12 servings.