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Elucidations & Elaborations



What's not to like about March? Spring is in the air, the snow is gone in most cases, and green is popping up

everywhere.

March is also a time when everyone gets to be Irish for a day. What fun. Put on your green and hoist a Guinness Extra Stout. Cheers!

Favorite Irish Toasts

May neighbors respect you, trouble neglect you, the angels protect you, and heaven accept you!

May you never forget what is worth remembering, or remember what is best forgotten.

Brain Teaser

What do the following words have in common?

BALL WAY BROW TAIL ROAD LIGHT.

See page 3 for the answer.

Low Fat Diets – A Closer Look

What is a healthy diet? The food industry paints a distorted picture by advertising some foods as low fat or fat free. They suggest that these foods are healthy options because they don't contain fat. This is a distortion of the truth. Low fat or fat free foods are often some of the worst foods to eat. They are loaded with additives that may make them taste better but which can cause serious adverse health effects. Here's an example. Reduced-fat peanut butter may be made by leaving out much of the fat in the peanuts and using soy protein and corn-syrup solids in its place. (See Page 4) That means trading healthy fat for double the carbs, all to save about 19 calories. The key to a healthy diet is more complex than just eliminating fat.

In some instances, a low fat diet may be very important. They are sometimes recommended by physicians for individuals with certain health risks such as high cholesterol or high blood pressure, For most individuals, however, eliminating fat from the diet only solves a small portion of the problem. Many of us are simply not eating the right balance of foods. Fat is not always the enemy. The body must have fat to survive. There are different kinds of fat. Some fats promote amino acid production in the body. Other fats contain helpful omega-3 fatty acids which can detoxify the body promoting better overall health.

Instead of focusing on eliminating fat from your diet, you should develop a plan which involves balance and moderation. By balancing your healthy fat intake with high quality carbohydrates and lean protein, you can improve your health more than by simply cutting out the fat.

From the Kitchen

Parchment paper is an invaluable tool in the kitchen. It is sturdy, strong, wonderfully non-stick, and has such a variety of cooking uses. Kitchen parchment is paper that has been treated with sulfuric acid to strengthen it, making the paper grease and moisture-proof. It's also highly heat resistant.

Parchment paper is perfect for lining baking sheets and pans, helping to prevent cakes and cookies from sticking as they're baked. It also provides a great surface when measuring flour and other dry ingredients on a scale. Parchment makes a perfect covering for a roll of cookie dough. What I like best is that when you bake cookies on parchment paper, you don't even have to clean the baking sheet!

Parchment paper is available by the roll in most grocery stores. It's also available in cooking and baking supply stores. If you don't have some on hand already, add it to your grocery list. You'll be glad you did.

Food for Thought

When solving problems, dig at the roots instead of just hacking at the leaves. ~ Anthony J. D'Angelo, *The College Blue Book*

Always be a first-rate version of yourself, instead of a second-rate version of somebody else. ~ Judy Garland

Put your future in good hands - your own. ~ Author Unknown

Featured Recipe: Grasshopper Pie

This recipe is an oldie but goodie. I know it dates me since food historians place the genesis of this American pie in the late 1950s/early 1960s but it's a perfect green dessert for your St. Patrick's Day celebration. Add a drop or two of green food color for a greener pie!

16 whole Oreo cookies
2 tablespoons butter, melted

2/3 cup half and half
24 large, or 2 cups small, marshmallows (can use a container of marshmallow fluff)
1 cup heavy whipping cream
2 ounces green creme de menthe liqueur
2 ounces creme de cacao liqueur
Extra cookie crumbs for sprinkling (optional)

Place the cookies and melted butter into a food processor or blender and pulverize (If you have some pent-up aggression or energy to expend, you can crush them in a large resealable bag.) Pour into a 9-inch pie pan and press into the bottom and up the sides of the pan. Set aside.

Heat marshmallows and half-and-half in a saucepan over low heat, stirring until melted and combined. Cool to room temperature.

Once cool, add creme de menthe and creme de cacao. Taste and add more creme de menthe if needed. In a mixing bowl, beat whipping cream until stiff. Pour cold marshmallow mixture into the whipped cream and fold together gently.

Pour filling into chocolate crust. Sprinkle extra chocolate crumbs over the top if desired. Place pie in the freezer and freeze until very firm, at least two hours.

Remove from freezer ten minutes or so before you want to slice and serve. Makes 12 servings.

Wine Selection of the Month



It's Incredible! I'm talking about the 2008 Incredible Red Zinfandel from Peachy Canyon, a small family owned winery on the West Side of Paso Robles. The tasting room is located inside the Old Bethel Schoolhouse which was built in 1886. This wine is 82% Zinfandel, 10% Petite Sirah, and 8% Syrah. It's a good one to have on hand.

Winery Tasting Notes:

"The Incredible Red possesses bright strawberry and cherry fruits along with darker blackberry, raspberry and blueberry flavors. Hints of chocolate, coffee, sweet oak and mild spices make up the aromatic notes along with the different berried fruits. This wine is well balanced making it an excellent wine to enjoy by itself or to pair with an assortment of different foods."

I'm partial to zinfandel, but here's my take on it: It's incredible and I always have at least one bottle available! For around \$10 you can try it yourself!

From the Grapevine

I have often thought that the aim of port is to give you a good and durable hangover, so that during the next day you should be reminded of the splendid occasion the night before.

~ George Mikes

Irish Humor

An Irish man walks into a pub. The bartender asks him, "What'll you have?" The man says, "Give me three pints of Guinness please."

So the bartender brings him three pints and the man proceeds to alternately sip one, then the other, then the third until they're gone. He then orders three more.

The bartender says, "Sir, I know you like them cold. You don't have to order three at a time. I can keep an eye on it and when you get low I'll bring you a fresh cold one."

The man says, "You don't understand. I have two brothers, one in Australia and one in the States. We made a vow to each other that every Saturday night we'd still drink together. So right now, my brothers have three Guinness Stouts too, and we're drinking together."

The bartender thought that was a wonderful tradition.

Every week the man came in and ordered three beers. Then one week he came in and ordered only two. He drank them and then ordered two more.

The bartender said to him, "I know what your tradition is, and I'd just like to say that I'm sorry that one of your brothers died."

The man said, "Oh, me brothers are fine - I just quit drinking."

A Final Word

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

Until next time remember: Irish diplomacy is the ability to tell a man to go to hell so that he looks forward to making the trip.

Answer to brain teaser: Each may be preceded by HIGH to form a new word.

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A Comparison of Nutrition Information and Ingredients for Jif Regular Peanut Butter and the Reduced Fat Peanut Butter Spread. This information was copied from their web site, www.jif.com. You will notice that the number of calories per serving is the same in each. The reduced fat version has less fat calories, achieved by removing peanut oil which is good for you, and replacing it with corn syrup solids and some other stuff including more sugar. You'll also notice that the ingredients list is longer for the reduced fat version.

Nutrition Facts (Jif Regular Peanut Butter)

Serving Size 2 Tbsp (32g)
 Amount per Serving
 Calories 190
 Calories from Fat 130
 % Daily Value*
 Total Fat 16g 25%
 Saturated Fat 3g 16%
 Trans Fat 0g
 Cholesterol 0mg 0%
 Sodium 150mg 6%
 Total Carbohydrate 7g 2%
 Dietary Fiber 2g 9%
 Sugars 3g
 Protein 7g
 Iron 4%
 Vitamin E 15%
 Riboflavin 2%
 Niacin 20%
 Not a significant source of vitamin A, vitamin C and calcium.
 *Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients:

MADE FROM ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (GRAPSEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

Nutrition Facts (Jif Reduced Fat Peanut Butter Spread)

Serving Size 2 Tbsp (36g)
 Amount per Serving
 Calories 190
 Calories from Fat 100
 % Daily Value*
 Total Fat 12g 19%
 Saturated Fat 2g 10%
 Trans Fat 0 g
 Polyunsaturated Fat 3.5g
 Monounsaturated Fat 6g
 Cholesterol 0mg 0%
 Sodium 220mg 9%
 Total Carbohydrate 15g 5%
 Dietary Fiber 2g 7%
 Sugars 4g
 Protein 7g
 Calcium 2%
 Iron 4%
 Niacin 30%
 Vitamin B 66%
 Folic Acid 8%
 Magnesium 15%
 Zinc 6%
 Copper 10%
 Not a significant source of vitamin A and vitamin C.
 *Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

PEANUTS, CORN SYRUP SOLIDS, SUGAR, SOY PROTEIN, CONTAINS 2% OR LESS OF: SALT, FULLY HYDROGENATED VEGETABLE OILS (GRAPSEED AND SOYBEAN), MONO AND DIGLYCERIDES, MOLASSES, MAGNESIUM OXIDE, NIACINAMIDE, FERRIC ORTHOPHOSPHATE, ZINC OXIDE, COPPER SULFATE, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE.