



In This Issue

- Why Eat Breakfast
- Sweet Potatoes
- The Wine Corner
- Recipe: Accordion Potatoes
- A Final Word

A Note from Glen

Don't forget to vote on Tuesday, November 2. Yes, your vote is important. Who knows, you may decide to run for office someday. You wouldn't want to be caught like one of our gubernatorial candidates, Meg Whitman, and have to admit that, "I should have voted, but I didn't. I should have but I didn't!"

Amazing Useless Information

Most hamsters blink one eye at a time.

The world's pig population is approximately 857,100,000.

At latitude 60 degrees south, you can sail all the way around the world.

Brain Teaser

Complete these words by inserting the same three letters in each one.

ANA__Y CO__NE PRO__UE S__AN

See page 3 for the answer.

Why Eat Breakfast?

It's surprising to me how many people do not eat breakfast every day. A common excuse is, "I don't have time." What that really means is that they would rather sleep a few more minutes. Here are some good reasons why eating breakfast each day is good for you.

- ❖ Eating breakfast is good for your metabolism. While you are asleep your body goes into a caloric conservation period because you are not providing additional fuel to your body. This is done because you are in a period of fasting. When you eat a healthy breakfast, you end this conservation period and your metabolism returns to its normal levels. This increased metabolism rate accounts for an increased energy level.
- ❖ Children who eat breakfast perform better on standardized achievement tests and have fewer behavior problems in school. A Harvard University study of children in Philadelphia and Baltimore schools discovered that students who usually ate school breakfast improved math grades, reduced hyperactivity, decreased absence and tardy rates, and improved psycho-social behaviors compared to children who rarely ate school breakfast.
- ❖ Eating breakfast has a positive affect on late-morning mood, satiety, and cognitive performance. Eating breakfast of any kind prevents many of the adverse effects of fasting, such as irritability and fatigue. A study at the University of Health Science/Chicago Medical School concluded that breakfast can establish the tone for the next 16 hours of each day after eating it.
- ❖ Eating breakfast helps keep you thin. Researchers from the National Weight Control Registry, a database of more than 3,000 people who have lost at least 60 pounds and kept it off an average of 6 years, found that eating breakfast every day was a weight control strategy for 78% of them.
- ❖ Breakfast is delicious. How can you resist eggs, omelets, pancakes, and French toast? A side of bacon or sausage makes it even better! What a great way to begin each day!

Food Factoids

Have a tomato with your burger! Did you know that when a source of Vitamin C (orange, lemon, grapefruit, strawberry, tomato, potato, etc.) is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food?

It has been traditional to serve fish with a slice of lemon since the Middle Ages, when people believed that the fruit's juice would dissolve any bones accidentally swallowed.

The Wine Corner



Sometimes when cooking with wine the recipes calls for you to make a reduction. This is often the case if you are making a white or red wine sauce. A reduction refers to simmering or boiling a liquid until most of it evaporates. As a result, the reduced sauce has a more concentrated, intense flavor. Reduction is often a vital step in the cooking process. Because reduced wine has a strong flavor, it can be used to create thick sauces. Using wine that is unreduced results in a very thin sauce.

When cooking with wine, keep in mind an old adage: Never cook with wine you wouldn't drink. An undrinkable wine won't magically transform into a delicious wine sauce or marinade. Instead, an inferior wine will add bitterness or a sour taste to the meal.

I cook with wine. Sometimes I even add it to the food. ~ W.C. Fields

Sweet Potatoes

It is almost as difficult to imagine Thanksgiving without sweet potatoes as it is to imagine the holiday without turkey. Although sweet potatoes may be part of the Thanksgiving tradition, they are a wonderful addition to your meals throughout the year. They are some of the most nutritious vegetables around. Sweet potatoes can be found in your local markets year-round, but they are in season in November and December.



Sweet potatoes, native to Central and South America, are one of the oldest vegetables known to man. They have been consumed since prehistoric times. By the 16th century, sweet potatoes began to be cultivated in the southern United States, where they still remain a staple food in traditional southern cuisine. In the mid-20th century, the orange-fleshed sweet potato was introduced to the United States and given the name "yam" to distinguish it from other sweet potatoes.

How sweet it is for your health to eat sweet potatoes! Not only do they taste like dessert, they have surprising health benefits. They are an excellent source of vitamin A (in the form of beta-carotene), a very good source of vitamin C and manganese. They are also a good source of copper, dietary fiber, vitamin B6, potassium and iron.

When buying, look for small to medium sweet potatoes which are sweet and creamy. (The large ones tend to be more starchy.) The skin should be firm, smooth, and even toned.

Sweet potatoes will keep fresh for up to two weeks when stored in a cool, dark and well-ventilated place. Think pantry--not refrigerator.

Quick Serving Idea: Purée cooked sweet potatoes with bananas, maple syrup and cinnamon. Top with chopped walnuts or pecans.

Spice It Up !



Nutmeg

Did you know that nutmeg is not one spice, but two. Mace is also derived from

the nutmeg fruit. The nutmeg tree originates in Banda, the largest of the Molucca spice islands of Indonesia.

The nutmeg tree is evergreen. It has oblong egg-shaped leaves and small, bell-like light yellow flowers that give off a distinct aroma when in bloom. The fruit is light yellow with red and green markings, resembling an apricot or a large plum. As the fruit matures, the outer fleshy covering bursts to reveal the seed. The seed is covered with red membranes called an aril which is the mace portion of the nutmeg. The nut is then dried for up to 2 months until the inner nut rattles inside the shell. It is then shelled to reveal the valuable egg-shaped nutmeat which is the edible nutmeg. Second-rate nuts are pressed for the oil, which is used in perfumes and in the food industry.

Nutmeg is usually associated with sweet, spicy dishes like pies, puddings, custards, cookies and spice cakes. It also combines well with many cheeses, and is included in soufflés and cheese sauces. Nutmeg complements egg dishes and vegetables like cabbage, spinach, broccoli, beans, onions, and eggplant.

Featured Recipe:

Accordion Potatoes

6 baking potatoes, about 3 pounds total, scrubbed
2 tablespoons olive oil
1/2 tablespoon sea salt
1 bunch fresh rosemary
Shredded Cheddar cheese for sprinkling (optional)

Heat the oven to 400 degrees.

Put a potato on a cutting board and lay a wooden spoon next to it. Cut 8 or 10 slices down through the potato until the knife reaches the spoon handle; this will leave the base of the potato intact. Repeat with all potatoes.

Place the potatoes in a roasting pan, drizzle with the oil and sprinkle with the salt. Place a sprig of rosemary between each slice. Bake until tender, 40 to 50 minutes.

For serving, remove the rosemary springs and replace with fresh ones, or sprinkle with shredded cheese.

A Final Word

I realize your life is filled with things to do and there never seems to be enough time to get it all done.

Thanks again for taking time to read the newsletter (or at least parts of it). I appreciate the comments I get each month. If you have an opinion or question, send it to [Glen @ Glen's Place](mailto:Glen@Glen's Place). Have a Happy Thanksgiving holiday!

Until next time remember: Light travels faster than sound. This explains why some people appear bright until you hear them speak.

Answer to brain teaser: ANALOGY, COLOGNE, PROLOGUE, SLOGAN

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