

Toast Your Health

Enjoy happy hour in good conscience with these refreshing cocktails. By **Norman King, R.D.**



A drink just may do more good than you think. Research shows responsible and moderate alcohol consumption can be part of a healthful lifestyle. These beverages are full of wholesome ingredients, and they're portioned to give you a sensible amount of alcohol along with a bunch of goodness. So stir up a batch, and enjoy a guilt-free happy hour.

Mango Bellinis

MAKES 6 SERVINGS; PREP: 15 MIN.

Threading a piece of thinly sliced mango on a cocktail skewer adds a touch of elegance to Mango Bellinis.

- 1 (16-oz.) bag frozen mango chunks, thawed
- 6 Tbsp. powdered sugar
- 1 (750-milliliter) bottle Champagne or sparkling wine, chilled

Garnish: thinly sliced mango

1. Process mango, sugar, and $\frac{1}{2}$ cup plus 2 Tbsp. water in a blender 30 seconds to 1 minute or until smooth, stopping to scrape down sides. Pour mixture through a wire-mesh strainer into a medjum bowl; discard solids. Cover and chill until ready to serve (up to 4 hours).

2. Spoon 3 Tbsp. mango puree into each of 6 Champagne flutes. Fill with Champagne; gently stir. Garnish, if desired. Serve immediately.

Per serving: Calories 167; Fat 0g (sat 0g, mono 0g, poly 0g); Protein 0.5g; Carbs 22.5g; Fiber 1.6g; Cholesterol 0mg; Iron 0mg; Sodium 1mg; Calcium 0mg

Honey-Mint Spritzer

MAKES 1 SERVING; PREP: 5 MIN.

Three tablespoons of rum is a standard 1.5 fl. oz. serving of alcohol. You can measure all 80-proof (40% alcohol by volume) distilled spirits this way to track how many calories you've had.

- 3 Tbsp. light rum
- 2½ Tbsp. Honey Simple Syrup
- 2 Tbsp. fresh lime juice
- Splash of club soda

Garnishes: fresh mint leaves and sprigs

Healthy Living LIGHT FARE

1. Stir together first 3 ingredients in a glass filled with ice. Add a splash of soda. Garnish, if desired.

Per serving: Calories 18g, Fat 0g (sat 0g, mono 0g, poly 0g), Protein 0.3g, Carb 24.4g, Fiber 0.3g, Chol 0mg, Iron 0.3mg, Sodium 7mg, Calc 12mg

Honey Simple Syrup:

MAKES ABOUT 2 CUPS; PREP: 5 MIN., **COOK:** 5 MIN., **STAND:** 30 MIN., **CHILL:** 4 HR.

You will find many uses for Honey Simple Syrup in your kitchen. Drizzle it on top of vanilla ice cream or fruit sorbet, stir into hot green tea, or use it to sweeten iced tea.

- 1 cup loosely packed fresh mint leaves
- 1 cup honey

1. Stir together mint, honey, and 1 cup water in a small saucepan over medium-high heat. Bring to a boil, stirring occasionally, and boil 1 minute or until honey is dissolved. Remove from heat, and let stand 30 minutes. Pour through a wire-mesh

strainer into a cruet or airtight container, discarding mint leaves. Cover and chill 4 hours. Store in refrigerator up to 2 weeks.

Per (2½ Tbsp) 1 serving: Calories 80, Fat 0g (sat 0g, mono 0g, poly 0g), Protein 0.2g, Carb 21.8g, Fiber 0.2g, Chol 0mg, Iron 0.2mg, Sodium 2mg, Calc 3mg

Fresh Peach Gelées

MAKES 16 (4-CUBE) SERVINGS;

PREP: 20 MIN., **STAND:** 1 MIN., **CHILL:** 8 HR.

- 1 cup sparkling white wine
- ½ cup vodka
- ¼ cup Peach Puree
- 1 (3-oz.) package peach-flavored gelatin*
- 1 (1-oz.) package unflavored gelatin
- 1 cup boiling water
- Garnish: fresh peach slices

1. Stir together wine, vodka, and Peach Puree in an 11- x 7-inch baking dish; sprinkle gelatins over wine mixture. Let stand 1 minute.
2. Stir 1 cup boiling water into wine mix-

ture, stirring until gelatin is dissolved. Cover and chill 8 hours or until set.

3. Cut gelatin into 64 (1-inch) cubes. Garnish, if desired.

* Sugar-free peach-flavored gelatin may be substituted.

Per serving (4 cubes): Calories 4g, Fat 0g (sat 0g, mono 0g, poly 0g), Protein 0.0g, Carb 5.3g, Fiber 0, Chol 0mg, Iron 0.0mg, Sodium 2mg, Calc 0mg

Peach Puree:

MAKES ABOUT 1 CUP; PREP: 10 MIN.

Use leftover Peach Puree as a spread for biscuits, a mix-in for warm oatmeal, or a topping for French toast or pancakes. It will keep for a few days in the refrigerator.

- 1 cup peeled and chopped fresh peaches
- 1 tsp. sugar

1. Process peaches, sugar, and 1 Tbsp. water in a blender 1 minute or until smooth. Transfer to a small bowl; cover and chill until ready to use.

Per (½-cup) serving: Calories 20, Fat 0.3g (sat 0g, mono 0g, poly 0g), Protein 0.4g, Carb 5.1g, Fiber 0.6g, Chol 0mg, Iron 0.1mg, Sodium 0mg, Calc 3mg

Pimm's No. 1 Cup

MAKES 8 SERVINGS; PREP: 15 MIN.

There is no comparable substitute for the truly unique taste of Pimm's No. 1. This gin-based spirit should be available at your local liquor store.

- 1 cup Pimm's No. 1
- 1 cup thawed lemonade concentrate
- 1 cucumber, sliced
- 1 lemon, sliced
- 1 orange, sliced
- 4 cups club soda or seltzer water

1. Stir together first 5 ingredients in a large pitcher. Gently stir in soda. Serve immediately over ice. ●

Per (½-cup) serving: Calories 147, Fat 0.2g (sat 0g, mono 0g, poly 0g), Protein 0.6g, Carb 25.2g, Fiber 1.2g, Chol 0mg, Iron 0.5mg, Sodium 27mg, Calc 24mg

PROPER PORTIONS

Each of these drinks contains approximately 0.6 ounces of alcohol and represents a "moderate drink" according to the 2005 Dietary Guidelines for Americans. Due to differences in weight, women should consume no more than one drink per day and men, no more than two.

1 drink = 12 fl. oz. regular beer (about 150 calories), 1.5 fl. oz. 80-proof distilled spirits (about 100 calories), or 5 fl. oz. wine (about 100 calories)

Healthy Benefits

- Balanced and moderate consumption of alcohol may reduce the risk of coronary heart disease among middle-aged and older adults.
- Honey contains many vitamins and essential minerals, such as vitamin B6, thiamin, niacin, calcium, copper, and iron.
- Mint helps prevent and treat nausea and stomach cramps and may reduce pain associated with headaches.
- Mangoes are high in soluble fiber and rich in vitamin C, beta-carotene, and other essential antioxidants.



Take Time for Breakfast

Enjoy a leisurely morning meal at home with a few friends. Make breakfast sandwiches while everyone sips coffee sweetened with one of our sugar blends. Let guests dollop, sprinkle, and drizzle cut-up fruit with yogurt, Quick Stovetop Granola, and Lemon-Ginger Honey. It's so good, you'll feel as if you're on vacation.

By Shirley Harrington

Open-Face Ham-and-Egg Sandwich

MAKES 4 SERVINGS, **PREP:** 20 MIN., **BAKE:** 14 MIN., **COOK:** 3 MIN., **STAND:** 2 MIN., **BROIL:** 2 MIN.

It's easy to find Italian bread in your grocer's fresh bakery area. Ciabatta is a wonderful toasting bread you may have to ask for.

$\frac{1}{2}$ (5-oz.) package arugula, thoroughly washed

1 Tbsp. chopped fresh basil

2 Tbsp. balsamic vinaigrette

1 Tbsp. butter, melted

4 ($\frac{1}{2}$ -inch-thick) crusty Italian bread or ciabatta slices

1 Tbsp. butter

4 large eggs

$\frac{1}{4}$ tsp. salt

$\frac{1}{4}$ tsp. freshly cracked pepper

8 thin slices smoked ham (about $\frac{1}{2}$ lb.)

4 thin slices sharp provolone cheese

1. Preheat oven to 350°. Toss together first 3 ingredients in a medium bowl.
2. Brush melted butter on 1 side of each bread slice. Place bread slices, buttered sides down, on an aluminum foil-lined baking sheet.
3. Bake at 350° for 14 minutes, turning once after 8 minutes.
4. Meanwhile, melt 1 Tbsp. butter in a large nonstick skillet over medium heat. Gently break eggs into hot skillet, and sprinkle with salt and pepper. Cook 2 to 3 minutes or until whites are almost set.

Cover, remove from heat, and let stand 1 to 2 minutes or until whites are set and yolks are cooked to desired degree of doneness.

5. Top each bread slice with 2 ham slices and 1 cheese slice. Broil 6 inches from heat 2 minutes or until cheese begins to melt.

6. Top each sandwich with $\frac{1}{3}$ to $\frac{1}{2}$ cup arugula mixture and 1 fried egg.

Note: For testing purposes only, we used Newman's Own Balsamic Vinaigrette and Boar's Head Black Forest Smoked Ham.

Quick Stovetop Granola

MAKES 2 CUPS, **PREP:** 10 MIN., **COOK:** 5 MIN., **COOL:** 20 MIN.

3 Tbsp. light brown sugar

$\frac{1}{2}$ Tbsp. butter

1 Tbsp. honey

2 cups cranberry-vanilla trail mix nutlike cereal nuggets

1. Cook sugar and butter in a large skillet over medium-high heat, stirring often, 2 minutes or until butter is melted and sugar is dissolved. Stir in honey until blended. Stir in cereal; cook, stirring often, 2 to 3 minutes or until cereal is lightly browned. Pour mixture onto a wax paper-lined jelly-roll pan; spread in an even layer. Let cool 20 minutes. Store in an airtight container up to 1 week.

— CYNTHIA GIVAN, FORT WORTH, TEXAS

Note: For testing purposes only, we used Post Trail Mix Crunch Cranberry Vanilla Cereal.



Our Open-Face Ham-and-Egg Sandwich recipe includes an easy method for perfectly cooked fried eggs.

Lemon-Ginger Honey

MAKES $\frac{1}{3}$ CUPS, **PREP:** 5 MIN., **STAND:** 2 HR. Spread on hot biscuits, or stir into hot tea.

$\frac{2}{3}$ cup honey

2 tsp. lemon zest

$\frac{1}{2}$ tsp. fresh lemon juice

$\frac{1}{4}$ tsp. ground ginger

1. Whisk together all ingredients in a small bowl. Cover and let stand 2 hours. Whisk before serving. Store in an airtight container at room temperature 3 to 5 days. ●

Sweeten a Cup

Find turbinado sugar in the baking products aisle. **Note:** For testing purposes only, we used Sugar in the Raw Turbinado Sugar.

Spicy Coffee Sugar: Whisk together $\frac{1}{3}$ cup turbinado sugar, $\frac{1}{2}$ tsp. ground cardamom, and $\frac{1}{4}$ tsp. ground ginger. Makes about $\frac{1}{3}$ cup. Prep: 5 min.

Chocolate-Cinnamon Coffee Sugar: Whisk together $\frac{1}{3}$ cup turbinado sugar, 6 Tbsp. sweetened ground chocolate, and $\frac{1}{4}$ tsp. ground cinnamon. Makes about $\frac{1}{3}$ cup. Prep: 5 min. **Note:** For testing purposes only, we used Ghirardelli Sweet Ground Chocolate.

Spiced Chocolate Coffee Sugar: Whisk together $\frac{1}{3}$ cup turbinado sugar, 6 Tbsp. sweetened ground chocolate, $\frac{1}{4}$ tsp. ground nutmeg, and $\frac{1}{8}$ tsp. ground cardamom. Makes about $\frac{1}{3}$ cup. Prep: 5 min.