

# Food

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The Battalion

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## Fast food restaurant to provide nutrition information

NEW YORK (AP) — Burger King will use posters and tray liners with nutrition information in its New York City restaurants in support of a bill on nutrition disclosure proposed by the city's consumer chief.

The legislation that Consumer Affairs Commissioner Mark Green sent to the City Council would require the posters and tray liners in all fast-food establishments in the city. Burger King Corp. has decided to act on the bill before it becomes law.

"Burger King is eager to take the lead within the industry," said Barry Gibbons, chief executive officer of the world's second-largest fast-food company.

"We want to provide more consumer information so consumers can make educated

healthy choices of their own," Green said. "And, second, we want to encourage more healthy competition for healthier foods among fast-food firms themselves."

He said Consumer Affairs had tried to get support for the legislation from two other fast-food companies, Arbies, which only has two outlets in New York City, was sympathetic but did not formally endorse the bill.

McDonald's also was sympathetic but was "unable to sign on the dotted line," Green said. Ann Connolly, a McDonald's spokeswoman, said from Oak Brook, Ill.,

that she did not know about Green's proposal.

Green said his bill was motivated by the poor results of a 1990 survey of 50 fast-food outlets in the city to see if they were making available to customers ingredient and nutrition information.

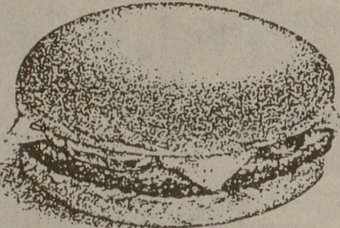
In 1986, Burger King, Kentucky Fried Chicken, Wendy's, McDonald's and Jack-in-the-Box, in a settlement with the attorneys general of New York, Texas and California, agreed to have nutrition brochures and posters in their restaurants. Federal legislation that was pending at the time was

dropped following the promise.

Green's proposed bill would require fast-food establishments to:

- Display an easy-to-read poster that shows calories, fat and sodium of major menu items.
- Use tray liners with advice on how to select a healthy meal.
- Make available a brochure with detailed ingredient and nutrition information.
- Include on the price menu board a message that advises customers to read the poster.

Gibbons said the new tray liners, with the headline "The Burger King Blueprint for Lighter Eating!" would be available immediately to all Burger King franchises. If the posters and brochures are successful, he said, Burger King also would make them available to all its franchises.



## 'No salt, no fat' can be flavorful

HYDE PARK, N.Y. (AP) — Don't toss the flavor out with the fat and salt.

So says chef Robert Briggs of the Culinary Institute of America. Briggs says many home cooks, in the name of healthful eating, shun classic preparation methods and dishes.

"The common misconception is that salads are good and desserts are bad. Not necessarily so," Briggs says. "A healthy salad smothered with high-fat dressing is not a dining dream come true, and an apple strudel with reduced fat and sugar is not a gastronomic nightmare."

The first step in altering a classic recipe is to

ing a low-calorie liquid like chicken stock, apple juice, or diluted orange juice slightly thickened with arrowroot, serves the same purpose, with less fat and calories. To create the proper flavor balance, a modest 3/4 cup of oil is retained for flavor.

"In search of a better diet, many people look for new ingredients, revolutionary cooking equipment, and the latest recipes as a remedy for unhealthy eating habits," he says. "These can be helpful, but there's no reason not to rely on tried and proven recipes and cooking techniques as long as some modifications are made."

You can also modify classic desserts, like apple strudel.

"Desserts are the first foods excluded by most dieters or health-conscious diners, but this is not always imperative," Briggs says. Traditional recipes contain a lot of fat and sugar, he says, but the amounts of these ingredients can be reduced for a more healthful — and "guilt-free" classic dessert.

With that in mind, the following are classic recipes that have reduced amounts of fat and sugar.

**Vinaigrette-Style Dressing**  
3 cups chicken stock, apple juice or diluted orange juice  
3 1/2 teaspoons cornstarch or arrowroot  
2-3rds cup vinegar  
3/4 cup oil  
3/4 teaspoon salt  
1/2 teaspoon white pepper, ground  
4 teaspoons chopped fresh herbs, such as chives, basil, oregano, and/or tarragon  
Bring stock to a boil. Dilute cornstarch or arrowroot in a small amount of cold stock or water and add to boiling stock. Cook until thickened. Cool mixture. Combine cooled mixture and remaining ingredients in a blender. Blend on high speed. Use immediately, or refrigerate for up to 3 weeks. Makes 3 cups vinaigrette.

**Nutrition information per 1-ounce serving:** 50 cal., .5 g pro., 5 g fat, .8 g carbo., 55 mg sodium, trace chol.

Note: To make a lemon-flavored vinaigrette, use diluted, freshly squeezed lemon juice to equal 3 cups instead of the chicken stock. Leftover vegetables, either steamed or cooked in a microwave oven, can be drizzled with some of this dressing, then refrigerated.

Serve them as a topping for a tossed green salad or by themselves as a first course for a summer's dinner.

Serving suggestions: The flavor of the dressing can be altered to suit a specific dish by varying the oil or vinegar used. Beginning with plain greens, use olive oil with red-wine vinegar, or try walnut oil and apple cider vinegar.

To make the dressing for a salad that includes duck or other poultry, try hazelnut or walnut oil and a raspberry-flavored vinegar. With poached fish, serve sesame oil and balsamic vinegar. For a pasta salad, a combination of sesame oil or peanut oil with apple cider vinegar is recommended.

**Apple Strudel**  
4 Granny Smith apples, peeled, cored, quartered and sliced, or 4 Bosc pears  
1/4 cup raisins  
2 tablespoons brown sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon nutmeg  
3 phyllo sheets, either fresh or frozen  
1 tablespoon clarified butter  
1 tablespoon confectioners' sugar  
Preheat oven to 450 degrees F. Combine apples, raisins, brown sugar, cinnamon and nutmeg in a baking dish. Bake in a 450-degree F oven until fruit is tender, about 15 to 20 minutes. Allow fruit mixture to cool.

Lay three sheets of phyllo on a non-stick baking sheet. Mound fruit mixture in a row running along one of the short sides of the phyllo. Spread one-half of the clarified butter onto the other side of the phyllo. Roll phyllo so that the fruit mixture is completely encased by the dough. The rolled strudel should rest on its seam. Brush the top of the strudel with the remaining butter. Slash strudel with a sharp knife to mark portions.

Bake in a 450-degree F oven to a golden brown, about 10 to 15 minutes. Allow to cool for 10 minutes before slicing. Sprinkle with confectioners' sugar when cool. Makes 5 servings.

Note: To clarify butter, melt the butter in a heavy saucepan over moderate heat. Remove the pan from the heat. Skim the surface foam. Pour or ladle off the butterfat into another container, being careful to leave all of the liquid in the pan bottom. Discard the liquid.

**Nutrition information per serving:** 150 cal., 1.4 g pro., 3 g fat, 34 g carbo., 5 mg sodium.



Identify the ingredients that, in excess, make a dish high in fat, calories, or sodium. The second step is to decide whether more nutritious replacements need to be found for these ingredients. If substitutions are necessary, some adjustments in the recipe may be needed to fine-tune flavoring, Briggs says.

For example, a traditional vinaigrette salad dressing can contain up to 3 cups oil. Substitut-

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