

# Food makes headlines

With the peanut butter scare causing many to rethink the classic PB&J and President Obama's announcement that he doesn't eat beets, food has been in the news a lot lately.

Even my boyfriend's mom said, just a couple of days ago, that she's avoiding peanut butter. And she's not alone. The Associated Press reports that jarred peanut butter sales were down significantly last month, even though leading

## ADVENTURES in COOKING



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brands of the peanut spread have not been affected by the recall.

The story that I find most intriguing, though, is one that came out yesterday.

Apparently cookbooks are just as much to blame for Americans' problem with obesity as super-sized fast food meals.

At least that's the word from Cornell University's portion-size guru, Brian Wansink, the author of 2006's "Mindless Eating: Why We Eat More Than We Think."

The results of his new study, a look at the changes in classic recipes, are detailed elsewhere on this page. Among the items in the story: A brownie recipe in "The Joy of Cooking" yielded 30 brownies in the 1960s and '70s but in 1997, the same recipe only made 15.

The message to take away is that, for all the emphasis on extra calories while dining out, we need to be just as vigilant at home.

I guess that's why publishers sell both low-calorie cookbooks and regular cookbooks. Recipes in those regular books, like "The Joy of Cooking," should be carefully reviewed before we decide to incorporate them into our healthier lifestyles.

It's just a thought.

### BEETS GET BAD RAP

I like beets, especially the pickled kind. But our new president apparently isn't a fan. Now that Barack Obama has said of beets "I always avoid eating them," the bright red veggie joins broccoli on the list of foods that lack the presidential seal of approval. (You might remember the first George Bush made a stir when he said he didn't like broccoli.)

The founder of FoodieView, a recipe search engine that provides one-stop access to a collection of 20,250 beet

recipes, says the White House chef should try some of the recipes there to change the president's mind.

In an e-mail press release, Howie Wang encourages the president's chef — and other beet-haters — to check out some of the recipes on his site ([www.foodieview.com](http://www.foodieview.com)). Among its offerings: Beet Ravioli with Poppy Seed Butter; Romaine and Roasted Beet Salad with Creamy Roquefort Dressing; Roasted Beet, Pistachio and Pear Salad; Beets in Orange/Apricot Sauce; Swedish Pickled Beet and Apple Salad; and even Beet Bundt Cake.

That last one might sound strange, but it can't be any odder than recipes I've seen for cakes that use black beans or sauerkraut as ingredients. One day, I intend to try one of those recipes. I'll let you know how it turns out.

FoodieView allows the user to search by ingredient, keyword, dish name, cuisine, chef, dietary restrictions and more. There's also a recipe box to keep track of favorites.

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