

The other benefit of eating the skin or peel is the fiber. The recommended intake of fiber is 25 grams a day for women and 38 grams a day for men, but surveys show that we do not reach those levels.

The peel contains about half the dietary fiber contained in fruits and veggies. For example, a pear eaten with the peel has 5 grams fiber, an apple has 3 grams fiber; lose the peel, and you cut the fiber in half.

The same goes for potatoes — 4 grams fiber with the peel and just 2 grams without.

Leave the skin on potatoes for mashed potatoes, potato salad or oven fries. Besides adding fiber, it adds texture.

JOURNAL STAFF AND WIRE REPORT

Wine Pick

2005 Ca'Montini Pinot Grigio

THE BALTIMORE SUN

The 2005 Ca'Montini Pinot Grigio, L'Aristocratico, Trentino (\$15) delivers a lot more flavor than your typical, watered-down pinot grigio. This Italian white wine in the unusually shaped bottle is a full-bodied, ripe and smooth wine with hints of almonds, hazelnuts, lemons and apples. It has the kind of layered, creamy complexity you would expect in a more expensive white wine from Alsace or Burgundy, France. Serve with salmon.

— **Michael Dresser**

if it leaves the cookie.

Molded Sugar Cookies

- 1/2 cup butter, at room temperature
- 3/4 cup sugar
- 1 egg, medium or large
- 1 tablespoon milk or cream
- 2 cups all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg (or cinnamon)
- 1/4 teaspoon baking powder

1. Cream together the butter and sugar until fluffy. Beat in the egg and then the milk. Mix the dry ingredients

dough and starting at one side, press it firmly into the mold, adding more as needed. Be sure to level the back. Hold the mold perpendicular to a wooden cutting board and strike the edge sharply three or four times. Rotate the mold and strike it again a couple of times. The cookie should come right out. Place the formed cookie on a baking sheet. Repeat with remaining dough, or until two cookie sheets are filled.

3. Bake until the edges of the cookies are nicely browned; start checking after 10 minutes.

ing up and losing detail, use a smaller egg. If they are spreading out and losing detail, use less sugar.

Help

□ Recipe Swap would like a recipe for scalloped potatoes.

■ Send requests or recipes to **Recipe Swap**, c/o Michael Hastings, Food Editor, Winston-Salem Journal, P.O. Box 3159, Winston-Salem, NC 27102; or e-mail to mhastings@wsjournal.com. Please include name, address and a daytime telephone number.

New Products

Pure Bars are what name implies, and good, too

By **Michael Hastings**
JOURNAL FOOD EDITOR

Product: Pure Bars.

What you get: A 1.7-ounce bar.

Cost: \$1.99 suggested retail price.

Review: Lowes Foods has started carrying a different kind of snack or 'breakfast bar. Pure of Holland, based in Holland, Mich., makes certified organic, kosher and vegan Pure Bars that are gluten-free and contain no refined sugar. But what really sets them apart is that they are made from raw ingredients, unlike other bars that contain cooked grains, dairy or other ingredients.

The idea behind the raw bar is that they retain all the beneficial enzymes destroyed by cooking.

Pure Bars come in three flavors: Apple Cinnamon, Cherry Cashew and Chocolate Brownie.

They contain no cholesterol, trans fat, preservatives, artificial ingredients,



PHOTO COURTESY OF PURE OF HOLLAND

soy products or genetically modified ingredients.

The bars consist primarily of nuts and fruit. They get added sweetness from agave nectar and extra protein from brown-rice protein.

Each bar has 190 to 200 calories and

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