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BREAK A SWEAT

Fergie's "Fergalicious"

Looking for a song to add to your MP3 player that will get your heart pumping while working out? It may or may not be a new release, but it will certainly get you in the mood to burn some calories and get in better shape. What song gets you ready to exercise? E-mail me and let me know.

NEWS TO USE

EPSOM SALT MAY CUT RISK OF INFANT CEREBRAL PALSY

Doctors can cut the risk of cerebral palsy in half for very premature babies by giving their mothers magnesium sulfate just before they give birth, new research shows.

The mineral compound, also known as Epsom salts, is already used to treat pregnancy-related high blood pressure and to stop early labor. Doctors should consider giving it to women about to deliver an extremely preterm infant, said one of the researchers, Dr. John Thorp of the University of North Carolina.

"It's cheap. It's readily available. It doesn't harm anybody. I think it will be widely adopted," Thorp said.

The research was led by Dr. Dwight Rouse at the University of Alabama at Birmingham, who presented it Thursday at a meeting of the Society for Maternal-Fetal Medicine in Dallas. - AP



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I'LL TAKE MINE TO GO, PLEASE

What, exactly, defines sushi?

Sushi originated as a way to preserve both rice and fish — the earliest examples of sushi, going back to about the eighth century, were layers of rice and carp aged for up to a year.

This is far less common now than it was at the time, and now sushi rice is vinegared instead of being allowed to ferment naturally, but sushi is still, in essence, the combination of vinegared rice with either egg, vegetables, or raw or cooked fish. Pressed sushi, made

in a wooden box with a bottom layer of rice and a top layer of fish and weighted, is the original modern sushi. Nigiri sushi was invented as a form of fast food sometime in the early 19th century, and gained popularity during World War II as a result of rice shortages and food rationing. Raw or marinated fish without rice is sashimi. - Food Network Kitchens



COOKING WITH KERRY DUNNINGTON

Mediterranean dish is authentically Greek

By Kerry Dunnington
Special to The Examiner

As a family we ate together — we gathered around the dining room table, and enjoyed each other's company and the delicious home-cooked meals my mother prepared. I feel fortunate to have carried on this wonderful family tradition.

Happily, the tradition for many to gather together as a family for dinner and other meals has returned no matter the schedules of their daily lives. I'd be hard-pressed to think of a more appetizing recipe to lure family members to the table than my Mediterranean meatballs with

tomato sauce and couscous. Most everybody loves meatballs, even kids. This dish has every feature I'm looking for when it comes to a complete and satisfying meal; it's nutritious, colorful, balanced, and packed with flavors and textures. To pull the bounty of flavors together, the combination gets a dollop of (in this order) Greek-style yogurt, Greek olives and feta cheese.

For this dinner, the tomato sauce and meatballs can be prepared in advance. Cook the meatballs and couscous a few minutes before you plan to sit down for dinner. If you want to add additional color and nutrition serve with a tossed green salad or steamed leafy greens like Swiss chard or kale.

TOMATO SAUCE

- 1 tablespoon olive oil
 - 2 cloves garlic, minced
 - 1 teaspoon red pepper flakes
 - Two 28-ounce cans whole tomatoes
- In a large pot over moderate heat, heat oil and saute garlic until slightly brown, add red pepper flakes and tomatoes, reduce heat, and simmer for about a half hour.

MEATBALLS

- 2 eggs
 - 1/4 cup breadcrumbs
 - 1/4 cup fresh parsley, minced
 - 1 teaspoon salt
 - 1 teaspoon dried oregano
 - Fresh ground black pepper to taste
 - 1 1/2 pounds ground beef
 - 1 tablespoon olive oil
- In a large bowl, whisk eggs until lightly beaten. Add breadcrumbs, parsley, salt, oregano and pepper, and combine until well-blended. Add meat and with your hands combine mixture until ingredients are well-combined. Shape mixture into balls using about 1/4 cup for each ball until you have 18 meatballs. In a large skillet over medium heat, heat olive oil and cook meatballs until brown on each side, about 3-5 minutes per side.

COUSCOUS

- 2 cups water
- 1 vegetable cube
- 1 tablespoon olive oil
- One 10-ounce package couscous
- 1/4 cup fresh parsley, minced

What to pour

» Grove Mill Pinot Noir from New Zealand; costs about \$29



In a medium pot, bring water, vegetable cube and olive oil to a boil, stir in couscous and parsley, cover, remove from heat, and let stand for 5 minutes. Fluff couscous with a fork before serving.

GARNISH

- One 7-ounce package of Greek-strained yogurt
- 1 cup Greek olives, roughly chopped
- 1 cup feta cheese, crumbled

To assemble dish, spoon couscous onto rimmed plate, top with three meatballs and top with tomato sauce. Serve with garnishes, buffet-style. Serves six.

Nutritional analysis per meal: 723 calories, 41 grams total fat, 14 grams saturated fat, 1 gram trans fat, 158 mgs cholesterol, 1,633 mgs sodium, 55 grams total carbohydrate, 6 grams dietary fiber, 34 grams protein, 8 grams sugar.

Catch Kerry Dunnington's column biweekly in Healthy Life. She can be reached at thisbookcooks@verizon.net.



The Examiner WASHINGTON

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