

Healthier Living

Complex Carbs: A Simple Way To Satisfy

(NAPSA)—One of the simplest ways to improve the nutrition in your diet is to go complex—complex carbohydrates, that is.

Nutritionists want people to eat more carbohydrates but they are not talking about the empty calories found in simple carbohydrates. Complex carbohydrates such as buckwheat are more likely to satisfy the appetite because they're digested more slowly and offer more amino acids to fuel cells.

Buckwheat contains all the essential amino acids (eight proteins that the body cannot manufacture) in good proportions, making it closer to being a complete protein than any other plant source, even soybeans. It's also rich in B vitamins, phosphorus, potassium, iron and calcium and it is wheat-free and gluten-free.

"Buckwheat is unique in its extraordinarily high degree of a variety of nutrients including protein and amino acids," said Dr. Paul Buck, retired professor and co-chair of Food Science and Nutrition at Cornell University.

In addition, the proteins it contains are the best known source of high-biological-value proteins in the plant kingdom.

To make life even simpler, buckwheat is sold in many forms: as roasted kernels (kasha), cream of buckwheat, pancake mixes, noodles and even cold cereals.

For a delicious and nutritious side-dish substitute for potato or rice, use kasha to prepare tasty Kasha Pilaf.

Kasha is found in kosher and health food sections of supermarkets and health food stores.



Kasha Pilaf can be a delicious and nutritious side dish.

Cream of Buckwheat is found in most health food sections and health food stores.

Kasha Pilaf

Makes 4 Cups of Pilaf

Ingredients

- 1 cup uncooked kasha**
- 2 Tbsp. butter or margarine**
- ½ cup chopped onions**
- ½ cup sliced mushrooms**
- 2 Tbsp. minced fresh parsley**
- Optional seasonings and/or "extras" of your choice**

Method

In large skillet, melt butter and saute onions and mushrooms. Prepare kasha according to basic directions on package, adding the sautéed vegetables when the liquid is added and eliminating any additional butter or margarine.

Before serving, fluff kasha with a fork and sprinkle with parsley.

For more information and a variety of recipes, visit www.thebirketmills.com.