

## The Latest Trend In Healthy Eating

By Theresa MacDonald

(NAPSA)—One of the most important things I have learned while living and traveling throughout Europe is the value of a light meal in the evening. We often think that the Europeans are healthy due to their intake of red wine and olive oil—but actually the secret to their lean figures may lie in eating a light, yet satisfying meal in the evening.

For instance, in Germany this is called *Abendbrot*, literally meaning “evening bread”—a long-standing German culinary tradition. It is usually served at around 6 p.m.—earlier than dinnertime in many other European countries and often consists of a variety of cold cuts and cheeses accompanied by a large selection of multigrain breads. These are typically arranged on a wooden tray, garnished with pickles, relishes and mustards. The mid-day meal in Germany is generally the hot and heavier meal of the day.

Even today, when I invite friends to my place for dinner, I no longer have to spend hours preparing complicated dishes. To their delight, I offer a variety of robust breads, my favorite imported German cold cuts and sausages and German cheeses such as Allgäuer Emmentaler and Tilsit, depending upon what I can find at my local gourmet shop or supermarket. My guests are invariably surprised at how fulfilling such a meal can be!

Especially for those of us concerned about gaining weight and eating healthy, incorporating the German *Abendbrot* tradition into our lifestyles is a nice alternative. Whereas having a salad may leave one feeling deprived or slightly hungry, *Abendbrot* leaves you satisfied—but without that



The German *Abendbrot* habit is gradually making its way across the Atlantic. (Photo courtesy of Chef Auer at the Orchards Hotel in Williamstown, MA.)

heavy weighted-down feeling. As an accompaniment to this flavorful meal, I enjoy serving a wide selection of German beers or a crisp white German wine such as a Riesling or an Alsace. And I personally love to top off the meal with some wonderful cookies and candies from Germany.

Historically, German confections are considered family heirlooms with recipes passed on from generation to generation. So, whether you serve packaged chocolates, hand-made truffles, pralines, liquor-filled bonbons, marzipan or hard candies—your guests will leave with sweet memories!

If you would like further information on the foods from Germany or where they are available, log onto CMA’s Web site: [www.cmanorthamerica.org](http://www.cmanorthamerica.org).

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