

Fabulous Food

A Delicious Food That May Help Save Lives

(NAPSA)—Many people will be happy to hear the latest news about the health-giving properties of a favorite food.

The Louisiana oyster has been credited for centuries for improving people's love life, but recent medical findings have shown that these mollusks that lie beneath Louisiana's waters are more valuable than one could ever have imagined.

At the annual meeting for the Institute of Food Technologists, Dr. Jack Losso, a researcher from Louisiana State University's Department of Food Science, presented exciting news on the correlation between oysters and breast cancer cells.

In clinical trials, Losso combined oyster ceramides, which are lipids or fat compounds, with breast cancer cells in test tubes and laboratory rats.

No toxicity to the animals was reported and the ceramides were shown to significantly impact the cells.

"This is incredibly exciting," said Losso. "When we looked at cancer cells treated with oyster ceramides, their growth had been inhibited and they were dying."

And even better news for those who like their oysters fried in a po' boy or sautéed with pasta, the benefits of the ceramides are not lost in cooking. Because ceramides are a fat compound and a part of the oyster's natural oils, consumers should avoid putting the oysters on tilted countertop grills, which discard fat.

For more information, visit www.LouisianaSeafood.com.

Try this crispy salad that offers a tasty way to enjoy the health-giving properties of oysters:



A compound found in Louisiana oysters has been shown to inhibit the growth of breast cancer cells.

Crispy Oyster Salad With Creole Mustard Dressing

- 3 eggs**
- 1 Tbsp. Creole or spicy mustard**
- 4 Tbsp. olive oil**
- 1 tsp. red wine vinegar**
- Salt and pepper**
- 1 pint Louisiana oysters**
- 2 cups Italian breadcrumbs**
- 2 cups vegetable oil**
- 2 heads Bibb lettuce**
- Romano cheese**

Separate egg yolks and save egg whites. To make dressing, mix egg yolks, mustard, olive oil, vinegar; salt and pepper to taste. Dip oysters in beaten egg whites. Roll in breadcrumbs. Fry oysters in hot vegetable oil for 3-4 minutes or until breading is golden brown. Remove; drain on paper towel. Place lettuce leaves on plates; sprinkle with cheese. Place 4 oysters on each salad; top with dressing. Serves 6-8.

Recipe courtesy of P&J Oyster Company, New Orleans.