A BILLION GOOD REASONS TO TAKE CHEWABLE ACIDOPHILUS.

One billion organisms guaranteed at time of manufacture.

But the best reason to take Chewable Acidophilus from American Health® is the naturally delicious and convenient way it helps restore optimum intestinal health.*
Now enjoy all the benefits of two terrific lactobacilli, Acidophilus and Bifidus, from one great tasting product. Discover how delicious probiotic support can be.

- Available in natural strawberry, blueberry, banana and assorted flavors
- Free of wheat, milk or milk derivatives, lactose, soy, artificial flavor, sodium**
- Suitable for vegetarians

AMERICAN HEALTH
www.AmericanHealthUS.com
Available at health, natural food and vitamin specialty stores.
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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.
**Less than 5 mg per serving

mushrooms
FROM BUTTONS TO SHIITAKES, THESE UMBRELLA-SHAPED FUNGI SHOULD SPROUT UP IN YOUR GROCERY CART

For centuries in Eastern Asia, mushrooms have been enjoyed for their flavor and revered for their medicinal properties. Neither fruit nor vegetable, mushrooms are fungi and come in more than 2,500 varieties. Available year-round, the natural glutamate in mushrooms heightens and enhances the flavors of foods cooked with them.

When shopping for mushrooms, choose those with smooth, dry, blemish-free surfaces. Closed "veils" under the cap indicate a delicate flavor; an open veil indicates a richer flavor. When you get them home, store them in a paper bag in the fridge. This way, mushrooms usually keep for a week.
Mushrooms can be marinated, sautéed, roasted and grilled; some varieties are good raw. Don't wash mushrooms until just prior to cooking since excess moisture can make them mushy. Gently wiping them with a damp cloth is often enough, but if they are especially gritty, briefly rinse and pat dry. To freeze mushrooms, sauté them in butter or oil and store in an airtight container for up to a month.

Mushrooms are flavorful, versatile and good for you too. For starters, they're a great source of potassium: One cup of cooked fungi provides more potassium than one banana.

By Monica Bhide

Lyssie Lakatos, RD, CDN, adds, "White button, brown and portobello mushrooms are low in carbohydrates. Their low calorie count and fairly high fiber content make mushrooms good for diabetics. Button mushrooms have 12 times more of the antioxidant ergothioneine than wheat germ—ergothioneine has been shown to protect cells—and are thought to have anti-breast cancer effects.” And the phytonutrients in mushrooms may inhibit prostate cancer as well.

So when shopping for dinner tonight, start with mushrooms. Your savory meal and your body will thank you.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving: Five medium white button mushrooms, cremini or portobello (85g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 20</td>
</tr>
<tr>
<td>Fat: 0g</td>
</tr>
<tr>
<td>Carbohydrates: 3g</td>
</tr>
<tr>
<td>Fiber: 1g</td>
</tr>
<tr>
<td>Protein: 3g</td>
</tr>
<tr>
<td>Added benefits: 21% RDI for riboflavin, 11% for selenium</td>
</tr>
</tbody>
</table>
mushroom and swiss chard lasagna

Serves 8

You can’t beat lasagna for crowd appeal and make-ahead convenience. For brands of oven-ready lasagna noodles that contain 12 noodles per box, use 3 noodles per layer. For those with 16 noodles, use 4 per layer.

1 lb. Swiss chard, well rinsed, or 16-oz. frozen spinach
2 tsp. olive oil
1 lb. cremini or baby portobello mushrooms, quartered
3 cloves garlic, minced
⅛ tsp. crushed red pepper
1 26-oz. jar marinara sauce
Salt and freshly ground black pepper to taste
1 large egg
1 15-oz. container low-fat ricotta cheese
⅛ cup freshly grated Parmesan cheese
1 8- to 9-oz. pkg. oven-ready lasagna noodles (12–16 noodles)
2 cups grated part-skim mozzarella cheese

1. Bring large pot of water to a boil. Remove stems from Swiss chard leaves; cut stems into ½-inch lengths. Cut leaves into 1-inch strips. Add stems to boiling water, cover and cook 3 minutes. Add leaves, cover and cook until tender, 3-4 minutes. Drain, rinse under cold water; press out excess moisture.

2. Heat oil in nonstick skillet over medium-high heat. Add mushrooms, and cook, stirring occasionally, 3-5 minutes, or until browned. Add garlic and crushed red pepper; cook, stirring, about 10 seconds. Transfer to bowl, and stir in Swiss chard and 2 cups marinara sauce. Season to taste with salt and pepper.

3. Whisk together egg, ricotta, ⅛ cup Parmesan cheese, salt and pepper in bowl. Put 3 or 4 lasagna noodles in large bowl, and cover with warm water; let soak.

4. Preheat oven to 400°F (unless making ahead to bake later).

5. Spread about ⅛ cup marinara sauce in 9x13-inch baking dish coated with cooking spray. Place 3 or 4 dry noodles over sauce. Cover with ⅛ cup ricotta mixture. Top with ⅛ cups Swiss chard mixture. Sprinkle with ⅛ cup mozzarella. Repeat layering two times.

6. Lift soaked noodles from water, pat dry and arrange on top of lasagna. Cover with remaining marinara sauce. Tightly cover pan with aluminum foil. (Lasagna can be prepared ahead to this point, and refrigerated up to 2 days.)

7. Bake 35 minutes, and uncover. Sprinkle with remaining Parmesan cheese and mozzarella. Bake, uncovered, until noodles are tender, about 15 minutes. Let stand 5 minutes before serving.

PER SERVING: 320 CAL; 22G PROT; 14G TOTAL FAT (8G SAT. FAT); 28G CARB; 65MG CHOL; 600MG SOD; 3G FIBER; 10G SUGARS

RECIPE BY PATSY JAMIESON
Recipe reprinted from our sister publication, Vegetarian Times.
**mushrooms cont'd.**

**BUTTON MUSHROOMS**
mild flavor; creamy or light brown; eat raw or cooked

**SHIITAKE**
meaty flavor when cooked; remove stems before cooking

**PORTOBELLO**
mature cremini; deep gills; meaty flavor; dark colors

**CREMINI/BABY PORTOBELLO**
dense, meaty flavor; light tan or brown caps; firm texture

**OYSTER**
mild flavor and velvety texture; pale gray to dark brownish gray; remove stems before cooking

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**Nature's Survival Tool.**

Turmeric was Scientifically Validated by recent research conducted at The University of Texas M. D. Anderson Cancer Center.

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