

# Coat your meat before you cook it.

**Kansas State University** researchers recently discovered that commercial marinades reduce heterocyclic amines (HCA's) – suspected cancer-causing compounds produced by cooking meats at high temperatures – by an average of 71%. They believe this may be due to **antioxidants in the spices that stop free-radical reactions from forming** during the cooking process.

Try the researchers' Caribbean beef marinade, which managed to score an 88% HCA reduction! Mix  $\frac{1}{4}$  teaspoon each of salt, red pepper, & black pepper with  $\frac{1}{2}$  teaspoon each of sugar, thyme, allspice, rosemary & chives. Blend this with two ounces of water & an ounce of olive oil & vinegar.

**Waa-lah...a lot less guilt about that steak.**

