

Diet can help heal injuries

The American Academy of Pediatricians recommends all children over the age of 2 wear masks while indoors at school. Find out more about selecting and wearing child-sized masks at www.healthychildren.org (search face masks). Be a role model and wear your mask, eat healthy and be physically active to stop the spread.



KATHY KOLASA

as simple as a cup of green tea can have great benefits.

Getting enough protein in your diet is also an important concern during the healing process, especially if you

are placed in a brace, cast or are using crutches. Immobilizers like these can make it harder for your muscles to rebuild and recover. Protein serves as one of the most important macronutrients to help your body build and maintain muscle.

The Academy of Nutrition and Dietetics recommends the average person to eat 0.8 grams of protein for each kilogram of body weight each day. You may need more if you are a more active person or are trying to build muscle mass. Amino acids like leucine, which is commonly found in cheeses, lean meats, fish, nuts, and seeds, is known for being great at stimulating quick protein production and muscle growth. Alternatively, you can try to eat foods such as cottage cheese or yogurt that are rich in casein, a type of protein that helps build muscles slowly over time. All of these options are a great source of protein and will help give your body nutrients to maintain your muscle while you recover.

This might be a time to take a dietary supplement if you can't get the needed nutrients in food or beverage. Talk with your doctor first, but you might find a daily fish oil supplement helpful for inflammation. You can get a few side effects from fish oil, but they are usually mild: unpleasant taste in the mouth, bad breath, heartburn, nausea, stomach discomfort, diarrhea and headache. These supple-

ments may also interact with certain medications, especially anticoagulation medicines such as warfarin (Coumadin). Talk with your health care provider about possible interactions.

It is also important to make sure you are getting enough calcium, phosphorus, magnesium and Vitamin D to help your bones heal properly. Aim for 1,500 milligrams of calcium each day by drinking milk or eating yogurt, cheese, salmon, or any of the dark green vegetables (kale, spinach, broccoli). Phosphorus is another common building block of bone that can be found in dairy products, nuts and oats. It is recommended that adults consume 700mg of phosphorus each day. Magnesium is found in seeds, tofu, broccoli, and spinach.

Adult women should aim for 310-320mg of magnesium per day and adult men should try to eat 400-420 mg daily. It may also be beneficial to talk to your doctor about vitamin D as your body's levels of this vitamin can be low after a bone fracture. You can also get a good dietary source of vitamin D in foods such as fish and dairy products. Maintaining a good amount of these essential nutrients in your body can play a key role in improving the speed and strength in which your bones heal.

Having an injury is never fun but taking the time to fuel your body with the right nutrients can be just as important as rest and ice packs. By making sure you are giving your body a good source of protein, calcium, fatty acids, and antioxidants, you will set your body up to make a full and speedy recovery.

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Say goodbye to summer with a plate of Caponata

It's the end of summer, so why not go out with a bang and make caponata? Caponata is a Sicilian vegetable stew or compote. It slightly resembles Provençal ratatouille, but while both are tomato-rich stews consisting of a bounty of summer vegetables and aromatics influenced by their geography, they diverge from there.



LYNDA BALSLEV/TASTEFOOD



LYNDA BALSLEV

Ratatouille typically includes a variety of vegetables, such as eggplant, squash and peppers and is bright and restrained in its summery balance. Caponata, on the other hand, is feistier and more fragrant, with a decidedly sweet and sour or agrodolce nod to its Italian roots and Greek and Moorish influence.

Eggplant is the dominant vegetable in caponata, cooked until golden and squidgy, and punctuated with briny olives and capers, laced with vinegar, and refreshed with sweet raisins and honey. If you are going to salute the end of summer, you might as well exit loudly with this lip-smacking condiment.

Caponata is traditionally served as an appetizer on toasted bread or crostini or as a side dish. It's also a bright garnish for fish and poultry. If possible, make caponata a day in advance and refrigerate overnight to allow the flavors to develop.

Caponata

Active time: 30 minutes
Total time: 30 minutes, plus cooling time
Yield: Serves 4 to 6 as a side dish
Ingredients:
 Extra-virgin olive oil
 1 medium globe eggplant, about 1 1/4 pounds, cut into 3/4-inch cubes
 Kosher salt
 1 medium yellow onion, chopped
 1 red bell pepper, seeded and diced
 1 large celery rib, finely diced

Caponata.

3 garlic cloves, minced
 1/2 teaspoon dried oregano
 1/2 teaspoon crushed red pepper flakes
 1 cup crushed Italian plum tomatoes
 1/3 cup golden raisins
 1/4 cup coarsely chopped green olives, such as Castelvetrano
 3 tablespoons capers, drained
 2 tablespoons red wine vinegar
 2 tablespoons balsamic vinegar
 2 teaspoons honey or brown sugar
 1/2 teaspoon freshly ground black pepper
 2 tablespoons chopped Italian parsley

Steps:

Heat 1/4 cup oil in a large, deep skillet or pot over medium-high heat. Add the eggplant and season with salt. Cook until soft and golden, about 2 minutes. Add the red pepper and celery and saute until bright and crisp-tender, 2 to 3 minutes. Add the garlic, oregano and red pepper flakes and saute until fragrant, about 1 minute. Stir in the tomatoes, raisins, olives, capers, vinegars, honey and black pepper. Reduce the heat to medium-low and simmer for 8 to 10 minutes. Return the eggplant to the skillet and continue to simmer until the eggplant is very soft, about 5 minutes more.
 Taste for seasoning and add additional salt if desired. Remove from the heat and stir in the parsley. Cool completely to serve. If possible, refrigerate the caponata overnight to allow the flavors to develop. Serve at room temperature or chilled.

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Quarters Bar and Grill — taste the flavor of Pirate nation

BY CHRISTINA RUOTOLO
Hot Dish

A group of friends looking to begin a new era of flavor and fun in the heart of Pirate Nation have opened Quarters Bar and Grill at 1011-F S. Charles Blvd. behind Krispy Kreme.

Serving delicious burgers, hot dogs and wings along with a large variety of beer catering to students, Pirate fans and East Carolina University alumni, it's easy to see that football, sports and great game-day food are at the center of the new restaurant.

General manager Brett Carpenter has over 25 years experience in the business, and the menu is the brainchild of head chef Amanda Goudreat, a Johnson and Wales graduate. Her creations take the triple game day staple foods — hot dogs, burgers and wings — and add sophisticated flavor profiles and handmade accouterments. She makes her own slaw, pickles, sauces and dips and uses high quality all-beef hot dogs.

The great food and extensive beer bar make it a great place to come eat, laugh and drink! Better yet, they offer a fun interactive aspect called #Quarterscache. Keep an eye out for



Carolina slaw dog.



Quarters Cache coins hidden around downtown Greenville. Find a coin and return it to the bar for discounts and rewards.

Quarters offers between 60-80 varieties of bottled beer and 10 rotating beers on tap. Some popular bottled beers include the Golden Road Mango Cart, Wicked

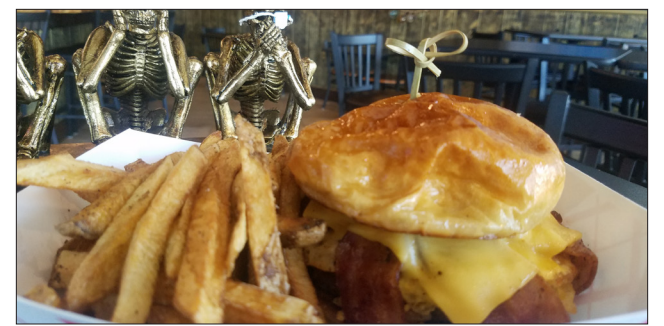
Weed Pernicious IPA, Festival Express, Dogfish Head, Lemon-Ginger Zombie, 1911 Rose and Cider Donut hard cider. One of the most popular beers on tap is the Pitt Street Strawberry Milkshake American IPA. They also carry traditional domestic beers like Budweiser and Miller Light to imported beers like Corona and Guinness.

The food menu is easy to read and features a variety of options to satisfy. Starting with hot dogs, keep it classic with ketchup, mustard and

relish or get down with the Dirty Dog, featuring homemade beef chili and dripping, gooey cheese sauce. The Tanga Dog features sweet pineapple, savory bacon and decadent Teriyaki sauce, or get ready to be wowed by the Double Porked Dog, which is an all beef hot dog wrapped in bacon, fried and topped with caramelized onions and a drippy cheese sauce. The dog had a great snap from being fried. Add crispy bacon blanket and sweet, translucent onions and cheese, and any pirate



Double porked dog.



Quarters burger.

would trade gold for some of this one.

All of the hot dog buns are substantial for keeping all of the toppings in place, so no soggy buns in sight. Another top notch pick is the Carolina slaw dog featuring chili, handmade slaw and generously drizzled with spicy mustard. I loved Amanda's homemade slaw with thin sliced cabbage and sweet carrots in a bright vinegar forward sauce mixed with deep heated chili and rich, spicy mustard. Pirates fans will only be able to shake their

head and say Arrrrrh.

Moving to burgers, get ready to get swash-buckled by flavor. Start with a soft, buttered bun, a massive all-beef patty cooked to order. Go classic with homemade pickles, American cheese, romaine lettuce, sliced tomato and mustard or have a BLT with a sweet and smokey bacon jam, lettuce, tomato and sweet bread and butter pickles. The Quarters Burger starts with an all beef patty, a handmade potato

See **QUARTERS**, B5

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