

Get exercise, information during Walk-With-A-Doc

COVID Tip: Foods high in vitamin C such as citrus, spinach, turnips, and red bell peppers can support your body's immune system. Normal and slightly increased levels of vitamin C have been shown to prevent and treat respiratory illnesses in several studies. Please wear a face covering, wash your hands and stay 6 feet apart.

A colleague of mine participated in a doctor-led walk. Do you happen to know of the what, where, and when is the next one? — HS, Greenville.

So glad you reminded me to encourage you, your family and friends to come out the first Saturday of the month and Walk-With-A-Doc. Breann Zeches, a fourth-year Brody medical student tells us about it. She is the lead organizer of the event and started the program for the medical school.

The next walk program through the Brody School of Medicine is 8-9 p.m. Saturday at Lake Laupus, 500 Medical Drive. This inspiring event unites the medical community with the public to create awareness of health and well-being. Through combining exercise with education, the organizers seek to improve the general health of community. It is a great opportunity to meet new people, exercise, and become better informed about your medical health by trained, medical professionals. In order to be compliant with ECU guidelines concerning COVID and keep everyone safe, all participants must wear a mask and properly socially distance from one another. Hand sanitizer is provided for participants as well.

The event begins with a short, informative talk on important health topics beside the lake's gazebo. These conversations cover the benefits of regular physical activity, advantages of healthy eating



KATHY KOLASA

and diet change, importance of good sleep hygiene and management of chronic illness. A more recent topic was on COVID-19 and how daily exercise strengthens one's immune system, fight illness and prevent it as well.

Physicians from several specialties regularly attend the walks. Participants can interact with doctors from ECU Physicians, Physicians East, Vidant Health and Veteran Affairs who specialize in physical medicine and rehabilitation, family medicine, internal medicine and sports medicine. Following the health talk, all participants walk and discuss among themselves and the attending doctors, their health questions and the benefits of lifestyle change. This is a great way to interact with a physician outside of an office visit. It is a more laid-back setting allowing easier conversations without the stresses of the clinic setting.

Eastern North Carolina has had a long history of both poor exercise habits and dietary choices. With the onset of COVID-19, some things are harder to do, and people's health is suffering. It is easy to see that people are having a more difficult time leaving the house to exercise, socialize with friends for better mental health, or simply afford to make better choices when purchasing food. This makes this event even more important.

One walk leader is Dr. John Norbury, a specialist in physical medicine and rehabilitation with the Brody School of Medicine and Vidant Medical Center. Dr. Norbury says that "Lack of physical activity is one of the leading causes of disease in eastern North Car-

olina. While COVID requires us to physically distance, Walk-With-A-Doc allows a safe space for us to socially connect — 6 feet apart and with masks of course — and share ideas on how to cultivate wellness and resilience during an extremely challenging time. It brings me tremendous joy to see our next generation of physicians is putting lifestyle medicine and healthy habits front and center not just for their patients, but for themselves."

The walk concludes back at the gazebo where the lead physician and a medical student summarize the event. Participants take home information about the Walk-With-A-Doc program for future involvement.

Walk-With-A-Doc happens 8 a.m. the first Saturday of every month at Lake Laupus. No registration is required, and all are invited to attend, even dogs. The event is free to all participants so put on your comfortable walking shoes and join us!

Walks will happen as long as no rain is forecasted, and the track is a rather flat walk that can be done at your own pace! Participants can park free (no sticker needed) at the lot beside the lake (library side), just don't forget your water bottle in the car. It's about one hour's worth of walking, or 2 miles and over 4,000 steps.

This program has been able to continue through the proactive spirit from all four medical student classes at the Brody School of Medicine and our local physicians practicing in our Greenville community. It is funded by the Brody School of Medicine.

Professor emeritus Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolasaka@ecu.edu.

TASTE FOOD

Fall recipe a crisp for all seasons

It's fall, and in my book, that means it's time for apple crisp. When it comes to a good recipe, I follow the popular adage: If it's not broken, don't fix it. This recipe is my go-to recipe throughout the year. The method and amounts remain consistent, and I'll change up the types of fruit, spices and nuts according to the season.

A crisp should contain seasonal fruits at their peak in flavor, enhanced with a dusting of sugar and spice. The topping should be crumbly and not cloyingly sweet, allowing the natural sweetness of the fruit to shine through. As for the garnish, I prefer the lightness of whipped cream, gently sweetened so it won't overwhelm

the dessert — and preferably fortified with a nip of spirits to complement the fruit filling.

This recipe makes a generous amount of topping — enough to blanket a 10-cup or 11-by-7-inch baking dish. When assembling the filling, it's important to have a deep layer of fruit, so feel free to increase the amount of fruit or adjust the shape of the baking dish as needed. Pile the topping on thick, so it will add a delightful cookie crunch to the filling.

If you have extra topping, it can be refrigerated for up to one week or frozen for up to one month. There's nothing wrong with having a little leftover for a last-minute dessert; chances are you'll be making crisps throughout the season!

Apple Raisin Crisp With Calvados Cream

- Active Time:** 25 minutes
- Total Time:** 1 hour and 15 minutes
- Yield:** Serves 6
- Topping:**
 - 1 1/2 cups all-purpose flour
 - 1/2 cup (packed) light brown sugar
 - 1/4 cup granulated sugar
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon ground cardamom
 - 1/4 teaspoon salt
 - 1/2 cup pecans
 - 3/4 cup unsalted butter, chilled, cut in pieces
- Filling:**
 - 6 Granny Smith apples, peeled, cored, cut in 3/4-inch chunks
 - 1 cup raisins
 - 1 tablespoon fresh orange juice
 - 1/4 cup granulated sugar
 - 1/2 teaspoon finely grated orange zest
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon ground cardamom



LYNDA BALSLEV/TASTEFOOD

Apple raisin crisp with calvados cream.

Whipped Cream:
1 cup heavy cream
1 to 2 tablespoons granulated sugar
1 tablespoon Calvados brandy (optional)
1/2 teaspoon vanilla extract

Steps:
Make the topping: Combine the flour, sugars, cinnamon, cardamom and salt in a food processor and pulse once or twice to blend. Add the pecans and pulse a few times to break them into chunky pieces. Add the butter and pulse until the topping resembles coarse meal. Refrigerate the topping until use — you want the butter to stay cold for best results.

Preheat the oven to 375 degrees. Combine the apples, raisins and orange juice in a large bowl. Add the remaining filling ingredients and toss to combine. Transfer the fruit to a 10-cup baking dish. Spread the topping evenly over the filling, letting it dribble down between the fruit and edges.

Transfer to the oven and bake until the apples are tender and the topping is golden brown and crisp, about 50 minutes. Remove from the oven and cool slightly to allow the flavors to develop.

Make the cream: Beat the cream in the bowl of an electric mixer until traces of the whisk are visible in the cream. Add the sugar, Calvados (if using) and vanilla and continue to beat until soft peaks form.

Serve the crisp slightly warm or at room temperature with the whipped cream.

Lynda Balslev is an award-winning cookbook author, recipe developer, tester and editor. Taste Food is distributed by Andrews McMeel Syndication.

SPONSORED CONTENT

Anita's Authentic Mexican — a street fare in every bite

BY CHRISTINA RUOTOLO
Hot Dish

Every day, on the way to work I travel across the river past the airport and an old Huddle House location that has been converted into a Mexican restaurant. Not just any Mexican restaurant, but Anita's Authentic Mexican Street Food located at 1915 North Memorial Drive, in Greenville. If you aren't looking close enough, you may just miss this true one-of-a-kind eatery that has people traveling miles for a taste of their tacos and authentic culinary fare.

Owner Edwin Carbajal and family have been serving up Mexican street food for nine years when they started with a small hitch trailer. Their goal was to serve authentic dishes from their home country imparting their traditional vibrant and colorful flavors and cooking methods and offer up a street fare in every bite. They specialize in burritos, nachos, sope, quesadillas, Mexican style sandwiches called tortas, salads and gorditas, which are handmade pan-fried corn pockets stuffed with meats. They even have Mexican infused waters called Aguas Frescas from fresh Pineapple to melon flavors to name a few. From the fresh ingredients to the food to the drinks, Anita's is the real deal.

It all starts with family recipes



CONTRIBUTED PHOTO

Gorditas stuffed with marinated birria meat.

passed down for generations. Anita passed her knowledge and recipes down to Edwin, whose favorite part is the reaction people have when they take their first bite. "We never serve food that we wouldn't eat ourselves. In that first bite, you can taste hard work and devotion. I love watching people fall in love with our food," Carbajal said.

Their most popular items are street tacos. Start with handmade corn tortillas topped with their slow-simmered meats from chicken, beef, boneless pork to steak or even cactus. Then you only add three toppings, chopped red onions, a sprinkling of fresh chopped Cilantro, and a few slices of lime. Authentic street tacos should only be big enough to

be eaten in a few bites. Squeeze on a little fresh lime, prepare to get your hands dirty, and dig in.

I had never eaten an Anita's street taco before so I was so excited to take my first bite. Fork tender, savory meat is paired with a sweet kick from the red onions and a herbaceous mellow from the cilantro mingled with the buttery back-notes of corn tortillas to bring the flavors home. You can order as many street tacos as you want with your choice of meat. It's served with three dipping sauces, the hot made with enough dry chili peppers to heat the tongue for days, the mild with slightly spicy jalapeños, and the sweet sauce made with smokey warm chipotle and pineapple. Ed-



win reminds patrons that the sauces are not meant to cover up the beautiful meats "but elevate each of the flavors."

I also sampled the al pastor con piña street taco filled with marinated pork loin with grilled pineapple on top. The pork was a beautiful reddish hue and was soft and sweet. I also sampled the vegetarian cactus tacos called Nopalitos. This taco is made with chopped fresh cactus that has been marinated and cooked to soft texture with flavor that is a cross between a bell pepper and okra. Edwin says cactus is easy to prepare and is a great meat-free alternative. It was unique and quite delicious. I have added cactus to my new favorite-food list.

Next I tried a few of their birria dishes. This special meat is only served on Saturday and Sunday and takes four days to make. They start by chopping up over 80 pounds of beef chuck roast which is allowed to air dry for 24 hours. Next, they create a secret recipe sauce to marinate the meat for another 24 hours. They won't tell you what's in

the addictive red sauce, but I can tell you it has cilantro, onions, garlic and two types of peppers. After the meat marinates, it's slow roasted for 16-18 hours. It comes out buttery with crispy edges and hues of deep brown and red. The sauce has mellow heat and sweet notes and I truly understand why people wait in line for this unique dish. Edwin calls it a "monumental blowout in Greenville that has cars lining the side street just to get their share. We often sell out within hours, it's that good."

I sampled three of the birria dishes from their tacos, cheese quesadilla with loads of cheese wrapped in their larger flour tortillas and grilled to gooey perfection, then the gorditas which are handmade pan-fried corn pockets stuffed with birria. These combinations come in orders of three and all are served with a large serving of the consume sauce, which is the meat marinade that has been simmered down. It's so luscious, you can eat it like a soup, or in my case I took it home and plan to pour it over some white rice for a Mexican side dish.

Anita's Authentic Mexican Street Food did not disappoint. It offered true Mexican food that brings family heritage front and center. Take a trip over the river so you won't miss out on a whole new world of flavor. They are open 11 a.m. to 3 p.m. Tuesday-Sunday. For more information, call 252-375-7925.



ANITA'S

AUTHENTIC MEXICAN STREET FOOD

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