



NEWS RELEASE

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No luck needed to find savings on St. Patrick's Day fixings

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – St. Patrick's Day is almost here, so take advantage of good prices on corned beef and cabbage today. Your local commissary has just what you need for almost any kind of "Luck of the Irish" celebration, and most of it is on sale!

Corned beef can be high in fat, unless you choose the "flat-cut" portion, which is the leaner half of the whole brisket. Look for those exact words on the front of the package. You'll get the same great corned beef flavor, but it's low enough in fat to qualify as "lean" according to the government's labeling standards.

If you've never cooked this dish before, don't worry, there's almost nothing easier. Just follow the easy cooking instructions on the package. If you're looking for a lower sodium version, though, use one of the corned beef recipes featured in Kay's Kitchen at <http://www.commissaries.com>.

Add wedges of fresh green cabbage to the pot during the last 15 to 20 minutes of cooking and serve with boiled new potatoes, cooked separately.

Be sure to save any leftover corned beef for Reuben sandwiches. I've added that recipe for you, too. As a matter of fact, this week's collection has something traditionally Irish for almost any taste. If you're not wild about corned beef, try the Colcannon Soup with Oven-Roasted Kale. Finish the meal with one of our "green" desserts served with a steaming cup of freshly made Irish coffee.

Shopping the commissary for the needed ingredients won't put a dent in your pot of gold at the end of the rainbow, either. Now what could be luckier than that!

To check out any recipes related to St. Patrick's Day, come to Kay's Kitchen at <http://www.commissaries.com>.

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About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*