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Stickeler's Answer

Stickelers Answer

The numbers are 9 (left) and 1 (right). The sums of the diagonal numbers in each square are 22 and 21.

Stickeler's Puzzle on Page 12

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Kitchen Diva

Superfoods for Superheros

by ANGELA SHELF MEDEARIS

My family and I LOVE Marvel Comics, television shows and movies. Evidently, the comic-book "geek" gene is hereditary, because my husband, daughter and granddaughter all can recite the history of Marvel comic-book heroes. It's a light-hearted side of my typically serious husband that provides me with a glimpse of what he was like as a little boy.

Recently, we had a great time at the movies seeing the funny, action-packed adventures of "Ant Man and the Wasp." I had a few unanswered questions about superheros, so I talked to an authority on all things Marvel Comics, C.B. Cebulski, the new editor-in-chief.

C.B. has been a world-traveler from an early age. He spent his summers as a child visiting relatives in Sweden and Greece. As part of his editorial duties for Marvel Comics, he visits comic-book artists and writers in Asia, Europe and around the U.S. He's also well-known for his video reviews featuring restaurant dishes that he's discovered during his travels.

Since I'm also a foodie, I wondered, What do Superheros like to eat? Fortunately, C.B. has given a lot of thought to my question. The following is a synopsis of our lively conversation and a few of C.B.'s suggestions for "Superfoods" that have been featured in some of our favorite Marvel superheros movies:

IRON MAN/TONY STARK

In the Iron Man and Avengers movies, there's always some memorable dialogue about food. According to C.B., Stark created Iron Man because of his heart condition, so typically he eats a healthy diet. However, there are a few scenes where Stark delves into unusual food choices, from eating doughnuts while sitting inside the iconic Randy's Doughnuts sign to a celebratory visit to a shawarma restaurant with the other Avengers after saving the world.

THOR

C.B. explained that Odinson (often called "The Mighty Thor") is based on the thunder god of Norse mythology, and he has an unbridled appetite. His motto seems to be "eat first, ask questions later." C.B. would serve Thor hunks of roasted meats, smoked fish and a large turkey drumstick. He also has a fondness for coffee!

BLACK PANTHER

In its 1966 debut, Black Panther's kingdom, the mystical land of Wakanda, was inspired by the people and food of the Congo. Since 2016, award-winning author Te-Nehia Coates has been writing the storylines for the Black Panther comic and movie. He attributes his inspiration for Wakanda to Ethiopia and its victory over the Italian army and any attempts at colonization. Ethiopian dishes are typically served in the form of a stew with meat and vegetables, and served on top of a large flatbread called "injera," which is made from a fermented grain called teff.

ANT MAN and THE WASP

Scott Lang, aka Ant Man, and his daughter Cassie have a close, playful bond. C.B. thought that pancakes would be the perfect superfood for them. Ants and wasps love sugar, and wasps are attracted to fallen apples. I included those ingredients in my recipe for Ant Man's Applesauce Pancakes with The Wasp's Stinger Syrup, a breakfast that both big and little superheros are sure to enjoy!



ANT MAN'S APPLESAUCE PANCAKES

- 2 cups flour, all-purpose or whole-wheat white
- 1 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 2 1/2 tablespoons light brown sugar
- 2 eggs
- 1 1/2 cups milk, plus more as needed
- 2 tablespoon oil
- 1/2 cup cinnamon applesauce

1. Mix the flour, baking powder, cinnamon, nutmeg, salt and brown sugar together in a large mixing bowl. Make a "well" or a hole in the center. Add eggs, milk, oil and applesauce to the depression in the center of the flour mixture. Stir with whisk or fork until combined. If the mixture seems too thick, add a little more milk until thinned out enough.

2. Pour 1/4 cup onto a heated griddle or large, heavy skillet. When bubbles form on the pancake, flip over and cook other side until golden brown. Serve with The Wasp Stinger Syrup recipe below. Makes about 2 dozen pancakes.

THE WASP'S STINGER SYRUP

The warm spices in this recipe add a little "sting" that keeps the syrup from being overly sweet while enhancing the cinnamon flavor.

- 1/2 cup white sugar
- 1/2 cup light brown sugar
- 2 tbsp. all-purpose flour
- 1/2 tbsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1 teaspoon vanilla
- 1 cup water

1. In a medium saucepan, whisk together the sugars, flour, cinnamon, nutmeg, ginger, vanilla and water. Bring mixture to a boil on medium-high heat, stirring often. Continue to boil and stir until mixture thickens to syrup consistency.

2. Remove from heat and let cool for a few minutes before serving. Pour syrup over applesauce pancake. Serve immediately.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.