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Try this:

Peanut Mole

- 2 tablespoons olive oil
- 1 medium yellow onion, peeled and diced
- 2 cloves garlic, peeled

• 1 pound diced tomatoes (I use canned at this time of year)

• 8 ounces roasted green chiles (any kind, from sweet to very hot, depending on your preferences)

• 2 teaspoons toasted cumin seed, ground (or substitute chili powder, to taste)

• 1/2 cup roasted peanuts

• 2 tablespoons unsweetened or bittersweet chocolate

- 1/4 teaspoon cinnamon
- 2 tablespoons chopped cilantro
- 1 pint chicken broth

In a sauté pan over medium heat, sauté the onion and garlic in the oil, stirring frequently, until tender but not browned. Add the tomatoes, chiles, cumin (or chili powder), and peanuts, and bring to a simmer. Add the chocolate and the cinnamon, and stir until the chocolate is melted.

Transfer to a food processor or mortar and pestle and puree or mash until mostly smooth, adding chicken broth as needed for a thick-butpourable consistency.



Ask the EnCe

Can I have a wind turbine at home?

Yes, there are wind turbines made specifically for residential, or home, use. Swift (swiftwindturbine.com) makes one that produces 1.5 kilowatts per hour--and up to 2,000 kilowatt-hours over a year. According to the U.S. Energy Information Association, the typical household uses 6,500 to 10,000 kilowatthours in a year. So your home wind

turbine could produce almost 30% of your electricity.

How much?

The Swift model costs around \$10,000. With a federal tax credit of 30% and a Utah state tax credit of



25%, up to \$2,000, the price would be \$5,000. (A new bill in the senate would allow you to take BOTH tax credits!)

It may take 30 years to pay off at current electric rates, but if every household had a turbine imagine how much less coal we would need to burn.

Install Flourescents

The following table shows how much you could save by replacing up to 5 standard incandescent lightbulbs with compact fluorescent (CFL) models.

One bulb pays for itself in 1 year.

Number of Bulbs Changed	kWh Saved Annually	Annual Savings (\$) if Electricity is Priced at				
		\$0.08	\$0.09	\$0.10	\$0.11	\$0.12
1	110	8.55	9.65	10.74	11.84	12.93
2	219	17.10	19.29	21.48	23.67	25.86
3	329	25.66	28.94	32.23	35.51	38.80
4	438	34.21	38.59	42.97	47.35	51.73
5	548	42.76	48.23	53.71	59.18	64.66

Assumptions:

* All prices are in \$/kWh (dollars per kilowatt hour).

* Calculations assume you replace 100W incandescent bulbs with 25W CFL bulbs and that each bulb is in use for 4 hours per day on average.