

Nature's Functional Foods — Are They Here?

It's a new century, but an age-old dilemma — What do you eat to stay healthy?

Research shows that one of the most powerful sources of disease prevention comes from eating whole plant-based foods. Fruits, vegetables and nuts contain a variety of phytochemicals and other nutrients which work together to help prevent disease.

In contrast, a supplement contains only one or a few phytochemicals, which if consumed in excess could actually cause cancer and other illnesses. The truth is that the whole is greater than the parts. Everyone wants the magic bullet, but, in the end, it will point back to the whole plant food, which has far more to offer than any supplement.

Here are some recipes to get you started.

COUS COUS WITH CHICKEN, CITRUS, AND SCALLIONS

Serves 2

- 1 teaspoon olive or vegetable oil
- ½ pound chicken breast, sliced
- 4 scallions (green onions), diced
- 1 cup low-sodium chicken broth
- ½ cup canned mandarin oranges, drained and rinsed
- ½ grapefruit, peeled and sliced into small pieces, with pith removed
- 1 5.7-ounce box cous cous, cooked (follow instructions on box)
- 1 tablespoon sliced almonds, toasted

In a large pan on medium-high heat, heat oil and then add chicken slices. Brown them lightly on all sides. Making sure they're cooked throughout, remove them and set aside. Add scallions to pan and saute them for 5-10 minutes until tender. Stir in broth and bring to a simmer. Stir in orange segments, grapefruit segments, and chicken, and simmer for five minutes until all ingredients are heated throughout. Add cooked cous cous and stir well. Sprinkle with toasted almonds, and serve.

~To toast almonds, spread them in a small pan and bake them at 350 F. for just five to six minutes, stirring once, until they have developed a pale brown color.

Nutrition analysis: Calories: 550 Kcal, Fat: 7.1 g, Cholesterol: 67 mg,

Fiber: 6.1 g, Sodium: 123 mg, % Calories from Fat: 12%

ZUCCHINI, RED PEPPER AND LEEK FRITTATA

3 smallish zucchini, thinly sliced

- 1 red pepper, diced
- 1 leeks, white part only, sliced
- 2 cups egg substitute, divided
- ¼ teaspoon black pepper, divided
- ½ teaspoon dried thyme, divided

Vegetable or olive oil spray

Steam or microwave the vegetables together until tender — each will cook at the same approximate rate. Set aside. Pre-heat oven to 350 F. Spray a light coat of oil on a heavy ovenproof skillet. On medium heat, heat oil, and add half of the egg substitute. Sprinkle it with half the thyme and half the black pepper. Let it cook for a few seconds, until it begins to bubble, and then use a spatula to pull the sides in and spread the uncooked egg over the bottom of the pan, as if cooking an omelet. When this is nearly cooked, add steamed vegetables to pan. Evenly pour in the remaining half of the egg substitute, and sprinkle on the remaining thyme and black pepper. Bake for 35-40 minutes, until egg is firm. Serve.

Nutritional Analysis: Calories: 92 Kcal, Fat: 2.8 g, Cholesterol: 0.8 mg, Fiber: 1.1 g, Sodium: 147 mg, % Calories from Fat: 27%

FRUIT SALAD

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 2 Granny Smith apples, cubed
- 2 red pears, cubed
- ½ cup dried apricots, sliced into thin strips
- 3 8-ounce containers low-fat spiced apple yogurt or low-fat vanilla yogurt

In a medium bowl, whisk together honey and lemon juice. Add fruit and toss well. For each person, spoon a half container of yogurt into a small bowl and top with ½ cup fruit. Serve.

Nutritional Analysis: Calories: 206 Kcal, Fat: 1.9 g, Cholesterol: 0 mg, Fiber: 3.4 g, Sodium: 76 mg, % Calories from Fat: 8%

CHICKEN SALAD MAKEOVER

2 cups cooked, diced chicken

- breasts
- 1½ cups California seedless grapes
- 1 medium apple, cored and sliced
- ½ cup each raisins and diced celery
- ½ teaspoon dried tarragon, crushed

salt and pepper to taste
2 to 4 tablespoons each low-fat mayonnaise and yogurt
¼ cup chopped parsley
lettuce leaves
sprig of thyme, optional
Combine all ingredients except lettuce and thyme; mix well. Serve chicken salad on lettuce leaves. Garnish with thyme, if desired. Makes 4 to 6 servings.

Nutritional Analysis Per Serving: 180 calories, 15 g protein, 6 g fat (28 percent calories from fat), 19 g carbohydrate, 45 mg cholesterol, 2 g fiber and 57 mg sodium.

FOUR-FRUIT SLUSH

- 2 cups pineapple juice
- ¼ cup frozen orange juice concentrate, thawed
- 1 medium banana
- 1 cup frozen unsweetened peach slices
- 5 cups carbonated water lemon-lime carbonated beverage, or ginger ale chilled

In a blender container combine first four ingredients. Blend until smooth. Pour into 2-quart baking dish. Cover; freeze three to five hours or until firm. To serve, let stand at room temperature 30 minutes. Scrape surface of mixture to form slush. Fill glasses half full with slush. Add carbonated beverage.

Makes 10 to 12 servings.

Nutritional Analysis Per Serving: 80 calories, 1 g protein, 20 g carbohydrate, 0 g total fat (0 g

saturated fat), 0 mg cholesterol, 1 g dietary fiber, 25 mg sodium.

CITRUS TOSSED SALAD

- 6 torn mixed salad greens
- 3 oranges or 2 grapefruit, peeled, sectioned, and seeded
- 1½ cups peeled jicama cut into thin strips
- 1 medium red onion, sliced and separated into ring ½ cup

Citrus Vinaigrette or another flavor vinaigrette

Choose from four fabulous flavors of vinaigrette to add a gourmet touch to this salad. Because orange juice concentrate replaces part of the oil included in a vinaigrette, these vinaigrettes have only 2 g of fat and 34 calories per tablespoon instead of 6 g of fat and calories.

In a large salad bowl combine torn mixed greens, orange or grapefruit sections, jicama, and onion ring. Drizzle with the vinaigrette; toss. Serve at once. Makes 6 side-dish servings.

Nutritional Analysis Per Serving: 83 calories, 2 g protein, 14 g carbohydrate, 3 g total fat (0 g saturated fat), 0 mg cholesterol, and 2 g dietary fiber, 26 mg sodium.

Citrus Vinaigrette: In a screw-top jar combine ¼ cup frozen orange juice concentrate, thawed; ¼ cup vinegar; ¼ cup olive oil; ¼ cup water; and ¼ teaspoon pepper. Shake well to mix. Cover and chill for up to one week. Before using, let stand at room temperature about 15 minutes, then shake well. Makes 1½ cups dressing.

GRAPEFRUIT-CRANBERRY PUNCH

2 cups cranberry juice cocktail

chilled ¾ frozen grapefruit juice concentrate
thawed 1 12-ounce can lemon-lime carbonated beverage
chilled ice cubes

In a pitcher, combine the cranberry juice and thawed concentrate. Gently stir in the carbonated beverage. Serve at once over ice cubes. Makes 8 (4-ounce) servings.

Nutritional Analysis Per Serving: 84 calories, 0 g protein, and 21 g carbohydrate, 0 g total fat (0 g saturated fat), 0 mg cholesterol, and 0 g dietary fiber, 8 mg sodium.

CHINESE

VEGETABLE STIR-FRY

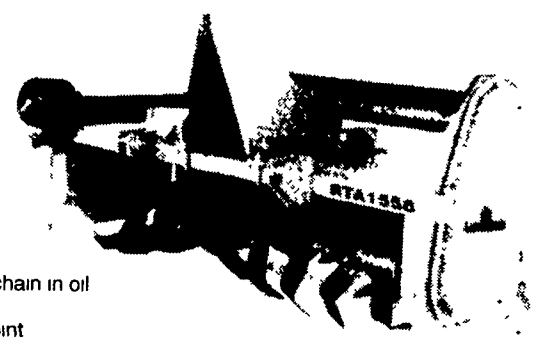
- Sweet 'N Sour Sauce
- ¼ cup pineapple juice
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1½ teaspoons cornstarch
- 1 teaspoon light soy sauce
- Stir-Fry Vegetables
- 4 teaspoons vegetable oil
- 1 cup broccoli florets
- 1 cup sliced carrot
- 1 cup cauliflower florets
- 1 cup sliced celery
- 1 cup chunked red bell pepper
- 1 cup sugar peas, stems removed

Combine the ingredients for the Sweet 'N Sour sauce in a mixing bowl. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery, cook for two minutes. Add bell pepper and sugar peas, cook for two minutes. Add Sweet 'N Sour sauce, bring to a boil and cook for one minute, covered. Serve vegetables while hot. Makes 4 to 6 servings.

Nutritional Analysis Per Serving: 132 calories, 2 g protein, 4 g fat (1 saturated), 20 g carbohydrate, 99 mg sodium, no cholesterol.



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