

Try these recipes to reap
healthy rewards

livingwell



Eating right means more than just helping you look fit and trim—it's about how you feel and staying healthy.

The right diet can help lower, or even prevent, your risk of many diseases, including diabetes, heart disease and acid reflux. Fortunately, the disease-fighting foods and the foods you should avoid are similar for a number of illnesses. That means with just a few wise food choices, you can combat several diseases at once.

When you eat a variety of fresh foods, limit saturated and trans fats and go easy on the sugar, the possibilities for nutritious and delicious meals are endless.

—Heidi Reichenberger McIndoo, MS, RD, LDN

ACID REFLUX

Frequent heartburn from stomach acid flowing into the esophagus is the most common symptom of gastroesophageal reflux disease (GERD), suffered by about one third of the U.S. population.

Timothy S. Harlan, MD, also known as Dr. Gourmet and the author of *Cooking to Reduce the Burn* (available at www.thegerdlife.com), suggests some healthy ways to avoid common GERD triggers: Eat more frequent but smaller meals; cook with light margarines and cut down on fats; substitute seasonings, like ginger and cumin, for spicier ones; sauté onions and roast garlic. Harlan's chicken and shrimp recipes (see page 85) are proof that cooking the GERD way can be tasty, too.—HRM

DIABETES

Type 2 diabetes occurs mostly in adults but more and more young people are developing this disease. Since most cases result from being overweight, the best preventative steps are to maintain a healthy body weight and get plenty of exercise.

"Forego fad diets that cause your weight to bob up and down," warns Cynthia Sass, MPH, MA, RD, LDN, a spokesperson for the American Dietetic Association. She suggests eating a variety of whole grains, fruits and vegetables, lean protein foods and lowfat dairy foods every day while enjoying high-calorie, high-fat treats only occasionally.

Our recipes include lowfat sources of both dairy and protein spiced with calorie-free seasonings and herbs.

—HRM

Turkey with Red Onion & Watercress Salad

SERVES: 4 PREP: 20 min COOK: 4 min

TURKEY

2 Tbsp flour
1 tsp paprika
1 tsp Cajun seasoning
1 tsp Herbes de Provence
Salt and pepper, to taste
2 Tbsp corn or canola oil
4 turkey breast cutlets (about 6 oz each), cut into 1/2-in.-wide strips

1. Mix flour, paprika, Cajun seasoning, herbs, and salt and pepper to taste on plate. Toss turkey strips in mixture to set.
2. Heat oil in a large nonstick skillet over high heat. Add turkey strips and cook over medium heat, 3 to 4 minutes, stirring often, until browned and cooked through.
3. To make the Salad: Toss watercress, onion, lime juice and pepper in a large bowl until blended.
4. To serve, divide turkey onto 4 warmed dinner plates. Arrange orange slices on the side, and scatter watercress salad on top.

PER SERVING: 316 cal, 44 g pro, 16 g car, 3 g fib, 8 g fat (1 g sat fat), 23% cal from fat, 105 mg chol, 94 mg sod

SALAD

1 large bunch watercress, washed and trimmed
1 large red onion, sliced
Juice of 2 fresh limes
Black pepper, to taste
2 oranges, peel and white pith removed and sliced into rounds

30
MINUTES
OR
LESS

Carrot Cake

SERVES: 12 SOAK: overnight
PREP: 20 min BAKE: 75 min

1 1/4 cups whole-wheat flour
2 1/2 tsp baking powder
1 tsp ground cinnamon
1 tsp ground ginger
Pinch of salt
1/2 cup raisins, soaked overnight in 1/2 cup unsweetened orange juice
4 medium carrots, peeled and finely grated
1/2 cup light brown sugar
1 Tbsp sunflower oil
2 medium egg whites, at room temperature
3 1/2 oz reduced-fat cream cheese beaten with 2 tsp sifted confectioners' sugar

1. Place oven rack in center of oven. Heat oven to 325°F. Lightly grease an 8x4-in. loaf pan and line it with parchment paper.
2. Sift flour, baking powder, cinnamon, ginger and salt into a large bowl, adding any of the mixture left over in the sifter.
3. Stir in raisins with their juice, carrots, sugar and oil and mix well.
4. Beat egg whites until soft peaks form. Fold lightly but thoroughly into carrot mixture, using a large spoon or spatula.
5. Pour batter into the prepared pan and bake 75 minutes, or until a pick inserted in center of the cake comes out clean.
6. Cool in pan on wire rack for 10 minutes, then invert pan onto the rack and peel off parchment paper. When completely cool, cut in half lengthwise and fill with sweetened cream cheese.

PER SERVING: 137 cal, 4 g pro, 26 g car, 3 g fib, 3 g fat (1 g sat fat), 20% cal from fat, 5 mg chol, 154 mg sod



HEART DISEASE

Heart disease is a general term encompassing various conditions, including high cholesterol, high blood pressure, heart attack and stroke.

"A Mediterranean-style diet is one of the best ways to fight heart disease, and it's also delicious," (see page 65) according to Kate Geagan, MS, RD, nutrition consultant and owner of IT Nutrition in Park City, Utah. She suggests eating fish twice a week and basing your diet on lean meat and poultry, whole grains, vegetables, beans, nuts and fruits, with olive oil as the main fat.—HRM



30
MINUTES
OR
LESS

Greek Snapper Fillets with Cucumber-Caper Salsa

SERVES: 4 PREP: 15 min BAKE: 10 min

SNAPPER

- 4 red snapper or tilapia fillets (about 4 oz each)
- 2 Tbsp fresh lemon juice
- ½ tsp dried oregano, crumbled
- ¼ tsp paprika
- ⅛ tsp salt

SALSA

- ¾ cup finely chopped cucumber
- ¼ cup chopped fresh mint or snipped fresh parsley
- 2 Tbsp capers, rinsed and drained
- ½ tsp grated lemon peel
- 2 Tbsp fresh lemon juice
- 1 Tbsp olive oil
- ⅛ tsp salt

1. Preheat oven to 400°F. Lightly coat a 13×9×2-in. baking pan with nonstick spray.
 2. Rinse fish and pat dry with paper towels. Place fish in a single layer in baking pan. Spoon lemon juice over fish. Sprinkle with oregano, paprika and salt.
 3. Bake 10 minutes, or until fish flakes easily when tested with a fork.
 4. To make Salsa: In a small bowl, stir together salsa ingredients.
 5. Using a slotted spatula, transfer fish to a serving platter. Spoon salsa over fish.
- PER SERVING:** 155 cal, 24 g pro, 3 g car, 1 g fib, 5 g fat (1 g sat fat), 29% cal from fat, 42 mg chol, 339 mg sod

Sirloin Steak with Sweet & Tangy Orange Sauce

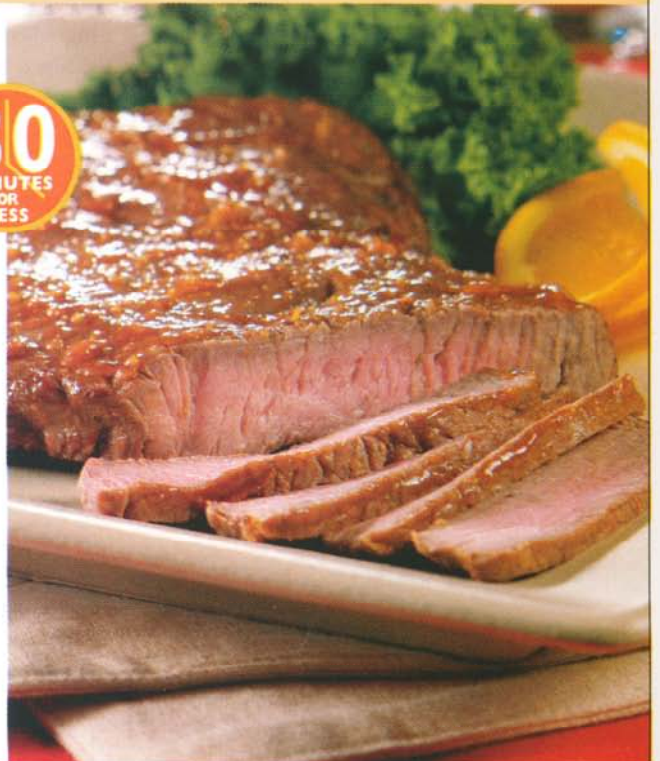
SERVES: 4 PREP: 20 min COOK: 10 min

- ¼ cup plus 2 Tbsp steak sauce
- 2 Tbsp sugar
- 2 tsp grated orange peel
- ¼ tsp salt
- ⅛ tsp crushed red pepper flakes
- 1 lb boneless top sirloin steak (about ¾-in. thick), all visible fat removed

1. In a small bowl, stir together steak sauce, sugar, orange peel, salt and red pepper flakes.
2. Lightly coat a broiler rack and pan with nonstick spray. Put steak on rack. Spoon 2 Tbsp sauce over steak. Let stand for 15 minutes. Meanwhile, preheat broiler.
3. Broil steak about 4 in. from heat source 3 minutes. Turn over. Spread remaining sauce over steak. Broil for 6 minutes, or until desired doneness. Remove from broiler and let stand on a cutting board for 5 minutes before thinly slicing.

PER SERVING: 201 cal, 25 g pro, 10 g car, 1 g fib, 7 g fat (3 g sat fat), 31% cal from fat, 67 mg chol, 553 mg sod ■

30
MINUTES
OR
LESS



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