

FOOD & DINING



CHILI-RUBBED TILAPIA WITH ASPARAGUS

Tilapia, a relatively plentiful fish, has the unfortunate reputation of being dull. All it needs is a spice rub, a familiar barbecuing technique that works just as well indoors. You could also use this rub on chicken breasts or toss it with lightly oiled shrimp before cooking.

- Makes 4 servings
- Active Time: 20 minutes
- Total Time: 20 minutes
- Ease of Preparation: Easy
- 2 pounds asparagus, tough ends trimmed, cut into 1-inch pieces
- 2 tablespoons chili powder
- 1/2-teaspoon garlic powder
- 1/2-teaspoon salt, divided
- 1-pound tilapia, Pacific sole or other firm white fish fillets
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 1. Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer

- to a large plate, spreading out to cool.
- 2. Combine chili powder, garlic powder and 1/4-teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 4 plates. Immediately add lemon juice, the remaining 1/4-teaspoon salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve the asparagus with the fish.
- Nutrition Information: Per serving: 210 calories; 10 g fat (1 g sat, 6 g mono); 48 mg cholesterol; 8 g carbohydrate; 24 g protein; 4 g fiber; 418 mg sodium; 645 mg potassium.
- Nutrition bonus: Vitamin C (37% daily value), Folate (33% dv), Iron (33% dv), Fiber (24% dv).
- 1/2 Carbohydrate Serving
- Exchanges: 2 vegetables, 3 very lean meat, 1 1/2 fat
- By EatinWell, EatingWell.com. Courtesy of Arcamax.com •



CASHEW SALMON WITH APRICOT COUSCOUS

- Yogurt sauce flavored with lemon, cumin and cilantro tops this Indian-inspired grilled salmon and apricot couscous. Try this quick, easy recipe for entertaining. Serve with steamed snap peas and a glass of gewürztraminer.
- Servings: 4 servings
- Total Time: 35 minutes
- Ease of Preparation: Easy
- Health: High Potassium, High Fiber, Low Sat Fat, Heart Healthy

- Ingredients:
- Cashew Salmon with Apricot Couscous
- 1/2 cup nonfat plain yogurt
- 3 scallions, sliced, greens and whites separated
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh cilantro
- 1/2-teaspoon ground cumin
- 3/4-teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1-tablespoon extra-virgin olive oil
- 1/2 cup chopped dried apricots
- 1 tablespoon minced fresh ginger
- 1 1/4 cups water
- 1-cup whole-wheat couscous
- 1 pound salmon fillet, preferably wild Pacific, skinned and cut into 4 portions
- 1/4 cup chopped toasted cashews (see Tip)
- Steps:
- 1: Preheat grill to medium-high or position rack in upper third of oven and preheat broiler.
- 2: Combine yogurt, scallion greens, lemon juice, cilantro, cumin, 1/4-teaspoon salt and 1/4-teaspoon pepper in a medium bowl.
- 3: Heat oil in a large saucepan over me-

- dium heat. Add apricots, ginger, scallion whites and 1/4-teaspoon salt. Cook, stirring, until softened, about 2 minutes. Add water and bring to a boil over high heat. Stir in couscous. Remove from heat, cover and let stand until the liquid is absorbed, about 5 minutes. Fluff with a fork.
- 4: Meanwhile, rub salmon with the remaining 1/4-teaspoon each salt and pepper. If broiling, coat a broiler pan with cooking spray. If grilling, oil the grill rack (see Tip). Grill or broil the salmon until browned and just cooked through, about 3 minutes per side. Serve with the couscous, topped with the yogurt sauce and cashews.
- Nutrition: (Per serving)
- Calories - 571
- Carbohydrates - 65
- Fat - 21
- Saturated Fat - 4
- Monounsaturated Fat - 9
- Protein - 34
- Cholesterol - 68
- Dietary Fiber - 10
- Potassium - 776
- Sodium - 526
- Nutrition Bonus - Vitamin A (25 daily value), Potassium (22 dv), Vitamin C (20 dv), Magnesium (15 dv), excellent source of omega-3s.

- Tips: To toast chopped cashews, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)
- Content provided by EatinWell, Courtesy of Arcamax.com •



DOG-GONE THOSE POUNDS!

Just as Americans have become increasingly overweight, so too have their pooches packed on pounds: roughly 40 percent of dogs in the U.S. now are considered overweight. So when Topeka-based Hill's Pet Nutrition (a pet-food company) contacted Robert F. Kushner, M.D., obesity expert and professor of medicine at Northwestern Memorial Hospital in Chicago, to brainstorm ways to address the pet and people obesity epidemics simultaneously, he was intrigued. "The cause

of pet obesity is the same as human obesity: overeating plus under-exertion," says Kushner. But there's one difference, he says: "People cause pets' obesity." Ignoring portion sizes, offering copious treats and skimping on dog walks all contribute to pets' added girth. Research shows that when people embark on weight-loss programs with supportive friends, they do better. Would it matter if the friends happened to be furry and walk on four legs? Kushner wondered. In a recent study in the journal Obesity,

Kushner and his colleagues followed 36 people paired with their dogs and 36 people without pets through a yearlong weight-loss program. Both groups met regularly with a dietitian, who counseled participants on healthy eating, setting calorie goals and ways to increase physical activity. A veterinarian taught pet owners about dog health and suggested activities to foster bonding with their pets. (The dogs also consumed a calorie-controlled diet.) Turned out, the dog owners didn't lose

more weight than their "petless" peers. They did, however, say that the dogs made exercise more enjoyable. Seeing their pets slim down also inspired them to stick with their own healthy habits. Bottom line: "If you don't have someone to walk with, get a dog," says Kushner, the proud owner of Cooper, a spotted Havanese. Or borrow one: walk an elderly neighbor's pet or exercise rescued dogs at a shelter. Content provided by Cheryl Sternman Rule, EatingWell.com Courtesy of Arcamax.com •

