

# Chez Eddy's proves good nutrition tastes good

Americans are eating leaner meats, more fruits, vegetables and rice to keep up with the fast pace of the '80s.

In fact, four out of 10 adults have increased their consumption of fish, poultry, fruits, vegetables and whole grains, according to a recent Gallup poll survey on America's changing eating habits. The '80s also find more women entering the workforce, so there is less time devoted to preparing meals at home. Consequently, Americans are eating out in every three meals away from home.

Restaurants are reacting positively to these trends. Chefs have responded to the health craze with lighter, leaner menus featuring fresh ingredients and fewer calories. For example, the Chez Eddy restaurant in Houston caters to the leaner lifestyle of today's business executives at lunch time.

IN LESS than three years, Chez Eddy has successfully proven that lighter food doesn't mean sacrificing taste, presentation or satisfaction.

In fact, there is little that limits Chef Michael Nenes' creativity when it comes to using ingredients which are low in cholesterol and fat. Located in the Institute of Preventive Medicine at Houston's Methodist Hospital, Chez Eddy is always full at lunch.

The restaurant is dedicated to serving lean meals in elegant and contemporary surroundings. Menus are based on the dietary guidelines recommended by the American Heart Association (AHA) 30 percent of calories come from fat, 20 percent from protein and 50 percent from complex carbohydrates.

Restaurant Manager Lois Johnson, a

registered dietitian, monitors the menus and enforces the AHA guidelines. A typical three-course meal at Chez Eddy provides between 650 to 700 calories, compared to 1,255 for a traditional lunch of rich cream sauces and sugar-laden desserts.

**CHIEF NENES** uses local ingredients for his contemporary cuisine. All dishes are cooked to order for maximum taste and nutrient value; meats are broiled or poached to minimize the cholesterol content. Rice, fresh vegetables and herbs are some of the staples in the kitchen at Chez Eddy, replacing the old standbys, butter, heavy cream and salt.

"True flavor comes from unadulterated, natural food," said Chef Nenes, "all of it salt-free."

Rice is the perfect accompaniment to the delicate flavors and light sauces which Chef Nenes excels at creating. As Americans reduce their intake of fats, they are eating more carbohydrates, like rice, vegetables and fruits. Carbohydrates have less than half the calories of fat. A one-half cup serving of rice contains only 82 calories, is low in fat and is cholesterol free.

"Since we are dedicated to serving our health-minded diners with good, natural food, we make sure that rice is on the menu everyday," says Lois Johnson. Some of Chef Nenes' specialties served with rice at Chez Eddy are Breast of Chicken Gustaf with Mango Rice, Veal Steaks with Spinach Herbed Rice and Rice and Walnut Stuffed Trout. These recipes featured here have been modified for use at home.

## BREAST OF CHICKEN GUSTAF WITH MANGO RICE

- 6 chicken breast halves, skinned and boned
- 3 Tbsp. vegetable oil
- 2 cups sliced mushrooms
- 1 shallot, minced
- 2 Tbsp. margarine
- 1/4 cup dry wine
- 1 cup demi-glace\*
- 1/4 cup evaporated milk
- 2 tsp. lemon juice
- 1/4 tsp. ground black pepper
- Mango rice

In a large skillet saute chicken in oil on both sides. Reduce heat, cover, and cook 15 minutes, or until tender. Pour off fat; keep warm. In medium saucepan cook mushrooms and shallot in margarine until tender. Add wine. Cook, stirring, until volume is reduced by two-thirds. Stir in demi-glace; cook 3 minutes. Add milk, lemon juice and pepper; heat through. Serve chicken and sauce with Mango Rice. Makes 6 servings.

\*Well-flavored brown stock reduced by half.

## MANGO RICE

- 1 cup uncooked rice
- 1 1/2 cups broth
- 1 cup chopped fresh or canned mangoes\*
- 1/4 cup pine nuts, toasted
- 2 Tbsp. honey

Combine rice and broth on large saucepan. Bring to a boil. Stir once or twice. Reduce heat, cover, and simmer

15 minutes, or until rice is tender and liquid is absorbed. Add mangoes, pine nuts and honey.

\*Peaches may be substituted if mangoes are unavailable.

Each serving of Breast of Chicken Gustaf with Mango Rice provides: 365 calories; 33.1 g. protein; 12.3 g. fat; 30.1 g. carbohydrate; 74 mg. cholesterol.

## VEAL STEAKS WITH SPINACH HERBED RICE

- 1 cup chopped onions
- 2 shallots, chopped
- 4 Tbsp. margarine, divided
- 3 cups (about 8 oz.) fresh spinach, washed and cut into narrow strips
- 1 bay leaf
- 1 tsp. each fresh thyme, sage, and oregano leaves, minced
- 1 cup uncooked rice
- 1 1/4 cups chicken broth
- 3 medium tomatoes, peeled, seeded and chopped
- 4 veal leg round steaks (5 oz. each)
- 1/4 cup demi-glace\*

In large saucepan cook onions and shallots in 1 Tbsp. margarine until tender crisp. Add spinach and herbs; cook 1 minute. Stir in rice, broth and tomatoes. Bring to a boil. Stir once or twice. Reduce heat, cover and simmer 15 minutes, or until rice is tender and liquid is absorbed. Remove bay leaf. Meanwhile, pound steaks to 1/4-inch thickness. In large skillet over medium-high heat saute steaks in remaining margarine, about 5 minutes per side. Drain well on paper towels; keep warm. Heat demi-glace in small saucepan. Spoon sauce over steaks and serve

with mounds of Spinach Herbed Rice. Makes 4 servings.

\*Well-flavored brown stock reduced by half.

Each serving of Veal with Spinach Herbed Rice provides: 431 calories; 35.8 g. protein; 15.21 g. fat; 49 g. carbohydrate; 104 mg. cholesterol.

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## Spuds need some tender, loving care

Recently a consumer wrote to a magazine for potato growers and confessed his ignorance. As one who "loves potatoes with the skin on," he fired off a series of questions that will remain unanswered in his mind.

- For instance:
- When I buy potatoes from the grocer, do I put the potatoes in the refrigerator?
  - Should the houseperson wash potatoes that are bought at the grocer's?
  - How does one stop sprouts developing on stored potatoes?
  - How long can one store potatoes at home?
  - Why doesn't the potato industry do some service for the public in putting out this "info" at the grocer's?

The answer to the refrigeration question is "no, but..." Generally potatoes should be kept out of the refrigerator, but there are instances where the practice can be valuable.

The best temperature for potatoes stored at home is between 45 and 48 degrees Fahrenheit. Temperatures chillier than that will cause the starches in the potatoes to change to sugars, producing a sweet taste.

On the other hand, temperatures that are too warm make potatoes start to sprout. Each potato is capable of developing into a whole new plant if growth conditions are suitable, and sprouting is the beginning of that reproductive process.

That's fine in the field but not in the home. Sprouts are not harmful, but they tend to deteriorate a potato, so potatoes should be eaten as soon as possible before their quality declines.

Other conditions can also damage potatoes. Excessive exposure to light will make them turn green and produce a bitter taste. Green potatoes should be removed before the potatoes are eaten.

The air should also be moist where the potatoes are stored. Dryness produces moisture loss and causes wrinkling and shriveling.

According to Michigan State University experts, the ideal environment for potatoes is cool, moist and dark, and they recommend putting the potatoes in a black plastic bag in the coolest portion of the basement, if your home is so equipped. Be sure to leave the top of the bag slightly open, so that the potatoes get enough air. Without a supply of oxygen they will suffocate, with rapid deterioration occurring.

How long can potatoes be stored at home? A long, long time if conditions are absolutely ideal. Since those conditions are hard to find in most homes and apartments, it's wise to buy smaller amounts of potatoes more often, rather than trying to stock up far ahead.

If you do find yourself with more potatoes than you can consume in the near future, that's where the refrigerator can help out. Refrigerated air will stop the sprouting and provide the needed moisture. And the sugary taste is not permanent.

About three days before you use the potatoes, take them out of the refrigerator and keep them at room temperature. During that period the sugars will get burned off, and by eating time the taste will be back to normal.

That step is not necessary. If they are to be baked, washing and scrubbing are a good idea. Most potatoes are washed before packaging, but the potato may get handled before reaching the consumer's kitchen, and fine dirt residues may still be clinging to the surface.

And finally, the last answer that the letter-writer wanted — why doesn't the potato industry provide more storage information at the grocer's?

The Michigan Potato Industry Commission, an organization for promotion and research funded by the state's potato growers and shippers, is working on that problem. It has literature on storage tips available and hopes to get more and more of it placed in supermarket produce departments as a consumer aid.

The materials can also be secured by writing to the Michigan Potato Industry Commission at 311 E. Saginaw, Suite 443, East Lansing, Mich. 48824-3773 or by calling (517)973-3711.

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