

At Chez Eddy's, nutritious meals are the only ones served

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 one 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 Nemes' 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): 35 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 450 and 700 calories, compared to 1,255 for a traditional lunch of rich cream sauces and sugar-laden desserts.

Chef Nemes 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 undiluted, natural food," says Chef Nemes, "all of it salt-free."

Rice is the perfect accompaniment to the delicate flavors and light sauces which Chef Nemes 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 83 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," said Lois Johnson, manager of Chef Nemes' specialties served with rice at Chez Eddy are Breast of Chicken Gustof 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 GUSTOF WITH MANGO RICE
"Chez Eddy"
6 chicken breast halves, skinned and boned
1 Tbsp. vegetable oil
2 cups sliced mushrooms
1 shallot, minced
2 Tbsp. margarine
1/4 cup dry white wine
1 cup demi-glace
1/4 cup evaporated milk
2 tsp. lemon juice
2 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 1/4 cups broth
1 cup chopped fresh or canned mangoes
1/2 cup pine nuts, toasted
2 Tbsp. honey
Combine rice and broth in 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 Gustof with Mango Rice provides: 353 calories; 33.1 g. protein; 12.2 g. fat; 30.1 g. carbohydrate; 74 mg. cholesterol.

VEAL STEAKS WITH SPINACH HERBED RICE
"Chez Eddy"
1 cup chopped onions
2 shallots, chopped
4 Tbsp. margarine, divided
3 cups (about 6 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
1/4 cup 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. 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: 481 calories; 35.8 g. protein; 15.21 g. fat; 40 g. carbohydrate; 104 mg. cholesterol.

RICE AND WALNUT STUFFED TROUT
"Chez Eddy"
2 lbs. fresh clams (in shells)
1/4 cup dry white wine
2 shallots, finely chopped
2 Tbsp. vegetable oil
1 cup uncooked rice
1/4 tsp. ground black pepper
3 Tbsp. finely chopped clantro
2 Tbsp. finely chopped parsley
1/4 cup toasted walnuts, finely chopped
6 rainbow or salmon trout, about 12 oz. each.

Scrub clams; drain thoroughly. Place

in large saucepan; add wine. Cover, cook over medium-high heat 7 minutes, or until clams open. Remove 1/4 cup cooking liquid. In large skillet cook shallots in oil until tender. Add rice; stir to coat. Stir in 1 cup water, reserved liquid and pepper. Bring to a boil. Stir once or twice. Reduce heat, cover and simmer 15 minutes, or until rice is tender and liquid is absorbed. Shuck and chop all but 6 clams. Add chopped clams, clantro, parsley and walnuts to rice. Dress trout, laying tails on. Stuff each with 1/4 cup rice mixture. Wrap individually in squares of oil parchment or foil. Bake at 350 degrees for 35 minutes, or until fish flakes easily with a fork. Garnish with whole clams. Makes 6 servings.
Each serving of Rice and Walnut Stuffed Trout provides: 390 calories; 15.5 g. protein; 12.1 g. fat; 30.7 g. carbohydrate; 38 mg. cholesterol.

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