

# Caribbean snapper made low-fat style

AP — Caribbean Crunch Snapper with Island Chutney will give you a taste of the tropics, low-fat style.

The quick-to-fix recipe suggests ways of adding nutrition and cutting fat. The spicy fish fillets are coated in toasted wheat germ instead of more traditional bread crumbs. Caribbean jerk seasoning adds just the right amount of "heat." Then, after a fast spritz of vegetable-oil cooking spray, the fish is baked, not fried, without adding the fat typically associated with breaded seafood and chicken.

A sweet-spicy "salsa" mixture of bottled mango chutney, canned pineapple, jalapeno and mint is spooned over the fish just before serving.

Orange roughly or scrod may be substituted for snapper. Look for wheat germ in the cereal aisle of the supermarket, jerk seasoning in the spice aisle, and mango chutney in the condiment section.

Serve the fish with rice, a popular Caribbean side dish.

4 red snapper fillets, 4 to 6 ounces each  
1 tablespoon water

## Chutney:

1/2 cup mango chutney  
1/3 cup crushed pineapple in juice, well drained  
1 seeded and minced jalapeno pepper  
2 teaspoons chopped fresh mint leaves  
2 teaspoons dark rum (optional)

Heat oven to 375° F. Spray baking sheet with cooking spray. In shallow dish, combine wheat germ, jerk seasoning and lime peel; mix well. In second shallow dish, beat egg white and water with fork until frothy. Dip fish fillets into egg white mixture, then into wheat germ mixture, coating completely. Arrange fish on baking sheet. Spray lightly with cooking spray. Bake 20 to 25 minutes, until fish flakes easily when tested with a fork.

Meanwhile, combine all chutney ingredients in small bowl; mix well. Serve fish with chutney.

Makes 4 main dish servings.

**Nutrition facts per serving (1/4 of recipe):** 290 cal., 3.5 g total fat (0.5 g saturated fat), 40 mg chol., 680 mg sodium, 34 g carb., 2 g dietary fiber, 30 g pro.

Recipe from: Kretschmer Wheat Germ

## NEW PRODUCTS

Send items for consideration in New Products to Keely Wygonik, Taste editor, Observer & Eccentric! Newspapers, Inc., 36261 Schoolcraft, Livonia, MI 48150 or fax (734) 591-7279 or e-mail [kygonik@oe.honcom.net](mailto:kygonik@oe.honcom.net)

### BROCOSPROUTS

You know broccoli is good for you, and can help lower your risk of developing certain kinds of cancer, but some of us, including former President George Bush, just can't stand the taste of it.

BroccoSprouts, new on grocer's shelves, is a delicious alternative. One ounce (about 1/2 cup) of BroccoSprouts contains as much sulforaphane GS, a natural compound which helps the body's antioxidant defenses, as 1 1/4 pounds of cooked broccoli. BroccoSprouts are grown from special broccoli seeds. Add the sprouts to your favorite sandwiches and salads. You'll enjoy the taste of these sprouts, even if you hate broccoli.

Choose from BroccoSprouts, Sandwich Sprout blend of broccoli and clover, Deli Style Sprout Blend with broccoli, clover and mustard sprouts, or Salad Style Sprout Blend of broccoli, mustard and radish sprouts.

BroccoSprouts are available at Meijer, Farmer Jack and Kroger stores throughout metro Detroit. A 4-ounce container retails for \$2.99. Call the toll-free information line (888) 551-8989. A portion of the proceeds from the sale of this product is contributed to The Brassica Foundation for biomedical research on vegetables.

BroccoSprouts is sponsor for the eighth annual Susan G. Komen Detroit Race for the Cure, Saturday, April 24 at the Detroit Zoo. Warm-up is at 6:30 a.m., 5K men's competitive run 8 a.m., 5K women's competitive run 8:30 a.m., 4K walk/run for women, men, family and friends (non-competitive) 9 a.m. and 1 mile fun walk 9 a.m.

The Third Annual Race Expo 10 a.m. to 7:30 p.m. Friday, April 23 at the Doubletree Guest Suites, 850 Tower Dr., Troy will feature entertainment, fitness displays and guests. The expo is the last chance to register for the race. Entry forms are available online at [www.karmanos.org/race-for-the-cure-detroit](http://www.karmanos.org/race-for-the-cure-detroit), or call 1-800-KARMANOS.

Canope Cart in Ferndale developed this recipe for BroccoSprouts. Canope Cart will be serving this sandwich at the

Race for the Cure on Saturday, April 24.

"We enjoy the opportunity to educate the public, and our customers about healthy, exciting new products and demonstrate how these products can be adapted to use in everyday recipes," said Kathleen O'Neill who owns Canope Cart with Mary Ramelaki.

### BROCOSPROUT VEGETARIAN

**ROLL-UP**  
3 ounces chopped Roma tomatoes  
3 ounces chopped green onion  
3 ounces finely shredded carrot  
3 ounces BroccoSprouts  
Alouette cheese  
Whole wheat lavash

Spread Alouette cheese on lavash bread. In a single layer down the middle of the bread, layer vegetables on top of each other. Roll lavash as tight as possible, trim ends, cut in half and serve. Makes 1 sandwich.

### ASIAGO CHEESE FESTIVAL

Panera Bread Company celebrates the zesty flavor of Asiago cheese during its "Asiago Cheese Festival" through June 1. The bakery-cafes are offering Asiago

cheese loaves, mini baguettes, bagels, and the Asiago Roast Beef sandwich and Asiago Chicken Caesar Salad.

Here's a recipe to try: **GRILLED GRUYERE ON ASIAGO**

### CHEESE BREAD

8 slices of Asiago Cheese Bread, sliced 1-inch thick  
1 ounce dry white wine  
Dijon-style mustard  
4 ounces Gruyere cheese, sliced  
2 Roma tomatoes, thinly sliced  
1/2 small onions, thin sliced  
Freshly ground pepper to taste

Toast the sliced Asiago Cheese Bread in a toaster, on the grill, or under the broiler. For each sandwich, moisten the bottom piece of toasted bread with wine using a pastry brush or your fingertips.

Next, spread mustard on bottom piece of bread, then add one fourth of the cheese, tomato and onion. Grind a generous amount of pepper over the sandwich and top with another slice of toasted bread. Return the sandwich to the grill or broiler until the cheese is melted. Serve immediately. Serves 4.

## COOKING CALENDAR

### GROCERY STORE TOUR

Sandra Dalko-Przybyl, author of "Slow but Sure" will show shoppers how to best fill their grocery carts to achieve their weightloss goals, 11 a.m. to 1 p.m. Sunday, May 2 at Kroger on Maple at Woodward in Birmingham. Her book, which chronicles the journey that led to her losing 170 pounds will be available for purchase. "Having a book signing at a grocery store may be unusual, but this will allow me the opportunity to help others become more familiar with low-calorie and

low-fat food items," said Dalko-Przybyl. "I'll remind shoppers of the importance of reading food labels and how eating proper food portions can make all the difference in shedding pounds."

### VEGETARIAN COOKING CLASSES

Offered by Lenora's Natural Cuisine, 22899 Inkster Road, Farmington Hills. Call (248) 478-4465 for registration information.

### MACRO VAL

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PLACE: Marriott of Livonia  
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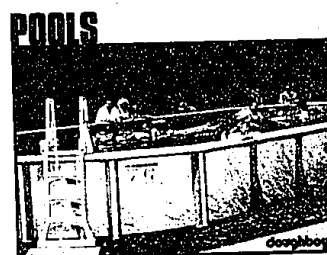
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