

Tuna flavored with grapefruit-orange relish

BY THE ASSOCIATED PRESS
Tuna steak stays moist and flavorful when it's cooked quickly and pan-searing over high heat is ideal. This method seals the juices inside, and gives the outside an appetizing caramel-colored crust.

Searing is key to the following recipe, which takes only about 20 minutes to prepare and 6 minutes of actual cooking.

The fish is served with a refreshing grapefruit-orange relish, which adds a bright, fresh flavor. The recipe is among the practical selection of about 266 by Better Homes and Gardens "Dinnertime Express" (Meredith Books, \$24.95). Most of them can be made in 30 minutes or less, and they make creative use of easy-to-find ingredients.

SEARED TUNA WITH GRAPEFRUIT-ORANGE RELISH

- 2 teaspoons sherry vinegar or white wine vinegar
- 2 teaspoons soy sauce
- 1/2 teaspoon grated fresh ginger
- 1 tablespoon olive oil
- 1 medium grapefruit, peeled and sectioned
- 1 medium orange, peeled and sectioned
- 2 tablespoons finely chopped red onion
- 2 tablespoons snipped fresh cilantro
- Four 4-ounce fresh tuna steaks, cut 3/4-inch thick

Tuna steak stays moist and flavorful when it's cooked quickly, and pan-searing over high heat is ideal. This method seals the juices inside, and gives the outside an appetizing caramel-colored crust.

2 teaspoons olive oil
Fresh cilantro sprigs (optional)

To make Grapefruit-Orange Relish: In a small bowl combine vinegar, soy sauce and ginger. Whisk in the 1 tablespoon olive oil. Cut grapefruit sections into thirds and orange sections in half. Stir fruit pieces, red onion and the snipped cilantro into vinegar mixture. Set aside.

Rinse fish; pat dry. In a large skillet, heat the 2 teaspoons olive oil over medium-high heat. Add fish and cook for 8 to 9 minutes or until fish flakes easily when tested with a fork, gently turning once halfway through cooking. Sprinkle with salt and pepper. Serve the fish with citrus relish. If desired, garnish with cilantro sprigs.

Makes 4 servings.
Nutrition information per serving: 266 cal., 12 g total fat (2 g saturated fat), 47 mg chol., 287 mg sodium, 7 g carb., 1 g fiber, 29 g pro.

Sensations from page D1

their health preventive benefits.

Don't forget the old standbys. Carrots are abundant in vitamin A (in the form of beta carotene), while potatoes with the peel are a good source of vitamin C, potassium and dietary fiber. The cabbage family (broccoli, cabbage, cauliflower) is a great source of vitamins plus disease preventing phytochemicals.

The key to getting the best nutritional bargain from fruits and vegetables is choosing a wide variety. For most of us creatures of habit, that means trying something new.

Combining a favorite vegetable like cauliflower with an unfamiliar choice like Swiss chard may be a good way to start. Familiar comfort food can be combined with veggies that are not usually selected. A perfect example of this is mashing potatoes with other root vegetables. (See recipe inside Taste.)

End your meal with a winter

fruit salad. Bananas, grapes, orange slices and pears blend nicely with a variety of apples and fresh squeezed lime juice.

Preparing the unfamiliar

When I talk with customers about expanding their vegetable and fruit choices, I always preach the general rule, "the darker they are in nutrients." For those who don't know how to prepare them, two general rules follow for cooking greens, both tender and bitter varieties.

The easiest way to cook tender, mild flavored greens is to wilt them. Fresh spinach, Swiss chard and beet greens fall in this category. Wash them thoroughly, place in a large pot. Stir gently over medium heat for 3 to 5 minutes until just wilted. Drain the greens and press out excess moisture. (I like to use a colander for this and paper towel for

pressing.) Chop the greens and mix with your choice of sautéed fresh garlic, soy sauce and rice vinegar, balsamic vinegar and sautéed onion, fresh squeezed lemon or even a little bottled horseradish.

Bitter greens have a bold flavor that requires more cooking time to reduce the bitterness. Bitter greens are no longer just used in ethnic dishes, as we continue to experiment with the unfamiliar. Turnip greens, mustard greens, collards and kale are all types that can be prepared by careful washing and blanching uncovered in boiling water. Times vary from 6 to 12 minutes, so watch the pot and stir occasionally. When the greens are tender, drain and press out moisture as above. Chop the greens and try something different. Sauté onion and garlic in good quality olive oil, and then add the cooked greens. Lean meats like smoked turkey

or ham can be added too.

Put in to practice

You can make the change to trying new produce items without reservation. Make it a habit to pick up an unfamiliar produce item at least once a week. Continue to choose your favorites more often, too. Consult cookbooks and magazines for new ideas.

Every meal you prepare can easily be brightened with fresh produce.

Start today by trying the recipes on D3.
Diane Reynolds of Farmington Hills is a registered dietitian for the Kroger Company of Michigan. You can reach her for answers to your food, nutrition and food safety questions at the Kroger Healthy Hotline 1-800-KROGERS (select 3 twice on the automated menu) or e-mail at mnutritionist@kroger.com.

Olive oil from page D1

better the flavor and quality

from olives picked early in the season (October and November) rather than later (December and January)

Otherwise, look to individual taste and lifestyle for direction, said Weinzwieg, who has a formula for making such determinations:

- What type of olive oil do you currently use?
- For what are you going to use olive oil?
- What flavors do you like?

■ How much money do you want to spend?

The answers to those questions indicate a starting point for both novices and olive oil connoisseurs, according to Weinzwieg.

In other words, if you use an olive oil priced under \$10 a bottle, buy in that range and gradually move upward in price. Likewise, if you've only had light, mild-tasting olive oil, don't run out and buy a Tuscan version, which tends to be heavy, rustic and peppery.

Nothing is more crucial to selecting olive oil than tasting it, said Weinzwieg. Zingerman's, for example, gives olive oil tasting seminars and has an open bottle of every brand they sell within customers' reach.

Professionals taste olive oil just like wine, said Weinzwieg. Using a glass heated by the hand, they sniff for aroma first, then sip, taking in oxygen for aeration and allowing the oil to reach all areas of the tongue.

"I don't generally recommend to people that they taste it that

way," said Weinzwieg.

Instead, sample olive oil with a non-flavored, non-sour piece of bread, and eat it slowly and consciously, he said.

"The most important thing about tasting is that you taste three to four different oils together," said Weinzwieg. "And, you know, it's just food. It's fun. Don't panic."

It's not as if you're going to consume the entire bottle in one sitting, unless maybe you're Weinzwieg.

Wine from page D1

Sauvignon Blanc, Napa Valley \$23. A number of California wineries are beginning to emulate the New Zealand style of sauvignon blanc, but Artesa has not. The wine is more French-like with ripe apricot fruit and elegant finish.

■ 1998 Artesa Chardonnay, Carmores \$23 has very interesting, stylish dynamics ranging

from tropical fruit to mineral notes.

■ 1998 Artesa Carmores Reserve Chardonnay \$33 is a best barrels, very food-friendly blend that scores with Chilean sea bass, risotto with wild mushrooms or lobster seafood pasta.

■ 1998 Artesa Pinot Noir, Russian River Valley \$24.50 sports a cherry, rose petal nose

with the slight hint of bacon rind, so reminiscent of a rich, velvety red Burgundy.

■ 1997 Artesa Merlot, Napa Valley \$24.50 is mellow and supple, but if you travel, try to find a bottle of the 1997 Merlot, Sonoma Valley (unavailable in Michigan) which is generous, lush, rich, and full.

■ 1997 Artesa Cabernet Sauvignon, Napa Valley \$33 showcases lots of blackberry and black cherry fruit. Full on the palate with plenty of toasty oak, the balanced finish portends good aging potential.

■ 1997 Artesa Cabernet Sauvignon, Alexander Valley \$33 is softer and more mellow than the Napa Valley cab. Fruit

tends toward black raspberry with intriguing chocolate notes in the finish.

The Healds are Troy residents who write about wine, sports, food, and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864.

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