

### Rainbow of Benefits

**Colors:** Deep reds and blues  
**Foods:** Blueberries, strawberries, raspberries, blackberries, currants

**Possible benefits:** Contains antioxidants to fight cancer and protect against heart disease. Rich in soluble fiber, which may reduce cholesterol.

**Colors:** Citrus orange, yellow and green  
**Foods:** Oranges, grapefruit, lemons, limes

**Possible benefits:** Contains carotenoids and flavonoids which act as antioxidants. These fruits are high in vitamin C, another antioxidant.

**Colors:** Green and white  
**Foods:** Cruciferous vegetables such as broccoli, Brussels sprouts, kale, cabbage, cauliflower.

**Possible benefits:** Contains sulforaphane to neutralize cancer-causing chemicals and interfere with tumor growth.

**Colors:** Green and white  
**Foods:** Lettuce, scallions, shallots, chives, onion, garlic

**Possible benefits:** Contains allylic sulfides which may work against cancer in the stomach and colon.

**Colors:** Deep orange and yellow, green leafy  
**Foods:** Apricots, papaya, sweet potatoes, mangoes, carrots, spinach, corn, pumpkin, sweet peppers.

**Possible benefits:** Contains anti-cancer carotenoids which also strengthen the immune system and protect the retina from harmful radiation thus reducing the risk of macular degeneration.

**Colors:** Grape red  
**Foods:** Red grapes, grape juice, red wine

**Possible benefits:** Contains resveratrol, which may prevent damage to cells and curb tumor growth.

**Colors:** Cherry red  
**Foods:** Tomatoes; also in much smaller amounts in red peppers, pink grapefruit, guava, watermelon

**Possible benefits:** Contains lycopene which may fight prostate and other cancers.

**Colors:** Earthy brown and soy  
**Foods:** Whole grains like wheat, oats, barley, rye, brown rice; tofu, soy milk, soybeans. Contains terpenoids and phytic acid to reduce the risk of heart disease.

**Possible benefits:** Rich in fiber that lowers blood cholesterol and may reduce the risk of colon cancer.

## Color

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against disease. Researchers still don't know how phytochemicals interact with each other, or other nutrients. They don't know if a single chemical is responsible for a particular health benefit or if others need to be present, too. Enjoy a rich variety of vegetable, fruits, legumes and grains for the best health enhancing diet.

When you're filling your shopping cart or your plate, think the more color, the better!

**Peggy Martinelli-Everts, R.D., a Charleston resident, is a registered dietitian and director of clinical operations for HDS Services, a 36-year-old Farmington Hills-based food service and hospitality management and consulting company.**

## Veggies are good in salad or cooked

### SPRING SALAD A LA JARDINIÈRE

Red skin potatoes, small, 2 1/4 pounds  
Lima or butter beans, canned, drained, 1 1/3 pounds  
Cherry tomatoes, halved, 1 1/2 cups  
White wine vinegar, 1/4 cup  
Dry mustard, 1 tablespoon, 1 1/2 teaspoon  
Olive oil, 1/3 cup  
Salt, 1 1/2 teaspoon  
Black pepper, 3/4 teaspoon  
Asparagus, fresh, 1 pound  
Green onion, 3/4 pound  
Walnuts, pieces, toasted, 1/3 cup

Fill sauce pan with water to cover potatoes, add dash of salt and bring to a boil. Cook for 10-12 minutes until tender. Drain in the asparagus and blanch for 3 minutes. Drain the asparagus and potatoes. Rinse both in icy water and set aside. In a separate bowl mix the white wine vinegar, dry mustard, olive oil, salt and pepper to make a dressing. Set aside. In a separate bowl, combine the drained lima or butter beans with cherry tomatoes. Slice the cooked potatoes into the beans. Add the blanched asparagus, cut green onion and toss gently. Pour the dressing over the vegetables and toss gently with tossed walnuts. Serve with fresh, hot bread. Makes 6-8 cup servings.

Nutrition per serving: 363 calories; 15 grams protein, 15 grams fat, 42 grams carbohydrate.

### MEDITERRANEAN VEGETABLES

White onion, sliced, 1 cup  
Leeks, sliced, 1 cup  
Garlic, crushed, 1/8 cup  
Olive oil, 1/8 cup  
Red bell pepper, seeded, sliced, 1 cup  
Green bell pepper, seeded, sliced, 1 cup  
Green or yellow zucchini, fresh, sliced, 2 cups  
Mushrooms, fresh, sliced, 2 cups  
Chopped tomatoes, canned, in juice, 1 3/4 cup  
Burgundy wine or chicken broth, 3/4 cup  
Tomato ketchup, 1/8 cup  
Chick peas/garbanzo beans, drained, 1 1/4 cup  
Black olives, whole, pitted, drained, 1/2 cup  
Chopped fresh parsley garnish sprinkle

In a large pan, sauté the onions, leeks, crushed garlic and olive oil until slightly soft. Stir in the wine, chopped tomatoes, tomato paste and ketchup. Add the peppers, zucchini, mushrooms and heat to a boil. Turn down the heat, cover and simmer 12-20 minutes until fork tender. Add garbanzo beans and heat through. Serve in side dish and add olives, fresh parsley, and salt and pepper to taste. Make 6-8 cup servings.

Nutrition per serving: 126 calories, 3 grams protein, 6 grams fat, 15 grams carbohydrate.

Recipes courtesy of HDS Services

## Spice up meals with these Asian American recipes

### CUCUMBER VEGETABLE SALAD (KOREAN OL MAMUL)

3 cucumbers  
1 tablespoon salt  
1 clove garlic  
1/4 teaspoon salt  
1/4 teaspoon sesame seeds  
1 teaspoon sesame oil  
1/4 teaspoon cayenne pepper  
1 teaspoon sugar

This simple cucumber salad is a pleasant accompaniment to a hot summer night. Small cucumbers are suggested; they are not quite as watery as the large ones nor do they require peeling.

Slice the cucumbers in circles. Sprinkle salt over the cucumber slices, mix well and let them stand for 30 minutes. Place the cucumbers in a damp cloth and gently but firmly squeeze out as much water as possible. The less watery the cucumbers, the better tasting the dish.

Crush the garlic, then combine it with the cucumbers, salt, sesame seeds, cayenne oil, pepper and sugar in a bowl. Mix well.

Yield: 4 servings

Source: The Korean Cookbook, by Judy Hyun. [www.recipesource.com](http://www.recipesource.com)

### KOREAN BBQ TOFU

1/2 cup soy sauce  
5 teaspoons sugar or sweetener  
2 teaspoons dry mustard  
4 cloves garlic or 1/2 teaspoon garlic powder  
2 teaspoons onion powder  
a little water  
1 lb. extra firm tofu, frozen for 24-48 hours and then thawed naturally. (Editor's note: Freezing tofu helps improve its texture from slippery to dense).

Cut tofu in strips 1/2 inch thick and marinate, then fry and garnish with vegetables of your choice. I like to cut tofu in squares and throw in a vegetable stir-fry.

### SHRIMP BALLS IN VEGETABLE SAUCE VIETNAMESE



Good and hot: Waiter Yong Hyun Kim cooks a Korean style barbecue with chicken, steak and shrimp at Woo Lee Gardens in Southfield.

6 tablespoons oil  
1 each thinly sliced onion  
1 cup coarsely shredded cabbage  
1 cup diced celery  
1 cup bean sprouts  
2 cups beef or vegetable broth  
1 tablespoon soy sauce  
1/4 teaspoon dried ground chili peppers  
1 pound cooked shrimp, peeled and deveined  
1 slice white bread  
1/4 cup milk  
1 cup mashed potatoes  
1/4 pound beef, ground  
1 1/2 teaspoons salt  
1/2 teaspoons freshly ground black pepper

Heat 3 tablespoons oil in a saucepan; sauté the onion 5 minutes. Add the cabbage, celery, and bean sprouts. Sauté 3 minutes. Add the broth, soy sauce, and chili peppers; cook over low heat 15 minutes. Prepare the shrimp and meat balls while the vegetables are cooking. Chop the shrimp, reserving 6. Soak the bread in the milk and mash. Mix with the potatoes, beef, chopped shrimp, salt, pepper and egg.

Shape into 1 inch balls. Heat remaining oil in a skillet. Brown the balls in it. Add to the vegetables with the reserved shrimp cut in half. Cook over low heat 5 minutes.

Source: <http://www.astro.com/recipes/>

### LECHE FLAN FILIPINO

4 egg yolks  
1 cup sugar  
13 ounces evaporated milk  
1 teaspoon vanilla extract

Scald milk in a double boiler for 15 minutes. Blend the egg yolks with the sugar, milk, and flavoring. Pour into mold lined with caramelized sugar. Place this in a bigger pan half filled with water and bake until the mixture becomes firm. Cool before removing from mold.

<http://idiva.ecs.berkeley.edu/>  
(by Leon Brocard)

## Asian

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chicken.

"Americans still are not widely familiar with Filipino food — yet," Snider said.

■ "Chinese is the food that most Americans are familiar with," Snider said.

Still, there's different types — Mongolian, Cantonese, etc.

Authentic Chinese foods use sesame oil, but Americans demand heavier flavor so peanut oil is also used at restaurants in the U.S. Seafood is popular in Chinese foods, in American foods, more beef is used to satisfy western palates. Think Gai Kow or Lo Mein.

■ And then there's Indian food. Exotic spices, complicated combinations. Peas, potatoes, cheese, curries, lentils and — spice.

"Indian foods are bombarded wonderfully with flavor," Snider said. "It's spicy hot."

And there's something for everyone — literally.

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