

# Seafood's a great way to catch your nutrients

Are your menus stuck in a rut - with meat or poultry on the plate every night? Break the monotony with seafood, a healthful alternative that's typically low in fat and high in protein, vitamins and minerals, including B vitamins, iron, zinc, selenium and copper. Some seafood also contain omega-3 fatty acids that may lower risk of heart disease and some cancers.

Even within the realm of seafood, nutritional variety is available. Lean fish, such as cod, flounder, haddock or sole can be alternated with fattier fish, like mackerel and salmon. Shrimp also contains considerably more cholesterol than other types of seafood.

Seafood is a versatile food that can be prepared in many whole ways, so you don't have to stick to broiling or baking to maintain its nutritional goodness. Try poaching to keep seafood moist and tender. Use low sodium chicken broth for the poaching liquid, and add vegetables (onions, carrots and celery) and herbs and spices (basil, thyme and oregano) to the broth.

Simmer the liquid for 15 minutes before adding the seafood. When steaming, baking or broiling seafood, sprinkle with one or more of the following herbs and spices before cooking: basil, curry powder, dill weed, garlic, marjoram, onion, oregano, parsley, rosemary, tarragon or thyme. Or, you can marinate seafood in lemon juice or wine to add extra flavor and to firm up the flesh of the fish when it is cooked.

If you're thinking about a topping for seafood, consider whether you like the flavor of the topping on chicken. If you like a flavored vinaigrette or an Oriental sauce on chicken, you'll probably enjoy it on fish as well. A squeeze of lemon or lime juice over cooked seafood adds zest without fat or calories.

It's best to avoid fried fish or seafood prepared with high-fat cream sauces.

**LINGUINE WITH SALMON AND CHIVES**  
1/2 pound linguine or any noodles  
4 teaspoons soft margarine  
1 small onion, chopped

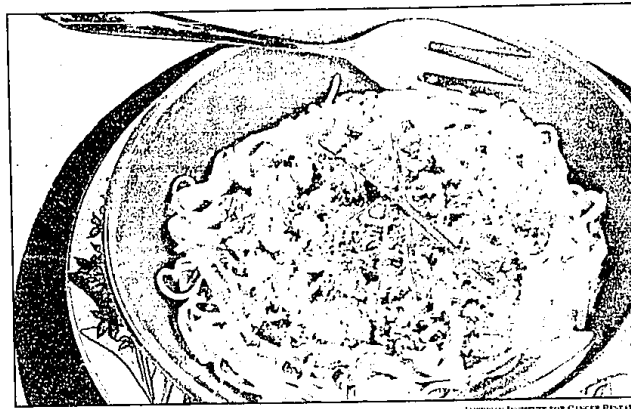
2 Tablespoons all-purpose flour  
1 cup skim milk  
1/3 cup chopped fresh chives  
Freshly ground pepper  
1 can (7.75 oz) salmon  
2 Tablespoons grated Parmesan cheese

In large pot of boiling water, cook linguine until al dente (tender but firm); drain, reserving 1/4 cup cooking liquid. Return linguine to pan. Meanwhile, in saucepan, melt margarine over medium heat; add onion and cook until tender. Stir in flour; mix well. Add milk and cook, whisking, until mixture comes to boil, thickens and loses any raw-flour taste. Stir in chives, pepper to taste, and add reserved cooking liquid.

Flake salmon and add along with juices and chive mixture to pot with linguine; mix lightly. Sprinkle Parmesan cheese over each serving.

Each of the four servings contains 385 calories and 10 grams of fat.

Recipe and information from the American Institute for Cancer Research.



Simply delicious: Linguine with salmon and chives is simple to make and uses a light sauce for a healthful, tasty dish.

PHOTO BY ANTHONY FOR CANCER RESEARCH

# Latin cookbook offers adjusted recipes for healthy eating

(AP) - Latin American food is increasingly popular, but traditional ways of preparing these dishes are often at variance with healthful eating styles.

Food writer Steven Raichlen has worked out ways for us to have our guava chesecenne and eat it, guiltlessly. The results of his research are published in a new cookbook, "Steven Raichlen's Healthy Latin Cooking" (Rodale, \$29.95).

The book features 200 recipes from every Latin American region, in healthy versions. For classics like the Mexican mole poblano, Turkey in Chile-Chocolate Sauce, as well as for Nuevo Latino dishes like Plantain-Crusted Grouper, he gives nutritional analyses confirming that his slimmed-down versions have less fat and fewer calories.

holiday menus and gift suggestions in the colorfully illustrated book.

**Chile-Marinated Pork with Black Bean Salsa** is a quick and easy dish that has plenty of flavor from chipotle chiles (smoked jalapeno chile peppers). It features lean tenderloin, with a colorful black-bean salsa. For extra crunch, sprinkle the pork with fresh pomegranate seeds - if they're unavailable, use finely chopped red bell peppers.

**CHILE-MARINATED PORK WITH BLACK BEAN SALSA**

2 small pork tenderloins (1 pound total), trimmed of all visible fat

2 to 4 canned chipotle chile peppers, coarsely chopped (wear plastic gloves when handling)

3 cloves garlic, coarsely chopped

1 shallot or 1/4 small red onion, coarsely chopped

1/2 cup lime juice

1/4 cup lime juice

3 tablespoons red-wine vinegar

1 teaspoon dried oregano

1/4 teaspoon ground allspice

Salt and ground black pepper

3 cups Black Bean Salsa (recipe follows)

1/4 cup Cumin-Scented Sour Cream (recipe follows) or nonfat sour cream

1 pomegranate, cut and broken into individual seeds

Arrange the pork in a 13- by 9-inch glass or ceramic baking dish.

In a food processor or blender, combine the chile peppers, garlic, shallots or onions, orange juice, lime juice, vinegar, oregano and

allspice. Puree until smooth.

Spoon the marinade evenly over the pork. Cover and marinate in the refrigerator for 8 to 12 hours.

Turn 2 or 3 times while marinating.

Preheat the grill or broiler to medium high.

Season the pork with salt and black pepper. Grill or broil the pork 4 inches from the heat for 6 or 8 minutes per side, or until the internal temperature registers 160 F on a meat thermometer. Transfer the pork to a cutting board and let stand for 3 minutes. Thinly slice on the diagonal.

Mound 2/3 cup of the salsa in the center of each of 4 dinner plates. Divide the pork among the plates, fanning out slices around

the salsa. Sift of dollop the sour cream over the pork. Sprinkle each dish with the pomegranate seeds.

Makes 4 servings.

Nutritional facts per serving: 357 cal., 8.5 g total fat, 3.6 g saturated fat, 65 mg chol.

**BLACK BEAN SALSA**

2 cups cooked or rinsed and drained canned black beans

1/2 small red onion, finely chopped

1/2 red bell pepper, finely chopped

1 rib celery, finely chopped

1 poblano chile pepper or 1/2 green bell pepper, finely chopped (wear plas-

tic gloves when handling)

1/2 to 1 habanero chile pepper or 1 to 2 jalapeno chile peppers, seeded and minced (wear plastic gloves when handling)

1/4 cup chopped fresh cilantro

3 tablespoons lime juice

Salt and ground black pepper

In a medium bowl, combine the beans, onion, red bell pepper, celery, poblano chile peppers or green chile peppers, cilantro and lime juice. Toss to mix. Season with salt and black pepper. Makes 3 1/2 cups.

Nutritional facts per 1/4-cup serving: 43 cal., 0.2 g total fat, 0.04 g saturated fat, 0 mg chol.

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