

Enjoy summer's bounty

Summer is nearly over, but the produce section in your market is still going strong, overflowing with ripe, mouth-watering vegetables that will delight your palate and improve your health. While they're still in season, treat yourself to corn on the cob, string beans, locally-grown tomatoes, zucchini, eggplant and beets.

Most vegetables are rich in dietary fiber, vitamin C and other nutrients. They also contain antioxidants and phytochemicals that help reduce the risk of cancer and other diseases. In addition to their health-protective benefits, vegetables are extremely versatile.

You can use them as main courses, side dishes, soups, salads, pasta toppings, sandwiches, sauces and snacks. They can even be used to stretch side dishes into main courses when unexpected guests arrive.

A side dish of sautéed zucchini, onions, tomatoes and garlic, for instance, becomes part of an entrée when combined with whole-grain pasta, bulgur, couscous, or quinoa. Add freshly-cooked pasta to the zucchini mixture and voilà - you've got pasta primavera!

Tired of going out for pizza? Make it at home with store-bought ready-made pizza crust and add a topping that is kind to your waistline as well as your health.

RATATOUILLE

- 1 small eggplant, cut into 1/2-inch cubes
- Salt and freshly ground black pepper
- 2 tablespoons extra virgin olive oil
- 2 large red bell peppers, seeded and cut into 3/4-inch pieces
- 4 small zucchini, sliced
- 1 onion, coarsely chopped
- 4 cloves garlic, minced
- 1 pound tomatoes, chopped, or 1 can (28 ounces) whole tomatoes, drained and chopped
- 1/3 cup chopped fresh basil

Sprinkle eggplant lightly with salt and let drain in colander for 30 minutes. Pat dry.

In non-stick skillet heat 1 tablespoon oil over medium-high heat. Add eggplant. Stir and cook until soft and browned, about 6 to 7 minutes.

Transfer eggplant to bowl.

Add remaining oil to pan and heat until hot. Add red peppers, zucchini, onion and garlic. Cook vegetables, stirring, until tender, about 8 to 10 minutes.

Mix in tomatoes, basil and eggplant. Stirring occasionally, cook on low heat 15 to 20 minutes or until all vegetables are very tender. Add salt and pepper to taste. Makes 6 servings.

Nutritional information per serving: 123 calories, 5 g. fat (less than 1 g. saturated fat), 19 g. carbohydrate, 4 g. protein, 6 g. dietary fiber, about 200 mg. sodium.

Sauté chopped tomatoes with garlic, mushrooms, green peppers and other vegetables in a little oil, adding oregano and basil for seasoning. Mix in enough prepared tomato sauce to add body, then pour onto the crust. Sprinkle fat-free grated mozzarella cheese on top and

bake at 425 degrees for 40 minutes or until the crust is browned and the topping is bubbly.

In the mood to try out a new vegetable, but nothing too different? Next time you make your usual salad, add peeled and diced jicama, or bok choy (white



Summer's bounty: Ratatouille, a specialty of the Provence region of France, is a popular and versatile dish that uses large amounts of summer's bountiful produce. The tomatoes and eggplant create a juicy, stew-like sauce that accentuates the flavors of basil and garlic.

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part only), for some juicy crunch. Sprinkle in chopped cilantro or basil leaves and toss with a mixture of olive oil and lemon juice plus salt and freshly ground black pepper.

Ratatouille, a specialty of the Provence region of France, is a

popular and versatile dish that uses large amounts of summer's bountiful produce. The tomatoes and eggplant create a juicy, stew-like sauce that accentuates the flavors of basil and garlic. Serve it hot as a side dish or over a grain for an entrée. This ver-

sion also tastes great when served cold.

Recipe courtesy of the American Institute for Cancer Research.

Wild whole wheat pasta dish topped with mushroom sauce

BY THE ASSOCIATED PRESS

Cut in generous chunks, portobello mushrooms make the sauce for this vegetarian dish, Whole Wheat Fettuccine With Wild Mushroom Sauce, seem moaty and satisfying. It works perfectly without grated cheese.

The recipe is among a selection in "One-Pot Meals: Recipes for a Healthy Weight and a Healthy Life," a booklet published by the American Institute for Cancer Research and available free on request.

This is not a vegetarian-only collection, although many of the recipes can easily be adapted for

vegetarians. The premise of the booklet is that weight management and good health are promoted by a healthy style of eating that uses a large proportion of vegetables, fruits, whole grains or beans, with only small amounts of animal protein.

In one-pot dishes, the advantage is that all the ingredients cook together and their many flavors combine to rich and tasty effect.

WHOLE WHEAT FETTUCCINE WITH WILD MUSHROOM SAUCE

- 1 tablespoon olive oil
- 1/4 cup minced shallots

Two 6-ounce packages sliced portobello mushrooms, stemmed and cut in 3/4-inch pieces

1/2 pound white mushrooms, stemmed and thinly sliced

1 teaspoon minced fresh rosemary or 1/2 teaspoon dried, crushed

1 cup fat-free, reduced-sodium chicken broth

12 ounces whole wheat fettuccine or spaghetti

1 tablespoon capers, rinsed and finely chopped

pepper to taste

1/4 cup minced Italian parsley

In a large skillet, heat oil over medium-high heat. Add shallots. Sauté until soft, 3 to 4 minutes, stirring occasionally.

Add mushrooms. Sauté until tender and liquid has evaporated, about 8 minutes, stirring occasionally.

Add rosemary and broth. Simmer until two-thirds of the liquid has evaporated, 5 to 8 minutes.

The white mushrooms should be very soft and the portobellos still chunky.

Meanwhile, boil water for cooking pasta. Just after adding broth to mushrooms, add pasta to the boiling water. Cook according to package directions. Drain well. Transfer pasta to serving bowl or divide among dinner plates.

Stir capers into mushrooms. Season sauce with salt and pepper, if desired. Divide mushroom sauce over pasta. Sprinkle with parsley and serve.

Makes 6 servings.

Nutrition information per serving: 258 cal., 11 g. pro., 48 g. carb., 3 g. fat (less than 1 g. saturated fat), 8 g. dietary fiber, 82 mg. sodium.

A free copy of "One-Pot Meals: Recipes for a Healthy Weight and a Healthy Life" is available by calling (800) 843-8114, ext. 09. Or on the Net:

www.aicr.org.



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