

# American Pilaf healthy one-pot meal

The holidays are over and once again, it's time to resolve to eat more healthfully. New studies show that one in four Americans is obese, and the beginning of a new year is a good time to think about how you eat.

The American Institute of Cancer Research recommends an approach called "The New American Plate" that helps people rethink their eating habits, so they can reduce their risk of chronic diseases like cancer, and help maintain a healthy weight. They advise that vegetables, fruits, whole grains and beans should cover two-thirds (or more) of your plate. Animal meats should cover one-third (or less).

An easy way to change over to "The New American Plate" is with a one-pot meal. This redesigned pilaf, for example, is a tasty, fast one-dish meal with the ideal proportions.



AMERICAN INSTITUTE FOR CANCER RESEARCH

New American Pilaf is a tasty, fast one-dish meal made with savory seasonings, chicken and two kinds of rice.

1/2 cup diced carrots  
Salt and freshly ground black pepper, to taste

Mix ginger and zest with 1 teaspoon oil. Rub mixture into chicken. Let stand 30 minutes.

In a medium skillet, heat 1 tablespoon oil over medium heat. Add shallots and gently cook until translucent. Add pean rice (or brown rice) and stir until grains are translucent and shiny. Add water as called for in package instructions.

Cook until rice is not quite tender and liquid is nearly completely absorbed. Remove from heat.

Meanwhile, repeat above process with 1 tablespoon oil, onion, wild rice and broth.

While both rices are cooking, heat grape juice in a small saucepan until warm.

Remove from heat and add cherries or cranberries. Let stand about 20 minutes or until fruit is plump. Drain fruit, place in medium bowl and set aside, reserving juice for another use.

Toast nuts in a skillet over medium heat, stirring constantly, to bring out their flavor. Remove from the pan promptly and set aside.

Heat 1 tablespoon oil in a skillet. Add chicken and sauté, stirring constantly, until lightly browned. Transfer chicken to a bowl.

Heat 1 tablespoon oil in the same skillet until hot. Add bell pepper and sauté until tender-crisp. Transfer pepper to bowl of chicken. Place carrots in skillet with enough broth to barely cover them. Cover and simmer gently until tender, about 10 minutes. Drain carrots, reserving liquid.

When both rices are almost but not completely tender, combine them in a large saucepan. Add and mix in fruit, chicken, bell peppers and carrots. Cook over low heat until rice is completely tender, adding some of the broth used to cook carrots, if necessary.

Stir to fluff grains. Turn pilaf into serving dish. Sprinkle top with toasted nuts. Makes 8 servings.

Per serving: 363 calories, 13 g. total fat (1 g. saturated fat), 47 g. carbohydrate, 15 g. protein, 4 g. dietary fiber, 208 mg. sodium.

The American Institute for Cancer Research offers a Nutrition Hotline (800) 843-8184 9 a.m. to 5 p.m. Monday-Friday 9 a.m. to 5 p.m. This free service allows you to ask a registered dietitian questions about diet, nutrition and cancer. AICR's Web address is [www.aicr.org](http://www.aicr.org).

# Simmer soups, soothe colds, flu

## VEGETABLE BROTH

- 3 carrots, chopped
- 10 sprigs cilantro
- 1/2 head broccoli, chopped
- 2 cups green cabbage, chopped
- 1 can (12 ounces) whole canned tomatoes
- 2 leeks (white parts only), chopped
- 1/2 pound string green beans
- 1/2 teaspoon dried thyme or 4 sprigs fresh
- 12 cups water

Put water and all the vegetables and spice except tomatoes and green beans in a pot and bring to boil. Reduce heat and simmer 20 minutes. Add tomatoes and beans and simmer 30 minutes. Remove from heat and strain vegetables out of broth. Press down very gently on the tomatoes and leeks to help seep out the flavorful juices. Drink broth plain or return the all the vegetables back into the pot and serve hot.

Recipe from the American Institute for Cancer Research

## MISO SOUP WITH GARLIC AND GINGER

- 1/2 pound carrots, peeled
- 3 each green onions for garnish
- 1 green canola oil
- 1/2 cup yellow onion/1-inch dice
- 2 tablespoons ginger, minced
- 1 tablespoon garlic, minced
- 1/2 cup vegetable stock
- 8 oz package tofu, thinly sliced and baked
- 1/2 pound bok choy, 1" pieces
- 1/2 tablespoons red miso
- 2 tablespoons rice wine vinegar
- toasted sesame seeds

Thinly slice carrots and green onions (green part) at an angle. Heat oil over medium heat. Sauté onion, ginger and garlic until onions are translucent. Add stock, tofu, carrots and bok choy, and bring to a boil. Simmer three minutes. Dissolve miso into 1 cup of broth. Add back to soup and stir in. Remove soup from heat, stir in vinegar. Serve with white or brown rice and garnish with green onions and toasted sesame seeds.

## STRACCIATELLE (ITALIAN EGG DROP SOUP)

- 6 cups chicken broth
- 2 large eggs
- 2 tablespoons freshly grated Parmesan (or Romano) cheese
- 2 tablespoons semolina (farina or Cream of Wheat), optional
- 5 ounces (half a 10-ounce package), frozen chopped spinach, thawed and well drained

Have soup simmering gently. Beat eggs lightly in a bowl with grated cheese and semolina, if you opt to use it. Slowly stir in one cup of the hot broth and mix until blended. If you are using spinach, add it to the simmering soup and cook for 2 minutes. Bring soup to a gentle boil and beat in egg mixture with a fork so it breaks into clumps. Let cook gently for another two to three minutes and serve immediately.

Makes 4 to 6 servings. Source: [www.cookscip.com](http://www.cookscip.com)

## HOMEMADE CHICKEN BROTH

- 6 pounds whole chicken legs
- 8 1/2 cups water
- 4 cups carrot juice
- 1 cup low-sodium mixed vegetable juice
- 2 large onions, unpeeled and halved
- 2 large carrots, peeled and thickly sliced
- 1 large leek, white and tender green part, thinly sliced
- 2 celery stalks, thinly sliced
- 8 garlic cloves, unpeeled
- 1/2 teaspoon rosemary
- 1/2 teaspoon thyme
- 10 sprigs of parsley
- 2 bay leaves

Preheat oven to 450°F. Spread chicken legs in large roasting pan and roast until browned and crisp, about 30 minutes. With tongs or a slotted spoon, transfer chicken to a large stockpot. Pour off all fat from roasting pan, and pour 1/2 cup of water into pan, scraping up any browned bits clinging to roasting pan. Add these juices to stockpot along with chicken. Add remaining 2 quarts water, carrot juice and mixed vegetable juice, and bring to a boil over high heat, skimming off foam as it rises to surface. Continue skimming until no foam remains. Add onions, carrots, leek, celery, garlic, rosemary, thyme, parsley and bay leaves. Return to a boil, continuing to skim any foam that rises. Reduce heat to low and simmer until broth is rich and flavorful, about 2 hours. Strain broth and discard solids. Refrigerate and remove fat that solidifies on surface. Refrigerate for up to 3 days or freeze for longer storage.

## RED PEPPER & BLACK BEAN SOUP WITH CILANTRO-CREAM SWIRL

The flavors of the Southwest are combined in this elegant, beautiful soup, spicy with cayenne and black pepper. 1/2 cup (loosely packed) cilantro sprigs, 1/2 cup reduced-fat sour cream, 1 tablespoon skim milk, 5 large red bell peppers, cut lengthwise into flat panels, 1/2 teaspoon Whole Foods Organic Extra Virgin Olive Oil, 2 large onions, sliced, 3 garlic cloves, sliced, 1/2 teaspoon salt, 1/2 teaspoon black pepper, 1/2 teaspoon cayenne pepper, 2 1/2 cups water, 1 can (10 1/2 ounces) black beans, rinsed and drained.

Preheat broiler. Meanwhile, in food processor or blender, puree cilantro, sour cream and milk. Transfer to a bowl and chill until serving time. Place bell pepper pieces, skin-side up, in a single layer on a jelly-roll pan and broil 4" to 6" from heat for 10 minutes, until peppers are tender and lightly charred. Remove from heat and let cool; peel off skins. In Dutch oven, heat oil over medium-high heat. Stir in onions, garlic, salt, black pepper and cayenne, and sauté until onions are softened slightly, about two minutes. Add bell peppers and water to pan; cover and bring to a boil. Reduce heat to medium-low and simmer until peppers and onions are very tender, about 10 minutes. In food processor or blender, puree soup. Return puree to saucepan. Add beans and cook over medium heat until warmed through. Ladle soup into bowls and top each serving with some of cilantro cream. Source: [www.wholefoods.com](http://www.wholefoods.com)

## WINE

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makes a wonderful aperitif or is perfect with fish, seafood and poultry.

Gewurztraminer (spicy traminer) is the Alsace wine that pairs exceptionally well with Asian-inspired food, especially sushi. Try the 1999 Trimbach Gewurztraminer \$19 with Indian food, too.

"Riesling is still the pinnacle of quality in Alsace," said Trimbach.

"It is delicate with a nervy acidity and surprising longevity. The 1997 Trimbach Riesling Cuvee Frederic Emile \$40 is reminiscent of fresh apples and pears with a mineral note in the finish."

"The 2001 Trimbach Riesling \$19, at a more modest price, is also quite delicious."

## TRIMBACH TRADITION

In 1626, the Trimbach family began making wines in the town of Ribeauville in the heart of Alsace. The tradition of producing dry white wines has been passed from father to son for 12 generations. Today, Trimbach is still family-owned

and operated. In *An Encyclopedia of the Wines and Vineyards of France*, Clive Coates, Master of Wine, recommends nine Alsace producers with one-star, three with two stars, but only one with three stars and that's Trimbach.

"Trimbach is at the summit of dry white winemaking," Coates wrote. "This firm has no ambition to be the biggest in Alsace; merely the best. Even the basic pinot blanc is one of the best aperitif wines on the market."

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18644.

### UPCOMING EVENTS

**Sweet Honey in the Rock with Toshi Regan and Big Lovely**  
Fri. 1/10 8pm  
Michigan Theater - Ann Arbor  
The six women of the African-American a cappella group Sweet Honey in the Rock return for their fifth UMS concert, this time joined by founder Bernice Johnson Regan's daughter, Toshi, and her band, Big Lovely. "The dynamic Toshi Regan and Big Lovely...nearly blew the roof off with her funk-driven sound rich with lyrics about kindness, compassion, and peace and love." (Boston Globe) Sign language interpreted.  
Sponsored by UMS  
Presented with support from the National Endowment for the Arts and the Michigan Fund for the Arts. UMS 734.764.2538

**Bill T. Jones/Arnie Zano Dance Company**  
with the Chamber Music Society of Lincoln Center featuring the Orion String Quartet  
Sat. 1/11 8pm  
Sun. 1/12 1pm  
Foster Center - Ann Arbor  
If music and dance go hand in hand, then live music and dance share a more intimate embrace. Bill T. Jones - named an "irreplaceable dance treasure" in 2003 by the Dance Heritage Coalition - joins forces with the Chamber Music Society of Lincoln Center and the Orion String Quartet for a visionary fusion of dance and chamber music.  
Sponsored by UMS  
Presented with the generous support of Phoenix and Lincoln Centers  
Ticket and seat information presented with support from the Michigan Fund for the Arts. UMS 734.764.2538

**blessing the boats**  
A solo performance written and conceived by Sekou Sundiata  
Fri. 1/17 8pm  
Sat. 1/18 1pm  
Sun. 1/19 1pm  
Michigan Theater - Ann Arbor  
Sekou Sundiata performs his one-man show, *blessing the boats*, a sequence of poems, prose and monologues derived from stand-up comedy, literary reading, and performance theater. *blessing the boats* is a solo journey with music and visual aid as though there are six of the poet's life, bearing witness to his highest and lowest moments - a time when the scope of his achievements was matched only by a tumultuous and unexpected health crisis that ultimately ended in a kidney transplant and lengthy recovery.  
This is a National Endowment for the Arts Theater Works production. Ticket and seat information presented with support from the Michigan Fund for the Arts. UMS 734.764.2538

**Sekou Sundiata and Band**  
with Keyari Kinross Turner and Detroit's Black Bottom Collective  
Mon. 1/20 1pm  
Michigan Theater - Ann Arbor  
Following a national tour with Ani DiFranco, Sekou Sundiata fuses soul, jazz, and hip-hop grooves with lyrics rich in political insight and humor. An electrifying urban poet, Sundiata "is a contemporary African American poet who knows 'flow' was to modern soul." (Village Voice)  
This is a National Endowment for the Arts Theater Works production. Ticket and seat information presented with support from the Michigan Fund for the Arts. UMS 734.764.2538

**UMS Artist Interview and Lecture:**  
Bill T. Jones and Arnie Zano  
Interview by Peter Spang, UMS Executive Director  
Fri. 1/10 4pm  
Lincoln Center Building Studio - Ann Arbor  
An interview with the UMS Education Department and the UMS Office of Special Events.  
Meet the Artists: Bill T. Jones and Arnie Zano  
and Orion String Quartet  
Sat. 1/11 1pm performance  
Foster Center - Ann Arbor

UMS 734.764.2538 [www.ums.org](http://www.ums.org)  
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