

World Heart-Smart Recipe Collection

Fusilli Pasta with Chile Sauce and Black Bean-Fennel Relish

By Carla Hall, chef/owner of Alchemy Caterers and finalist on Bravo's "Top Chef" Season 5, Washington, D.C.

This fresh, vibrant pasta will have you bowing to the goodness of vegetables. Fusilli coated in a tomato-chile sauce with the added earthiness of black beans meets the crisp crunch of raw zucchini and fennel. Cater this versatile pasta dish to your mood by serving it warm or cold.

Chile Sauce

8 dried New Mexican chiles*

Boiling water, as needed

1 cup (about half 14.5-oz can) fire-roasted tomatoes, drained 250 mL

1 cup black beans, drained and rinsed** 250 mL

1 Tbsp canola oil 15 mL

10 oz whole-grain fusilli pasta or other spiral-shaped pasta 300 g

Black Bean-Fennel Relish

1 small zucchini, grated, excluding core

1 small fennel bulb, cut in half, cored and thinly sliced

2 Tbsp finely chopped parsley 30 mL

2 scallions, thinly sliced

1 lemon, zested and juiced

1 1/2 cups black beans, drained and rinsed ** 375 mL

1 Tbsp canola oil 15 mL

1/4 cup feta cheese for garnish 60 mL

1. To prepare chile sauce: In bowl, place chiles and cover with boiling water to rehydrate. Cover bowl with plastic wrap and let chiles sit 30 minutes. When chiles have rehydrated, remove from water, reserving 1 cup chile water for later use. Make slit down each chile, split them lengthwise and remove chile seeds. Be careful not to touch your eyes or other sensitive areas while handling chiles. Wash hands thoroughly.

2. In food processor, add chiles, 1 cup (250 mL) reserved chile water, tomatoes, 1 cup black beans and canola oil. Purée until mixture is smooth and reserve for later use.

3. Cook pasta according to package instructions. Drain pasta in colander but do not rinse with water.

4. To prepare black bean relish: In bowl, combine zucchini, fennel, parsley, scallions, lemon, remaining black beans and canola oil. Set aside.

5. In large saucepan, warm chile sauce over medium-low heat, stirring occasionally, 3-5 minutes until heated. Remove from heat, add pasta and stir briefly to coat noodles with sauce.

6. Transfer pasta to large serving bowl and add black bean-fennel relish to center of pasta. Garnish with feta cheese and serve.

Yield: 6 servings. Serving size: 1 cup (250 mL).

** If you prefer less heat, substitute dried ancho or Anaheim chiles or use fewer New Mexican chiles.*

*** To get 2.5 cups of black beans, you will need to purchase two 15-ounce (450 mL) cans or one 29-ounce (870 mL) can.*

Nutritional Analysis per Serving:

Calories	410
Total Fat	10 g
Saturated Fat	1.5 g
Cholesterol	5 mg
Sodium	250 mg
Carbohydrates	68 g
Fiber	16 g
Protein	16 g

Grilled Salmon with Dijon-Raspberry Vinaigrette

By Mairlyn Smith, cookbook author, Toronto

Raspberries and Dijon mustard make a unique combination of sweet and savory, which is perfect for grilled salmon. The graininess of the mustard and seeds in the raspberries give a bite to the salmon's fork-tender texture.

Dijon-Raspberry Vinaigrette

1 Tbsp canola oil 15 mL
1/2 cup black currant or grape juice concentrate 125 mL
1/2 cup chopped fresh cilantro 125 mL
1/4 cup grainy Dijon mustard 60 mL
1/4 cup fresh lime juice 60 mL

1 salmon fillet, about 13 oz or 370 g
1 head dark green leaf lettuce
3 cups frozen raspberries, thawed 750 mL

1. In small bowl, whisk together vinaigrette ingredients. Reserve 1/2 cup (125 mL) and pour remaining 1 cup (250 mL) into resealable plastic bag. Add salmon to bag, seal and place in refrigerator. Marinate up to 30 minutes.
2. Wash and dry lettuce. Set aside.
3. Preheat indoor grill pan or outdoor barbecue to medium heat. Remove salmon from plastic bag and discard marinade. Grill salmon 5-10 minutes or until cooked through, turning once.
4. Mix together reserved dressing with 2 cups (500 mL) thawed raspberries. Set aside.
5. Chop lettuce and divide equally between four plates, about 1 1/2 cups (375 mL) per plate.
6. Divide cooked salmon into four equal pieces and place each piece on top of lettuce. Spoon 1/4 of raspberry mixture over salmon. Garnish with extra raspberries and serve.

Yield: 4 servings. Serving size: 1 piece salmon, 1 1/2 cups (375 mL) lettuce, 1 Tbsp (15 mL) vinaigrette.

Nutritional Analysis per Serving:

Calories	175
Total Fat	3.5 g
Saturated Fat	0.5 g
Cholesterol	50 mg
Sodium	130 mg
Carbohydrates	16 g
Fiber	5 g
Protein	20 g



Shredded Chicken Tostadas with Spicy Tomato Salsa

By Alfredo Oropeza, host of “Al Sabor del Chef” and cookbook author, Mexico City

These zesty, healthy tostadas are sure to please the whole family with chicken, grilled tomatoes and garlic, avocado and just enough spice from a chipotle chile. Not only is this recipe quick and easy, it is a perfect way to use leftover chicken breasts as well.

1 Tbsp canola oil 15 mL
2 cloves garlic, chopped, divided
1/4 onion, sliced into strips
2-3 chicken breasts, 12 oz (350 g), cooked and shredded
1/2 tsp pepper 2 mL
3 tomatoes, grilled*
2 Tbsp chopped pickled jalapeños** 30 mL
1/2 cup water 125 mL
1/2 tsp fresh oregano, chopped 2 mL
1 chipotle chile, chopped
4 corn tostadas
1/2 small red onion, diced
1/2 avocado, diced

1. In sauté pan, heat canola oil over medium-high heat. Add half of garlic and onion and sauté until brown. Add shredded chicken and pepper. Cook until heat through.
2. In saucepan over medium heat, combine tomatoes, remaining garlic, jalapeños, water, oregano and chipotle chile. Bring to a boil. Remove from heat.
3. To serve, warm tostadas and divide chicken equally on each tostada. Garnish with onion and avocado.

Yield: 4 servings. Serving size: 1 tostada. Cost estimate: \$21 USD total or \$5 USD per serving.

** To grill tomatoes, slice in half and remove pulp and seeds over sink. Place face down on grill or grill pan for 2-4 minutes.*

*** Beware, this dish is spicy hot, so use less jalapeños to tame it down to taste.*

Nutritional Analysis per Serving:

Calories	280
Total Fat	10 g
Saturated Fat	1.5 g
Cholesterol	50 mg
Sodium	220 mg
Carbohydrates	25 g
Fiber	5 g
Protein	23 g



Vegetarian Hot and Sour Soup

By Stella Fong, food writer, Billings, Mont.

Traditional hot and sour soup is meat-based, but this vegetarian version gets its protein boost from tofu and eggs. Try this for an easy, heart-healthy and flavorful meal on a cool day.

4 dried Chinese black (shiitake) mushrooms
Hot water
2 tsp canola oil 10 mL
1 carrot, peeled and julienned
5 cups vegetable broth 1.25 L
1/4 cup canned bamboo shoots, drained, julienned 60 mL
3 Tbsp cornstarch, dissolved in 1/4 cup cold water 45 mL
3 Tbsp low-sodium soy sauce 45 mL
1/3 cup rice vinegar 75 mL
3/4 tsp ground white pepper 4 mL
6 oz savory baked or firm tofu, julienned 170 g
2 eggs, lightly beaten
2 stalks green onion, thinly sliced

1. In small bowl, soak dried mushrooms in hot water for 20 minutes or until softened. Cut off stems and any hard areas and discard. Cut caps into thin slices. Set aside.
2. In stock pot, heat canola oil over medium-high heat. Add mushrooms and carrots and cook 2 minutes until carrots are just soft. Add vegetable broth and bamboo shoots and bring to a boil. Add cornstarch mixture and stir until soup thickens, about 2 minutes. Add soy sauce, rice vinegar and white pepper. Stir.
3. Add tofu and bring soup back to a boil. While stirring soup in circular motion in one direction, pour eggs in thin stream into soup.
4. Remove soup from heat. Stir in green onions. Taste and adjust flavor with vinegar and white pepper. Serve immediately.

Yield: 8 servings. Serving size: 1 cup (250 mL).

Nutritional Analysis per Serving:

Calories	80
Total Fat	3.5 g
Saturated Fat	0 g
Cholesterol	55 mg
Sodium	450 mg
Carbohydrates	8 g
Fiber	2 g
Protein	4 g



Steamed Snapper with Citrus Sweet and Sour Sauce

By Gene Kato, executive chef, Japonais restaurant, Chicago

Using both traditional and unique ingredients for Japanese cuisine, this fish dish combines ginger and cilantro with a tangy sauce for a medley of flavors and aromas. The addition of red, green and orange vegetables creates a beautiful plate and the canola oil finish on the fish makes it melt-in-your mouth perfect.

Citrus Sweet and Sour Sauce

1/2 cup lime juice 125 mL
1/2 cup rice vinegar 125 mL
2 Tbsp granulated sugar 30 mL
1/4 tsp red chile flakes 1 mL
1 tsp coriander seed 5 mL
1/2 cup white wine 125 mL
2 cilantro stems, leaves removed and reserved for later use

4 snapper fillets, skin on, deboned, about 4 oz (125 g) each
1/4 cup fresh ginger, peeled and julienned ultra thin 60 mL
20 leaves fresh cilantro
2 Tbsp plus 1 tsp canola oil, divided 35 mL
2 carrots, cut into 2 x 1/4-inch (5 x 1/2-cm) pieces
2 zucchini, cut into 2 x 1/4-inch (5 x 1/2-cm) pieces
2 red bell peppers, cut into 2 x 1/4-inch (5 x 1/2-cm) pieces

1. In saucepan, add sauce ingredients. Simmer on medium heat 5-8 minutes or until sugar has fully dissolved. Remove cilantro stems and set aside.
2. Preheat steamer. Lay out each snapper fillet skin side up and sprinkle even amounts of ginger and five cilantro leaves per fillet on top. Place fish in steamer skin side up and cook on high 6-8 minutes.
3. Meanwhile, add 1 Tbsp (15 mL) canola oil to hot sauté pan and cook carrots 3 minutes. Add zucchini and bell pepper and cook until tender. Set aside to keep warm.
4. Pour 1/4 cup (60 mL) sauce on serving dish and arrange vegetables in alternating rows. Place steamed fish on top, skin side down. Heat remaining 1 Tbsp plus 1 tsp (20 mL) canola oil until smoking and spoon 1 tsp over each fish fillet (be cautious as oil will splash). Serve hot.

Yield: 4 servings. Serving size: 1 fish fillet.

Nutritional Analysis per Serving:

Calories	270
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	40 mg
Sodium	90 mg
Carbohydrates	16 g
Fiber	2 g
Protein	24 g



Spiced Garbanzo Bean Pie with Potato Crust

By *Raghavan Iyer*, cookbook author, Minneapolis

A hearty main dish for a vegetarian, this will appeal to meat eaters, too, as it's packed with proteins, starch and gusto. Serve it alongside a simple green salad and a dollop of Greek-style thick yogurt for a satiating and healthy meal.

Potato Crust

Canola oil cooking spray
2 lb Yukon gold potatoes, peeled and shredded 1 kg
2 Tbsp canola oil 30 mL
1/2 tsp ground turmeric 2 mL

Garbanzo Filling

2 Tbsp canola oil 30 mL
1 tsp cumin seeds 5 mL
1 medium red onion, cut in half lengthwise and thinly sliced
1 large green bell pepper, stem, seeds and ribs removed, cut into thin strips
2 Tbsp ground coriander 30 mL
2 tsp ground cumin 10 mL
2 cans (15 oz or 450 mL) garbanzo beans (chickpeas), drained and rinsed
2 cups (about one 15-oz can) stewed tomatoes, including juice 500 mL
1 habañero chile, stem removed and finely chopped (do not discard seeds)
2 cups shredded reduced-fat provolone cheese 500 mL
2 large eggs, slightly beaten
1/4 cup finely chopped fresh cilantro leaves and tender stems 60 mL

1. Preheat oven to 350 °F (180 °C). Liberally spray two 9-inch (22-cm) pie pans (bottoms and sides) with canola oil cooking spray.
2. In medium bowl, combine potatoes, canola oil and tumeric. Divide dough into two equal halves and press each half into one of prepared pie pans, making sure bottom and sides get covered with potato shreds.
3. Bake in oven 5 minutes. Remove from oven and set aside.
4. To make filling, heat canola oil in large skillet or sauté pan over medium-high heat. Sprinkle in cumin seeds and allow them to sizzle, about 15 seconds.
5. Add onion and bell pepper and stir-fry until onion is golden brown, 5-7 minutes.
6. Stir in ground coriander and cumin, allowing them to cook and turn aromatic, about 15 seconds.
7. Add garbanzo beans, tomatoes and chile. Stew mixture, uncovered, stirring occasionally, until almost all liquid is absorbed, 10 to 12 minutes.

8. Turn off heat and allow pan's contents to cool slightly, about 10 minutes.
9. Stir in cheese, eggs and cilantro.
10. Divide and spread filling equally among two prepared potato crusts. Bake pies, uncovered, until centers are cooked and crusts are brown, about 45 minutes.
11. Allow pies to rest about 10 minutes. Slice into wedges and serve.

Yield: 12 servings (six slices per pie). Serving size: 1 slice.

Nutritional Analysis per Serving:

Calories	290
Total Fat	10 g
Saturated Fat	2.5 g
Cholesterol	45 mg
Sodium	250 mg
Carbohydrates	38 g
Fiber	8 g
Protein	13 g



Garlic-Rosemary Pork Tenderloin with Fruit Compote Over Greens
By Carla Hall, chef/owner of Alchemy Caterers and finalist on Bravo's "Top Chef" Season 5, Washington, D.C.

Canola oil infused with lemon and rosemary offers a touch of herb flavoring to both the fruit compote and pork tenderloin. Greens mixed with Brussels sprout leaves are heightened by a splash of grapefruit juice and fennel seeds to convert any said hater of this misunderstood sprout.

Lemon-Rosemary Canola Oil

3 Tbsp canola oil 45 mL
1 sprig rosemary, about 1 inch (2.5 cm)
1 lemon peel, about 1 inch (2.5 cm)

5 garlic cloves, minced
1 lemon, zest only
3 Tbsp chopped fresh parsley 45 mL
1 Tbsp chopped fresh rosemary leaves 15 mL
1 Tbsp toasted fennel seeds 15 mL
2 tsp lemon-rosemary canola oil 10 mL
1 pork tenderloin, about 1 lb (500 g)

Fruit Compote

2 tsp lemon-rosemary canola oil 10 mL
2 peaches, pitted and sliced lengthwise into wedges

1 Tbsp minced red onion 15 mL
2 tsp lemon-rosemary canola oil 10 mL
1 tsp honey 5 mL
1 tsp finely chopped, seeded jalapeño 5 mL
1 Tbsp finely chopped mint 15 mL
10 cherries, pitted and halved
1 ruby red grapefruit, sectioned, juice reserved

1 Tbsp lemon-rosemary canola oil 15 mL
10 to 12 Brussels sprouts, separated into leaves and blanched
2 cups mixed hearty greens (like mustard greens, kale and collard greens), ribs removed and leaves cut into strips 500 mL
2 Tbsp reserved grapefruit juice 30 mL
2 tsp toasted fennel seeds 10 mL

1. In microwave-safe glass measuring bowl, add 1/4 cup (60 mL) canola oil and heat on high for 1 minute. Carefully remove from microwave and add rosemary and lemon peel. Let steep 30 minutes to 1 hour.

2. In small bowl, combine garlic, lemon zest, parsley, rosemary and fennel seed. Add 2 tsp (10 mL) lemon-rosemary canola oil to make into paste.

3. Rub pork tenderloin all over with two-thirds herb paste. Seal pork in resealable plastic bag and refrigerate 1-2 hours. Reserve remaining one-third paste in refrigerator to use on cooked tenderloin.

4. In medium sauté pan, add 2 tsp (10 mL) lemon-rosemary canola oil and warm over medium-high heat. Add peaches to hot pan, searing 20 seconds on each side. Transfer to medium bowl and set aside.

5. In small bowl, add 2 Tbsp (30 mL) reserved grapefruit juice and mix with minced onion to quickly pickle onion.

7. Preheat oven to 400 °F (200 °C). Remove pork tenderloin from refrigerator and wipe off herb coating from pork.

8. In large, oven-safe sauté pan, warm 1 Tbsp (15 mL) lemon-rosemary canola oil over high heat. Add pork tenderloin to hot sauté pan, cooking on each side until golden brown, about 2-3 minutes per side. Move sauté pan with pork tenderloin into oven to finish and cook until meat thermometer registers 145 °F (63 °C), about 10-15 minutes.

9. Meanwhile, finish compote by combining 2 tsp (10 mL) lemon-rosemary canola oil, honey, jalapeños and mint in a bowl. Remove minced red onion from grapefruit juice and add to mixture. Reserve grapefruit juice for later use. Mix to combine. Add cherries, cooked peaches and grapefruit sections toss lightly to coat fruit.

10. When pork is finished cooking, remove from pan and let rest on cutting board. Spread with reserved herb mixture and cover pork with foil to keep warm.

11. Return same sauté pan to stove over medium-high heat. Add Brussels sprout leaves and greens, stirring until all greens are wilted, about 2-3 minutes. Add 2 Tbsp reserved grapefruit juice, stirring to scrape up brown bits. Add fennel seeds and remove from heat.

12. Slice pork into thin medallions. Add cooked greens to center of each plate, arranging pork medallions around greens. Garnish pork with fruit compote and serve.

Yield: 6 servings. Serving size: 3 oz (90 g) pork and 1 1/3 cups (325 mL) compote.

Nutritional Analysis per Serving:

Calories	230
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	50 mg
Sodium	55 mg
Carbohydrates	20 g
Fiber	4 g
Protein	19 g



Braised Beef and Vegetable Stew

By Mairlyn Smith, cookbook author, Toronto

This beef and vegetable stew is a healthy take on a hearty classic. Braising allows the beef and vegetables to reach the perfect tenderness while the tomatoes, red wine and Worcestershire give the dish just the right amount of acidity.

2 lb lean stew beef or bison 1 kg
2 medium onions, diced
3 cups chopped carrots, about 6 carrots total 750 mL
2 cups cubed rutabaga, about 1 x 2-inch (2.5 x 5-cm) cubes 500 mL
4 cloves garlic, minced
1 Tbsp canola oil 15 mL
1 tsp dried thyme leaves 5 mL
1/2 tsp cracked black pepper 2 mL
1/2 tsp dried tarragon leaves 2 mL
1 tsp dried summer savory* 5 mL
1/4 cup whole-wheat flour 60 mL
1 can (10 oz or 284 mL) low-sodium beef broth, undiluted
1 cup canned crushed tomatoes 250 mL
1 cup red wine, merlot or Burgundy wine 250 mL
1/2 cup water 125 mL
1 Tbsp Worcestershire sauce 15 mL
2 stems fresh rosemary

1. Preheat oven to 350 °F (180 °C).
2. In large, 14-cup (3.5-L) Dutch oven, place beef, onions, carrots, rutabaga and garlic. Drizzle with canola oil and toss to coat.
3. Sprinkle with thyme, pepper, tarragon, summer savory and flour. Toss to coat.
4. Add beef broth, tomatoes, red wine, water and Worcestershire. Place rosemary stems on top.
5. Cover and cook for 2 1/2-3 hours. Remove from oven. Remove rosemary, stir and serve. Store leftovers in refrigerator for up to three days.

Yield: 8 servings. Serving size: 1 cup (250 mL).

* *Herb similar to sage.*

Nutritional Analysis per Serving:

Calories	280
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	70 mg
Sodium	190 mg
Carbohydrates	17 g
Fiber	4 g
Protein	27 g



Strip Steak, Chile and Onion Tacos

By *Alfredo Oropeza*, host of “*Al Sabor del Chef*” and cookbook author, Mexico City

The smokiness of chipotle chiles and freshness of green chiles combine to create the authentic flavor of Mexican cuisine. Say goodbye to ground beef and packaged seasoning ... this is taco night done right.

2 Tbsp canola oil 30 mL
1 clove garlic, chopped
1/2 onion, sliced into strips
4-5 top loin strip steaks, about 16 oz (500 g), sliced into strips
8 pearl or chambray onions
3 tomatoes, chopped
2 chipotle chiles, chopped
1/2 tsp black pepper 2 mL
2 green chiles, sliced into strips
12 corn tortillas
1 cup (about 1/2 can) fat-free refried beans, 250 mL

1. In sauté pan, heat canola oil over medium-high heat. Add garlic, sliced onion and beef and sauté 5 minutes or until beef reaches desired doneness. Add pearl onions, tomatoes and chipotle chiles. Add green chiles and season with pepper.

2. Warm tortillas, spread refried beans evenly on each, add sautéed mixture and fold into tacos. Serve with guacamole.

Yield: 6 servings. Serving size: 2 tacos.

Nutritional Analysis Per Serving:

Calories	310
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	40 mg
Sodium	300 mg
Carbohydrates	41 g
Fiber	5 g
Protein	23 g



Stir-Fried Pork and Broccoli with Garlic-Ginger Sauce

By Stella Fong, food writer, Billings, Mont.

Though it's not typically remembered as a member of the lean protein family, pork tenderloin has just 1 gram of saturated fat per 3-ounce (90-gram) serving. Sautéed with canola oil, which is also low in saturated fat, and broccoli crowns, this dish is a nutritious take on a Chinese classic.

3/4 lb pork tenderloin, cut into 1/2-inch (1.25-cm) cubes 350 g
1 Tbsp low-sodium soy sauce 15 mL
1 tsp cornstarch 5 mL
1 tsp dry sherry 5 mL

Garlic Ginger Sauce

1/4 cup low-sodium chicken broth 60 mL
1 tsp oyster sauce 5 mL
2 tsp cornstarch 10 mL

2 Tbsp canola oil, divided 30 mL
2 cloves garlic, sliced, divided
4 slices ginger, divided
3/4 lb broccoli crowns, cut into 1/2-inch (1.25-cm) pieces 350 g
1/3 cup low-sodium chicken broth 75 mL
2 stalks green onion, thinly sliced

1. In medium bowl, mix together pork, soy sauce, cornstarch and sherry. Marinate in refrigerator at least 30 minutes.
2. In small bowl, stir together sauce ingredients. Set aside.
3. In wok or heavy skillet, heat 1 Tbsp (15 mL) canola oil over medium-high heat. Add half of garlic and half of ginger and sauté until fragrant, about 30 seconds. Add pork and stir-fry about 4 minutes, browning meat and cooking until no longer pink. Scoop pork onto a plate. Set aside.
4. In wok or skillet, heat 1 Tbsp (15 mL) canola oil over medium-high heat. Tip wok or skillet to coat bottom of pan with canola oil. Add remaining garlic and ginger. Stir-fry until fragrant, about 30 seconds. Add broccoli and sauté for 1 minute. Pour in broth and cover wok or skillet. Cook for 3 minutes.
5. Remove lid and cook until most of liquid is gone. Add pork. Stir sauce, making sure cornstarch is dissolved, then add to pork and broccoli. Cook until sauce is thickened, about 2 minutes. Stir occasionally to coat meat and broccoli with sauce. Sprinkle in green onions and cook for another minute. Serve immediately.

Yield: 4 servings. Serving size: 1 cup (250 mL).

Nutritional Analysis per Serving:

Calories	200
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	400 mg
Carbohydrates	9 g
Fiber	3 g
Protein	21 g



Sea Bass with Soba Noodles and Sake-Soy Sauce

By Gene Kato, executive chef, Japonais restaurant, Chicago

In this dish, sea bass is dressed up with sake, soy sauce, shiitake mushrooms and soba noodles for an extraordinary taste of Japan in a “surprise package.” Each serving is wrapped up in parchment paper so when diners untie it, they are met with a burst of aromas and textures.

Sake-Soy Sauce

1/2 cup sake 75 mL
1/4 cup low-sodium soy sauce 60 mL
1 Tbsp canola oil 15 mL
2 tsp finely grated fresh ginger 10 mL
1/2 Tbsp finely minced garlic 7 mL
1/2 tsp black pepper 2 mL

4 sheets parchment paper, 15 x 15 inches (38 x 38 cm)
6 oz pre-cooked soba noodles 170 g
16 fresh shitake mushrooms, stems discarded
1/4 cup bamboo shoots 60 mL
12 spears fresh asparagus, trimmed and cut in half
4 fresh sea bass fillets, scaled and skin removed, about 3 oz (90 g) each
4 pieces butchers’ twine, each about 8 inches (20 cm) long

1. In bowl, combine sauce ingredients and stir until well-combined. Set aside.
2. Lay one sheet of parchment paper on table. Place 1/4 of cooked soba noodles, 4 shitake mushrooms, bamboo shoots, 6 asparagus pieces and one piece of sea bass in center of parchment paper. Repeat three times.
3. Add 3 Tbsp (45 mL) sake-soy sauce and bring all sides of packet toward center to close. Tie air-tight with string. Repeat process three times until four packets are made. Place on baking sheet and bake at 400 °F (200 °C) for 15 to 20 minutes depending on thickness of the fish. Serve hot, instructing diners to unwrap parchment paper.

Yield: 4 servings. Serving size: 1 fillet packet.

Nutritional Analysis per Serving:

Calories	490
Total Fat	5 g
Sat Fat	0.5 g
Cholesterol	35 mg
Sodium	470 mg
Carbs	65 g
Fiber	16 g
Protein	41 g



Chicken with Cashew-Spinach Sauce

By Raghavan Iyer, cookbook author, Minneapolis

Simple and quick, this vibrant dish packs flavor and color in each addictive bite. Serve it with some steamed basmati rice or even hot noodles tossed with a little coarse sea salt, coarsely ground black peppercorns and a drizzle of canola oil.

Cashew Marinade

1/2 cup plain low-fat yogurt 125 mL

1/4 cup raw cashew nuts 60 mL

8 medium cloves garlic

3 slices fresh ginger, cut lengthwise about 1 1/2 inches (3.75 cm) long, 1 inch (2.5 cm) wide and 1/8 inch (1/4 cm) thick

1 Tbsp coriander seeds 15 mL

1 tsp cumin seeds 5 mL

6 boneless, skinless chicken breasts (about 4 oz each)

1 1/2 Tbsp canola oil 20 mL

1 small red onion, cut in half lengthwise and thinly sliced

1 cup water 250 mL

8 oz fresh, pre-washed baby spinach leaves 250 g

1/2 tsp cayenne pepper 2 mL

1 large tomato, cored and finely chopped

1. In blender, combine marinade ingredients. Purée, scraping inside of blender as needed to make smooth, yet slightly gritty, sauce. Transfer mixture to medium-size bowl.
2. Add chicken breasts to bowl and coat well with marinade. Refrigerate, covered, at least 1 hour or as long as overnight.
3. In large skillet, heat 1/2 Tbsp (7 mL) canola oil over medium-high heat. Add onion and cook, stirring, until onion slices are soft and light brown around edges, 3 to 4 minutes. Transfer onion to a plate.
4. Pour remaining 1 Tbsp (15 mL) canola oil into same skillet. Add chicken breasts (most of marinade will still be clinging to pieces) to skillet in single layer. Sear meat until lightly browned, 3-5 minutes. Turn pieces over and sear other side until lightly browned, 3-5 minutes.
5. Remove chicken from skillet onto a plate. Transfer onion slices to pan and pour water into skillet. Scrape bottom to release browned bits of chicken and deglaze pan. Move chicken breasts back to skillet and spoon mixture over them. Reduce heat to medium-low, cover and braise chicken, basting it with sauce occasionally, until meat in thickest parts is no longer pink inside and juices run clear, 12-15 minutes. Transfer chicken and onions to serving platter and cover with foil to keep warm.

6. Raise heat to medium-high and add spinach, one handful at a time, into sauce along with cayenne and salt. Cook, stirring occasionally, just until leaves have wilted, 1-2 minutes. Stir in tomato and spoon sauce over chicken breasts to serve.

Yield: 6 servings. Serving size: 1 chicken breast.

Nutritional Analysis per Serving:

Calories	260
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	70 mg
Sodium	135 mg
Carbohydrates	13 g
Fiber	3 g
Protein	30 g

