

# FOOD

## Good Food is Good Medicine

A healthy lifestyle – reflecting the right balance of foods and by exercising as often as possible – can drastically cut your risk of stroke, diabetes, cardiovascular disease and cancer.

Providence Portland experts say the goal is ‘brain food’ that thwarts stroke and attains that delicate balance of the right food groups, fats and oils for optimum health.

The following summer-themed recipes from the American Heart Association and American Stroke Association are good for your health and just plain good:



### Mediterranean Fish

Serves 4; 3 ounces fish and 2 tablespoons tomato mixture per serving

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Preheat the oven to 400°F. Line a baking sheet with aluminum foil and lightly spray with vegetable oil spray. In a small microwaveable bowl, stir together the tomatoes and water. Cover with plastic wrap. Microwave on 100 percent power (high) for 30 seconds, or until the water is very hot. Let stand for 5 minutes, or until the tomatoes are soft. Drain well. Return the tomatoes to the bowl. Stir

in the olives, pimiento, parsley, basil, and oil. Rinse the fish and pat dry with paper towels. Place the fish in a single layer on the baking sheet. Sprinkle with the paprika, cayenne, and salt. Bake for 10 minutes, or until the fish flakes easily when tested with a fork. Transfer the fish to a serving plate. Spoon the tomato mixture on top.

#### INGREDIENTS

- Vegetable oil spray
- 4 dry-packed sun-dried tomato halves, finely chopped
- 2 tablespoons water
- 8 kalamata olives, finely chopped
- 2 tablespoons diced pimiento
- 2 tablespoons finely snipped fresh parsley
- 1 tablespoon chopped fresh basil leaves
- 1 teaspoon olive oil
- 4 mild, thin fish fillets, such as snapper (about 4 ounces each)
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne
- 1/8 teaspoon salt

#### Nutrients per Serving

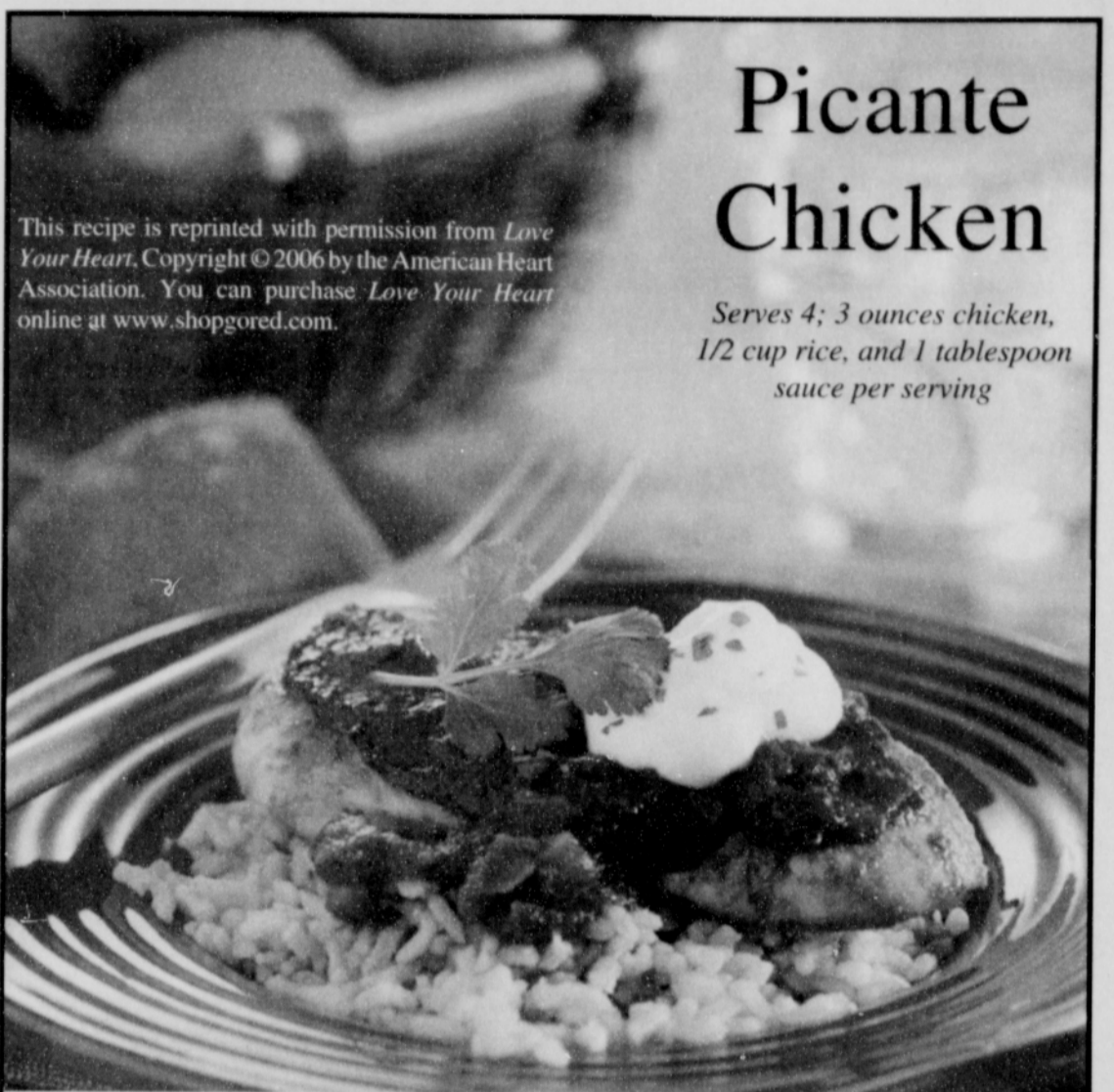
Calories	152
Total Fat	4.5 g
Saturated	0.5 g
Polyunsaturated	1.0 g
Monounsaturated	2.5 g
Cholesterol	40mg
Sodium	246mg
Carbohydrates	3 g
Total Sugars	1 g
Dietary Fiber	1 g
Protein	23 g

#### Dietary Exchanges

3 lean meat

## Picante Chicken

Serves 4; 3 ounces chicken, 1/2 cup rice, and 1 tablespoon sauce per serving



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Preheat the oven to 350°F. Lightly spray an 11 x 7 x 2-inch baking dish with vegetable oil spray. Put the chicken in the baking dish. Sprinkle with the cumin, drizzle with the oil, and spoon the picante sauce on top. Using the back of a spoon, spread the sauce

evenly over the chicken. Bake for 25 minutes, or until the chicken is no longer pink in the center. Meanwhile, in a small saucepan, prepare the rice according to the package directions, omitting the salt and margarine and adding the turmeric. Stir in the salt.

To serve, spoon the rice onto plates. Place the chicken beside the rice. Spoon the sauce over all. Top the chicken with the sour cream and cilantro.

#### INGREDIENTS

- Vegetable oil spray
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 1/4 to 1/2 teaspoon ground cumin
- 2 teaspoons olive oil
- 1/4 cup mild picante sauce (lowest sodium available)
- 1 cup uncooked instant brown rice
- 1/4 teaspoon ground turmeric (optional)
- 1/4 teaspoon salt
- 2 tablespoons fat-free or light sour cream
- 2 tablespoons snipped fresh cilantro

#### Nutrients per Serving

Calories	245
Total Fat	4.5 g
Saturated	0.5 g
Polyunsaturated	1.0 g
Monounsaturated	2.5 g
Cholesterol	67 mg
Sodium	296 mg
Carbohydrates	20 g
Total Sugars	1 g
Dietary Fiber	1 g
Protein	29 g

#### Dietary Exchanges

1 1/2 starch  
3 very lean meat

## NEW SEASONS MARKET

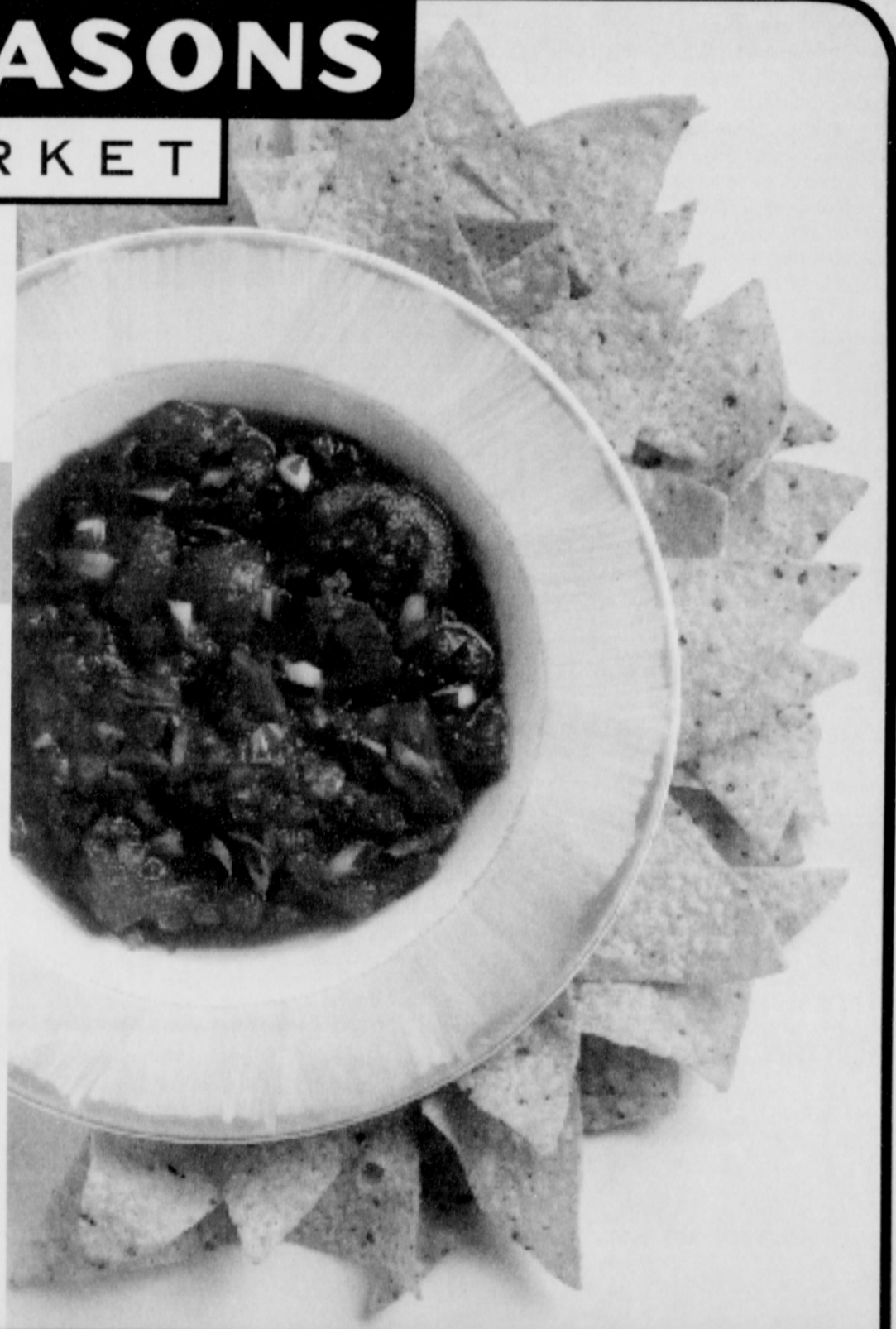
# Let's Salsa!

SALSA TASTING  
Saturday & Sunday • 11:00am–5:00pm

Salsa isn't just about tomatoes anymore. Break out of your old salsa routine and add some *cha cha cha* to entrées and hors d'oeuvres. Visit us this weekend and sample every variety of salsa we have on our shelves. Dip into the Roasted Poblano or Black Bean & Corn Salsa. Spice it up with the Habañero Lime, or sweeten your palate with Grilled Pineapple or Mango Salsa.

Rather make your own? We'll be preparing some of our favorite salsa and guacamole recipes, made from fresh ingredients selected from our produce department. Sample as many as you like, find your favorites, and take home the recipes. Spice them up or down as you please.

Wash down the fiesta with your favorite Latin lager. We'll offer tastes from our selection of Mexican and South American brews so you can choose which cerveza will go best with your fiesta.



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