

FOOD

Steamed Vegetables Brown Rice

continued ▲ from page 19

Brown Rice

Brown rice is considered a whole grain because it contains all parts of the harvested rice grain. The outer covering, called bran, is tough and composed of fiber. The starchy part of the rice grain, the endosperm, is located beneath the bran and surrounds the germ. The germ is the reproductive portion of the rice grain, which is rich in vitamins and minerals. In white rice, the bran is removed during processing, but, in brown rice, all components remain and are responsible for many of its nutritional benefits.

Brown Rice Benefits

Brown rice is rich in carbohydrate, in minerals such as calcium, iron, phosphorus and potassium and in vitamin E and the B-complex vitamins. One cup of uncooked brown rice also contains 6.5 grams of dietary fiber. According to experts at the Harvard School of Public Health, dietary fiber has many health benefits. It helps prevent constipation by keeping stool soft and lowers your risk of digestive problems such as diverticular disease. It also tends to lower your blood level of low-density lipoprotein, known as bad cholesterol, reducing your risk of cardiovascular disease. Consuming fiber might also protect you from type 2 diabetes, possibly by lowering your blood insulin level. Harvard experts estimate that a high-fiber diet can lower your risk of diabetes by as much as 36 percent.

White Sea Bass with Orange-Fennel Relish

This simple but elegant recipe shows what you can make and enjoy eating even with limited cooking time to stay healthy.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh orange juice
- 1/2 teaspoon grated orange rind
- 3/8 teaspoon kosher salt, divided
- 3/8 teaspoon freshly ground black pepper, divided
- 1 (12-ounce) fennel bulb
- 1 cup fresh orange sections
- 1/4 cup thinly sliced red onion
- 2 ounces halved Castelvetrano olives (about 1/2 cup)
- 4 (6-ounce) white sea bass fillets
- 1 1/2 teaspoons butter

Preparation

1. Combine first 4 ingredients, 1/8 teaspoon salt, and 1/8 teaspoon black pepper in a medium bowl, stirring with a whisk. Remove fronds from fennel bulb; chop fronds to measure 2 tablespoons. Remove and discard stalks. Cut fennel bulb in half lengthwise; discard core. Thinly slice fennel bulb. Add sliced fennel, orange sections, onion, and olives to orange juice mixture; toss gently to coat. Stir in fennel fronds.
2. Heat a large nonstick skillet over medium-high heat. Sprinkle fish evenly with remaining 1/4 teaspoon salt and the remaining 1/4 teaspoon pepper. Add butter to pan; swirl until butter melts. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with relish.



Pork Chops with Cherry Couscous

Sweet red cherries are a bountiful bargain, and they lend a wonderfully fresh, fruity element that pairs well with pork. If cherries are out of season you can use dried cherries instead.

Ingredients

- 3 tablespoons olive oil, divided
- 4 (6-on) pork chops
- 1 teaspoon salt, divided
- 1/4 tspn black pepper
- Cooking spray
- 1 cup uncooked couscous
- 3/4 cup boiling water
- 1 cup chopped pitted cherries
- 1/2 cup sliced green onions
- 1/3 cup roasted almonds, chopped
- 2 teaspoons grated lemon rind
- 2 tablespoons fresh lemon juice

Preparation

1. Preheat grill to medium-high heat.
2. Brush 1 tablespoon olive oil evenly over both sides of pork, and sprinkle evenly with 1/2 teaspoon salt and black pepper. Place pork on a grill rack coated with cooking spray, and grill 4 minutes on each side or until desired degree of doneness. Let pork stand for 5 minutes.
3. Place couscous in a large bowl. Add 3/4 cup boiling water; cover and let stand for 5 minutes. Uncover and fluff with a fork. Stir in remaining 2 tablespoons oil, remaining 1/2 teaspoon salt, cherries, and remaining ingredients. Serve with pork.



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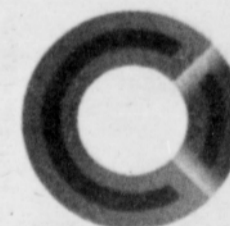
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