

Healthy Meals Made Easy

The cooking demonstration this month features quick cooking and delicious recipes that will satisfy all the senses. The recipes highlighted today provide maximum flavor, varied texture and added nutritional benefits from a combination of whole grains, colorful greens and fresh fish.

Trout

The current recommendation for fish consumption is 2-3 times per week. Fresh fish and seafood provide a beneficial distribution of healthy fats and are a lean source of protein. The mercury content of predatory fish tends to be higher, therefore smaller breeds are safer to plan into meals on a regular basis. The Environmental Working Group encourage the consumption of wild Pacific salmon, flounder, haddock, shrimp, scallops, trout and catfish among others that are all low in mercury. Predatory fish such as swordfish and shark should be avoided or consumed sparingly due to higher mercury content.

Brown Basmati Rice

Brown rice is a more nutrient dense option compared to white rice due to the preserved fiber content. To make brown rice, the outermost layer of the grain called the hull is removed, but the bran and the endosperm remain intact. The bran contains not only a portion of the fiber but also certain vitamins and minerals including Vitamin E and a variety of B Vitamins. When compared to other types of brown rice, brown basmati rice contains about 20% more fiber.

Potatoes

There are many different varieties of potato in the supermarket these days. Some are different colors from the standard white russet to now purple fingerling potatoes. They are a great compliment to many dishes due to their impressionable flavor and relatively high starch content. Potatoes are a very good source of Vitamin B6, and a good source of potassium, copper, Vitamin C, phosphorous and fiber (if the skin is consumed as well). The potato belongs to the nightshade family or Solanaceae, which also includes eggplant, tomatoes and bell peppers. Anecdotal cases have been documented in the medical literature, which report when this plant family is removed from the diet that there is an improvement in symptoms associated with mild arthritis. Unfortunately, there have been no case-controlled scientific studies conducted to confirm these claims and study the underlying mechanism.