

## **Eat Your ABC's Camerota's Cupboard September 2012**

Fall is coming, so it's back to school and back to basics. Here are three recipes whose main ingredient starts with **A, B, or C**. Enjoy them during the cooler pleasant days of autumn. And read about the health benefits of apples as you bite into a crunchy one.

### **Apples**

What says fall like a crunchy bright apple? And they're good for us too. A web site called "Eat This!" lists 10 health benefits of apples:

1. **Bone Protection:** French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density.
2. **Asthma Help:** One study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.
3. **Alzheimer's Prevention:** A study on mice at Cornell University found that the quercetin in apples may protect brain cells from the kind of free radical damage that may lead to Alzheimer's disease
4. **Lower Cholesterol:** The pectin in apples lowers LDL ("bad") cholesterol. People who eat two apples per day may lower their cholesterol by as much as 16 percent.
5. **Lung Cancer Prevention:** According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples.
6. **Breast Cancer Prevention:** A Cornell University study found that rats that ate one apple per day reduced their risk of breast cancer by 17 percent. Rats fed three apples per day reduced their

risk by 39 percent and those fed six apples per day reduced their risk by 44 percent. (The study did not report an increased suicide rate among the force-fed rats.)

7. **Colon Cancer Prevention:** One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.

8. **Liver Cancer Prevention:** Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer.

9. **Diabetes Management:** The pectin in apples supplies galacturonic acid to the body which lowers the body's need for insulin and may help in the management of diabetes.

10. **Weight Loss:** A Brazilian study found that women who ate three apples or pears per day lost more weight while dieting than women who did not eat fruit

## **Baked Apples**

(from The Nutrition Council of Greater Cincinnati's *More Nutritious Still Delicious*)

4 large baking apples, unpeeled  
1/4 cup raisins  
1/2 cup apple juice  
1/4 cup chopped walnuts or pecans  
1/4 cup real maple syrup  
1 tablespoon lemon juice  
1 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1/8 teaspoon ground ginger

- Preheat oven to 350 degrees F. Spray a flat baking dish with cooking spray.

- Wash and core apples. Place in prepared baking dish.
- In a small bowl, combine raisins, apple juice nuts, maple syrup, lemon juice, cinnamon, nutmeg and ginger; mix well.
- Stuff cored apples with mixture.
- Bake uncovered in preheated oven until tender, about 35 to 40 minutes. Baste apples occasionally with pan liquids while baking.

#### **4 Servings (1 apple per serving)**

**Nutrition information per serving:** 202 calories; 2g protein; 42g carbohydrate; 4g dietary fiber; 5g fat; <1g saturated fat; 0mg cholesterol; 6mg sodium

#### **Broccoli Salad with Peanut Dressing**

(from AICR, The American Institute for Cancer Research)

Sesame stir-fry is a take-out favorite, but is often overloaded with fats and oils. This recipe makeover features all the flavor of a traditional Sichuan dish with cancer protection to boot. Broccoli is a nutritional powerhouse, packed with fiber, beta-carotene, folate, potassium and vitamin C. It's also rich in sulphoraphane, a phytochemical being studied for its cancer-fighting properties. Steam cooking the broccoli helps it retain even more of these nutrients. Mix it up with peppers, onions and a sweet and tangy peanut sauce for an authentic flavor.

4 cups broccoli florets

1 medium red bell pepper, cut into strips, about 1 cup

1/3 cup red onion, cut into crescents

3 tablespoons smooth peanut butter, natural and unsweetened

2 teaspoons roasted sesame oil

1-2 tablespoons rice vinegar

2 tablespoons fresh lime juice

1 tablespoon reduced-sodium soy sauce

2 teaspoons agave syrup

Pinch of salt  
Freshly ground black pepper  
Red pepper flakes, optional

- Place steamer basket in large saucepan. Add water to depth of 1 inch. Cover and bring the water to boil. Add broccoli, cover and steam over medium-high heat until tender-crisp, 3 minutes. Transfer broccoli to mixing bowl. Add bell pepper and onion.
- In a small bowl, combine peanut butter and sesame oil. Add vinegar, lime juice, soy sauce and agave and whisk until dressing is smooth. Season dressing to taste with salt and pepper. Pour dressing over vegetables and use fork to toss until salad is well coated. Sprinkle on red pepper flakes, if using, and mix to combine. Cover, and refrigerate the salad for 1 hour before serving. Toss well before serving.

#### **4 Servings**

**Nutritional Information per serving:** 146 calories; 9g fat (2g sat. fat); 17g carbohydrates; 6g protein; 4g fiber; 255mg sodium.

### **Cincinnati Chili Party Dip**

*(from More Nutritious Still Delicious)*

The Nutrition Council of Greater Cincinnati, replaces the high fat sour cream with nonfat yogurt to create this healthier version of a Cincinnati favorite. Add beans and chopped vegetables to give it a nutrient boost. Serve with baked chips instead of corn chips to save calories.

2 cups nonfat drained yogurt  
1 can (15 ounces) Cincinnati-style chili without beans  
1 can (15 ounces) black beans, well drained and rinsed  
1 cup fresh chopped tomato  
1 cup shredded romaine lettuce

1 cup reduced fat shredded cheddar cheese (about 4 ounces)

- Spread drained yogurt evenly on bottom of 9x13 casserole dish.
- In a microwave safe bowl, combine chili and black beans. Heat until bubbly. Or combine in a saucepan and heat.
- Pour heated mixture over drained yogurt. Sprinkle shredded cheddar cheese on chili mixture.
- Top with chopped tomatoes and shredded romaine lettuce and serve with baked tortilla chips.

**24 servings (1/4 cup per serving)**

**Nutrition information per serving (1/4 cup):** 75 calories; 6g protein; 5g carbohydrate; 1g dietary fiber; 3g fat; 2g saturated fat; 10mg cholesterol; 168mg sodium