

Gifts From The Sea Camerota's Cupboard August 2012

Seared Sea Scallops with Broccoli Rabe and White Beans

(adapted from *The Cincinnati Enquirer Weekend Section*. The *Enquirer's* source was Whole Foods Market.)

Growing up in Philadelphia we called broccoli rabe "bitter broccoli." Another name for it is *rapini*. It was an acquired taste because it *is* a bitter green. You can substitute regular broccoli if you'd like. The sodium in the original recipe is high (810mg), so be sure to rinse the beans, an excellent source of fiber, for 1-2 minutes and be sparing with the salt. The garlic, red pepper and lemon provide plenty of flavor.

Sea-scallops, in addition to their delicious taste, are a very good source of vitamin-B12, an important nutrient for cardiovascular health. They are also a very good source of omega-3 fatty acids and a good source of magnesium and potassium, three other nutrients that provide significant benefits for the cardiovascular system.

A high intake of vitamin-B12 has also been shown to be protective against colon cancer. Vitamin-B12 helps to protect the cells of the colon against mutations that result from cancer-causing chemicals, another good reason to consume plenty of vitamin-B12.

1 pound bunch of broccoli rabe, tough stems removed

4 teaspoons olive oil, divided

4 cloves garlic, sliced

1/8 teaspoon crushed red pepper, or to taste

A pinch of salt

1 15 ounce can white (cannellini) beans, rinsed for 1-2 minutes and drained

1 pound sea scallops, patted dry

Juice of 1/2 lemon or to taste

- Rinse the broccoli; leave water clinging to the leaves. Set aside.
- Heat 2 teaspoons oil in a large skillet on medium-high. Add garlic and cook, stirring until it turns golden, 2 to 3 minutes.
- Stir in crushed red pepper, then immediately stir in broccoli and a few shakes of salt.
- Cover pan, lower heat to medium-low and cook, stirring frequently, until broccoli is tender, 8 to 10 minutes.
- Stir in drained and rinsed beans and cook until heated through, about 2 minutes more.
- Transfer broccoli and beans to a serving dish and cover to keep warm.
- Wipe out skillet (or use a new one), place it over high heat and add remaining 2 teaspoons oil. Season scallops with a few shakes of salt if needed. Cook scallops until just browned, about 2 minutes per side.
- Squeeze lemon juice over scallops, remove them from the skillet and serve over the broccoli and beans.

Serves 4

Approximate nutrition information per serving: 230 calories; 5g fat; 25mg cholesterol; 23g protein; 24g carbohydrate, 4g fiber; 810 mg sodium; 17% calories from fat.

Tilapia with Tomato Sauce and Linguini

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

According to AICR (The American Institute for Cancer Research), tilapia is a good source of protein, vitamin B12 and Selenium. This affordable, sustainable fish makes a great, healthful alternative to a dish built around red meat. Red meat has been linked to higher risk for colorectal cancer so AICR recommends cutting down to less than 18 ounces per week.

4 ounces linguini, uncooked
2 teaspoons canola oil
1 teaspoon minced garlic
1 teaspoon dried basil
1 can (14.5 ounces) Italian-style diced tomatoes
2 teaspoons lemon juice
¼ teaspoon salt
¼ teaspoon black pepper
2 teaspoons dried parsley
1 pound tilapia fillets

- Cook linguini according to package instructions, omitting salt. Drain; set aside.
- Heat oil in large skillet, adding more if necessary. Heat for 1 minute. Add garlic; sauté until lightly colored but not brown.
- Stir in basil, tomatoes, lemon juice, salt, pepper and parsley. Cook 5 minutes, stirring occasionally.
- Arrange fish fillets on top of the sauce. Cover and cook fish for 8 to 10 minutes or until fish flakes easily with a fork.
- Serve fish with sauce over warmed linguine.

Serves 4

Nutrition information per serving: (includes ½ cup – 1 ounce—linguini): 259 calories; 28g carbohydrate; 2 g dietary fiber; 5g fat; 1g saturated fat; 57g cholesterol; 450mg sodium

Pacific Halibut with Olives and Tomatoes (from AICR)

This dish provides some healthy Mediterranean flavor. Tomatoes are rich in vitamin C and lycopene that act together as antioxidants to help lower risk for some cancers. The halibut packs protein and omega-3 fats that can help foster heart health.

2 Tbsp. olive oil, divided
2 cloves garlic, crushed
2 large onions, chopped
1 medium green bell pepper, chopped
20 large black olives, pitted
1 14-ounce can plum tomatoes, chopped
4 halibut fillets, 4 oz each (any dense white fish will do)
1/2 tsp. Italian seasoning
Salt and pepper to taste
1 Tbsp. chopped fresh parsley
Chopped parsley to garnish

- Preheat oven to 375 degrees.
- In medium skillet heat 1 tablespoon olive oil. Sauté garlic, onion and pepper until softened.
 - Add olives and tomatoes and simmer for about 5 minutes. Set aside.
 - Gently wash fish and pat dry. Season with Italian seasoning, salt and pepper on both sides.
 - Heat remaining olive oil in large skillet over high heat. Cook fish for about 3 to 4 minutes on each side. When turning fish take care to keep fillets in one piece.
 - Place fish in baking dish and cover with the sauce. Sprinkle parsley on top.
 - Bake for about 10 - 15 minutes or until fish is cooked through.
 - Garnish with chopped parsley and serve over a bed of brown or wild rice.

Serves 4

Per serving: 270 calories; 12g total fat (trace saturated fat); 14g carbohydrate; 26g protein, 3g dietary fiber; 470mg sodium.