

Sprinkle Some Cumin - Camerota's Cupboard - June 2011

First, here are the latest federal nutritional guidelines:



Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks. [PDF](#)

If you recall in his talk to our group in April, Dr. Alan Safdi recommended adding herbs and spices to our meals for the antioxidant benefits they provide. Also *USA Weekend* (2/6/11) cites a study from India in which cumin was found to be just as effective as an anti-diabetes drug in controlling diabetes in lab rats. Cumin also has been shown to protect bones and help prevent food poisoning.

Here are 3 recipes that use cumin: one for cauliflower, one for rice, and one for fish that demonstrate the versatility of this healthy, flavorful spice.

Roasted Cauliflower with Cumin

(adapted from *Cuisine at Home* February 2011)

This dish has a high fiber content. Moreover, the fat is primarily the healthy fats, both monounsaturated and polyunsaturated.

One serving (1 cup) is an excellent source of vitamin C; providing 180% of the recommended daily intake for vitamin C. Wow!

3 tablespoons canola oil
1 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon ground cinnamon
¼ teaspoon of salt and of freshly ground black pepper
1 head of cauliflower, cut into 2-inch florets (about 2 lbs.)
Lemon wedges

Preheat oven to 450 degrees

Whisk together oil, cumin, coriander, cinnamon, salt and pepper in a large bowl until combined.

Add cauliflower, tossing to coat. Transfer cauliflower to a baking sheet and roast, stirring halfway through roasting, until tender and golden brown, 20-30 minutes. Remove cauliflower from oven, and serve with lemon wedges.

Makes 4 servings (1 cup per serving)

Nutrition information per 1 cup serving: 156 calories, 5 grams protein, 13 grams carbohydrate, 6.5 grams dietary fiber, 11 grams fat, 0 milligrams cholesterol, 217 milligrams sodium. One serving (1 cup) is an excellent source of vitamin C: provides 180% of the recommended daily intake for vitamin C.

Speedy Mexican Brown Rice

(from *More Nutritious Still Delicious*)

This is a quick, delicious dish especially if you cook the brown rice ahead of time. Brown rice adds a nutty, chewy texture and is healthier than white rice too. Worth the extra cooking time!

½ cup chopped onion

¼ cup chopped green bell pepper, fresh or frozen

1 teaspoon ground cumin

1 teaspoon chili powder

3 cups cooked brown rice

1 jar (16 ounces) salsa

2 cups frozen (or fresh) corn

1 can (15 ounces) black beans, drained and rinsed

- Spray a large skillet with cooking spray. Add onion and green pepper; sauté for 2 to 3 minutes.
- Add cumin and chili powder; sauté for an additional 2 minutes.
- Add cooked rice, salsa and corn; stir to combine; cover. Heat on medium heat for 5 minutes.
- Add black beans. Cover and cook an additional 5 minutes or until heated through.

Makes 4 servings (1 cup per serving)

Nutrition information per serving (1 cup):

183 calories; 5 gr protein; 36 gr carbohydrate; 5 gr dietary fiber; 1 gr fat; 0 gr saturated fat; 0 mg cholesterol; 319 mg sodium

Moroccan Cod with Chickpeas

Looking for a great, seasonal fish dish? Try this American Institute for Cancer Research (AICR) recipe with a Moroccan twist of flavor. Here, the light fish is paired with filling chickpeas and smothered in a seasoned tomato sauce to create a truly original taste.

Note: According to the Monterey Bay Aquarium Seafood Watch, U.S. pacific cod is the best choice of cod at present, both for your health and for sustainability.

1 can (28 oz., no salt added) whole plum tomatoes
1 medium onion, halved and cut lengthwise into 1/2 inch crescents
2 garlic cloves, chopped
1 tsp. ground cumin
1 tsp. ground sweet paprika
1/2 tsp. ground ginger
1 tsp. sugar
1/2 cup chopped cilantro leaves
1/4 cup chopped flat-leaf parsley
1/2 tsp. salt
Ground black pepper, to taste
3/4 lb. cod or scrod, cut into 8 pieces
1 (15 oz.) can chickpeas, rinsed and drained

- One at a time, take tomatoes from can. Holding each over medium, deep skillet, crush tomatoes by hand, letting tomato flesh squeeze through fingers into pan. Reserve 1/4 cup liquid remaining in can.
- Add onion, garlic, cumin, paprika, ginger and sugar to pan. Over medium-high heat, bring tomatoes to simmer, stirring to combine all ingredients. Mix in cilantro, parsley, salt and generous pinch of pepper. Cover, and simmer sauce over medium-low heat until tomatoes are soft, 15 minutes.
- Add the fish and chickpeas, pushing into sauce. If sauce seems dry, pour 1/4 cup reserved canned tomato juices. Cover and simmer gently until fish is opaque, white in center and flakes easily, and chickpeas are heated through, 12-15 minutes. Serve immediately.

Makes 4 servings.

Nutrition information per serving: 220 calories; 2 gr fat (0 gr saturated fat); 30 gr carbohydrate; 23 gr protein; 7 gr dietary fiber; 390 mg sodium.