

## **Three Cheers for Dad! Camerota's Cupboard June 2012**

### **Men's Health Quiz**

June 11 – 17 is Men's Health Week. This week helps promote awareness about preventable health problems. Take AICR's (American Institute for Cancer Research) Men's Health quiz and test your knowledge today.

#### **Questions**

**1. More men die from which of the following cancers more than any other type of cancer:**

- A. Prostate
- B. Colon
- C. Lung

**2. True or False:** If every American ate a healthy diet, engaged in physical activity at least 30 minutes every day and stayed lean, we could prevent about 65,000 cases of colorectal cancer every year.

**3. True or False:** Men should eat about 2.5 cups of fruit and about 3-4 cups of vegetables every day.

**Answers are at the bottom of the column. No Cheating!**

#### **Citrus Salmon**

This recipe from *More Nutritious Still Delicious*, edited by the staff of The Nutrition Council of Greater Cincinnati comes with the reminder that Salmon is rich in heart-healthy omega-3 fats. Wild caught salmon, although more expensive, is especially healthful.

1 medium navel orange with peel

2 salmon fillets, fresh or frozen (about 8 ounces total)  
4 cups fresh spinach

- Cut unpeeled orange into slices about 1/8<sup>th</sup>-inch thick. Arrange slices in bottom of a medium skillet.
- Place salmon fillets on top of orange slices. Arrange remaining orange slices on top of salmon fillets.
- Cook salmon on medium heat, covered for 5 to 7 minutes or until salmon is cooked through.
- Add spinach; cook an additional 3 to 5 minutes.

**Serves 2.**

**Nutrition information per serving:** 232 calories; 26 g protein; 13 g carbohydrate; 4 g dietary fiber; 9 g fat; 2 g saturated fat; 58 mg cholesterol; 130 mg sodium

## **Home-Fried Beets and Red Potatoes**

This attractive dish from *Cuisine at Home*

Magazine uses golden beets which don't stain like red beets and are sweeter and less earthy tasting. Remember that colorful vegetables are packed with nutrients, so red beets would work fine too.

2 tablespoons peanut oil  
1 cup peeled, thinly slices small golden beets (about 3)  
1 cup thinly sliced small red-skinned potatoes; leave the skins on (about 3)  
1 teaspoon snipped fresh chives  
Salt and freshly ground black pepper to taste

- Heat oil in a large nonstick skillet over medium-high heat.
- Add beets, cover, and cook until slightly soft, 2 to 3 minutes. Uncover skillet; add potatoes and sauté, stirring occasionally,

until golden brown, 9 to 12 minutes. Sprinkle beet mixture with chives; season with salt and pepper.

**Serves 2.**

**Nutrient information per serving:** 216 calories; 14 g total fat (2g sat); 0 mg cholesterol; 82 mg sodium; 4 g fiber; 3 g protein

**Strawberries, Peaches, and Basil with Orange Vinaigrette**

This unusual dessert vinaigrette was adapted by *Cooking Light* magazine from an original recipe created by Dan Barber, the chef of Blue Hill at Stone Barns, the locavore restaurant in Pocanatico Hills, New York. My daughter took me there for lunch as part of my birthday celebration two years ago. Outside it was deep winter, but we ate fresh greens grown in the greenhouse next to the restaurant. The warm vinaigrette releases a lovely aroma when poured over the fresh fruit. Serve within 20 minutes of preparing for maximum flavor and optimal temperature. This is a delicious way to eat your daily servings of seasonal fresh fruit.

1 cup fresh orange juice

1 tablespoon sugar (I cut back from original 1 ½ tbsps.)

1 ½ tablespoons white wine vinegar

1 tablespoon extra-virgin olive oil

Dash of salt

1 ½ cups fresh blueberries

1 pound fresh strawberries, halved

1 large ripe peach or nectarine, cut into 16 wedges

¼ cup small fresh basil leaves

- Combine the first 3 ingredients in a small saucepan; bring to a boil. Cook until reduced to 1/2 cup (about 15 minutes). Add oil and salt to pan, stirring with a whisk. Let stand 2 minutes.

- Combine berries and peach in a large bowl. Add juice mixture, stirring gently. Sprinkle with basil.

**Serves 4 (serving size: 1 ¼ cups)**

**Nutrient Information per serving:** 163 Calories; 3.8 g Fat (0.5g sat, 2.6g mono, 0.7g poly); 2.1g protein; 32.5g carb; 4.4g fiber; 0mg chol; 1mg iron; 39mg sodium; 36mg calcium

### **Answers to Men's Health Quiz**

1. **Correct answer: C. lung.** According to the Centers for Disease and Control, more men in the United States die from lung cancer than any other type of cancer. In 2008, over 110,000 men were diagnosed with lung cancer and over 88,000 men died from the disease. About 90% of lung cancer deaths in men in the U.S. are due to smoking. The most important thing a man can do to prevent lung cancer is to not start smoking, or to quit if he currently smokes.
2. **True.** And deaths from colorectal cancer could be cut by as much as 60% if all people aged 50 years or older followed screening guidelines for this cancer.
3. **True.** Depending on age and level of physical activity, men should eat between 2 to 2.5 cups of fruit and 2.5 to 4 cups of vegetables every day.

**How did you do? 100% correct, I hope. Have a Happy Father's Day everybody!**