

Mediterranean Eating News



September/October 2009

Greetings from the Study Staff

Thank you for participating in the Healthy Eating for Colon Cancer Prevention Study.

We can't believe it is getting to be fall already. Ann Arbor is full all of a sudden and getting busy! Speaking of students, we have a new nutrition and dietetics student working with us this year, Laura. She may be calling you for diet recalls in the near future.

Fall is harvest time in Michigan, and local fruits and vegetables are abundant. Some of us enjoy getting deals at the Farmer's Market or even at roadside stands.

Thank you again, and we hope you can find fun ways to change the way you eat as we work together. We look forward to helping you with these changes.

Thank you!

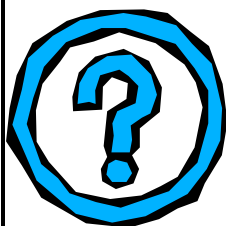
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Questions? Just Ask!



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STUDY PROGRESS

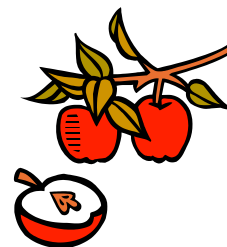


It's time for fall, football and fantastic food!

Our goal of reaching 120 participants is pretty much on target with 84 enrolled in the study at the end of August. A total of 57 have completed their participation. We are still looking for participants, so please recommend the study to anyone you think might be interested.

The enthusiasm, hard work and dedication demonstrated by all of our participants continues to amaze us and is greatly appreciated. To all: Thank you and keep up the great work!

SPOTLIGHT ON ... APPLES



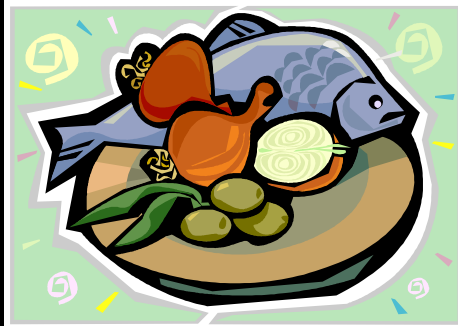
Michigan grows more than 20 varieties of apples! Check out these nutritious treats at a local farmer's market, u-pick farm, or cider mill. To find one near you search the directory online at <http://www.pickyourown.org/migl.htm>



University of Michigan
Health System

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Roasted Winter Vegetables

Serves 6

- 2 potatoes, peeled and cut into 2 inch chunks
- 2 sweet potatoes, peeled and cut into 2 inch chunks
- 3 carrots, scraped and cut into 2 inch pieces
- 2 yellow squash, cut in 2 inch pieces
- 2 zucchini, cut in 2 inch pieces
- 2 red onions, cut in 4ths
- 4 cloves garlic, sliced
- 3 tablespoons olive oil, divided
- ¼ c fresh rosemary or 1 Tablespoon dried rosemary leaves
- Salt
- 2 tablespoons balsamic vinegar

Heat oven to 450°. Put potatoes and carrots in roasting pan and rub with 2 tablespoons of olive oil. Sprinkle with rosemary and a light sprinkle of salt. Cook for 30 minutes, tossing often. Add remaining vegetables, toss with olive oil and cook an additional 15 minutes or until potatoes are browned and tender. Remove from oven, pour in the vinegar, and toss well to glaze. Sprinkle with remaining rosemary.

Nutrition Information: Calories: 200; Total Fat: 7.4 g; MUFA: 4.97 g; Fiber: 6.03 g. Exchanges: 2 other veg, 2 orange veg., 1 allium, 1 green herb, 1 high MUFA

Low-fat Gravy

Yields 4 cups

- Pan juices from turkey
- ¼ cup flour
- 4 cups fat free, reduced sodium chicken broth
- 4 tbsp red wine
- Ground black pepper and sage to taste

While your cooked holiday turkey is resting, strain the pan drippings and pour into a gravy separator. Place roasting pan on stovetop over a medium heat. You will likely need two burners. Sprinkle flour into pan and stir until golden brown. Reduce heat to low. Return defatted drippings to pan, add chicken broth and wine. Stir with a whisk until blended. Turn heat back up to medium and cook, stirring constantly, until gravy thickens. Season with black pepper and sage if desired.

Nutrition Information: Calories: 39; Total Fat 1 g



Mediterranean Fish Fillet

Serves 2

- 2 teaspoons olive oil
- 1 small onion, thinly sliced
- 2 tablespoons dry white wine
- 1 clove garlic, finely chopped
- 1 cup canned diced tomatoes
- 4 Kalamata olives, pitted and chopped
- 1/8 teaspoon dried oregano
- 1/8 teaspoon freshly grated orange zest
- 1/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, divided
- 8 ounces thick-cut, firm-fleshed fish fillets (Pacific halibut or mahi-mahi)

Preheat oven to 450°. Heat oil in a nonstick skillet over medium-high heat. Add onion and cook until lightly browned (2-4 minutes). Add wine and garlic and simmer for 30 seconds. Stir in olives, tomatoes, oregano, and orange zest. Add 1/8 teaspoon salt and 1/8 teaspoon pepper. Season the fish with the remaining 1/8 teaspoon of salt and pepper. Arrange the fish in a single layer in a baking dish. Spoon the tomato mixture over the fish and bake, uncovered, for 10-20 minutes or until the fish is cooked through.

Nutrition Information:

Calories: 242; Total Fat: 9g; Fiber: 2g
Exchanges: 1 high MUFA, 4 low-fat protein, 1 green herb, 1 red vegetable, 1 allium and 1 fish serving