

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!

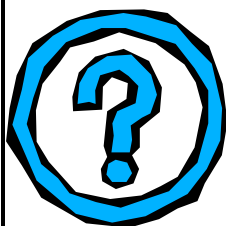
Zora Djuric, PhD, Study Director

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Questions? Just Ask!



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STUDY PROGRESS

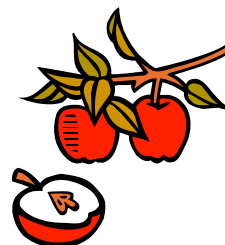


It's time for fall, football and fantastic food!

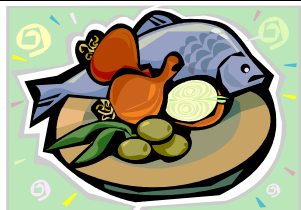
Our goal of reaching 120 participants is pretty much on target with 84 enrolled in the study at the end of August. A total of 57 have completed their participation. We are still looking for participants, so please recommend the study to anyone you think might be interested.

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>



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WHAT STUDY PARTICIPANTS ARE SAYING

The Mediterranean eating plan focuses on olive oil, fruits, vegetables, whole grains, nuts, seafood, onions, and garlic everyday. Healthy monounsaturated fats are staples of the Mediterranean eating plan, and most of you should be eating about 3 TB of olive oil per day. Limiting processed and packaged foods keeps other fats low.

Here's what study participants had to say.

- I add hazelnuts to Chex Mix, and they are cheaper in bulk at the South Main Market.
- I like home grown herbs and olive oil with zucchini.
- I've added avocado to my grocery list.
- I am challenged by fruit, vegetable and MUFA goals but I like them.
- I like hazelnuts or almonds at breakfast.
- I make tuna salad with olive oil and herbs, instead of with mayonnaise.
- Smaller stores like Trader Joe's are quicker to shop at, and I found the best olive oil prices there.

What About Fish?



Fresh fish should be stored in your refrigerator for only a day or two; it's very perishable. Any longer than that, wrap the fish well in freezer paper and freeze it.



Thaw frozen fish in a bowl and cover with fresh milk, then cover and let sit in the refrigerator overnight for a fresh-caught taste. Discard the milk.



For best results, cook fish until it's almost done, then remove the pan from the oven, microwave, stovetop or grill and let it stand for a few minutes to finish cooking.



Marinades include extra virgin olive oil and an acidic ingredient like chopped tomatoes, red wine vinegar, or lemon juice, along with seasonings such as salt and pepper. Don't marinate more than 30 minutes or it gets mushy.



Find great recipes for grilling (good for firm fish), poaching, sautéing, microwaving, and even crockpotting etc. (you name it!) go to http://busycooks.about.com/od/howtocook/a/howtocookfish_3.htm

RECIPE CORNER

Olive Oil "Dip" for Bread

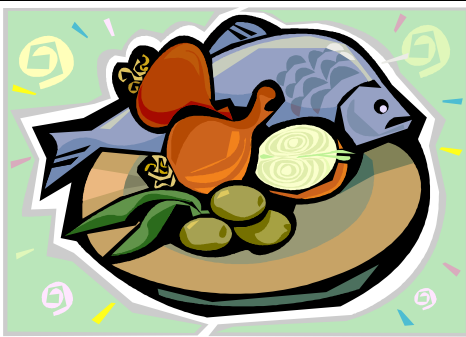


This is a tasty way to get in some olive oil and herbs in one place. Works great with fresh herbs too. We found great herbs at the Farmer's Market last week.

- 1 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon granulated garlic
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- 1/4 cup extra virgin olive oil (or as needed)

Mix herbs on a plate or shallow bowl. Pour olive oil over. Enjoy with some good, whole-grain bread.

Note: if you only use 1 or 2 herbs it still tastes good!



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Greetings from the Study Staff

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

The newsletter this month highlights several holiday recipes that fit within the Mediterranean goals. This is a fun and creative time of year to stick to your diet with new recipes. If you want more recipes, or want us to modify a recipe you like, just ask! We have a large packet of holiday recipes for anyone who is interested in more.

Happy Holidays to everyone, and we hope that the new foods will add variety and be fun for you.

Thank you!

Zora Djuric, PhD, Study Director
Maria Cornellier, RD, Study Nutritionist
Mary Rapai, MA, Study Coordinator



STUDY PROGRESS

Thanks to each of you, our study is progressing nicely. A total of 91 individuals have participated or are currently on study. Three more are eligible and will be starting soon.

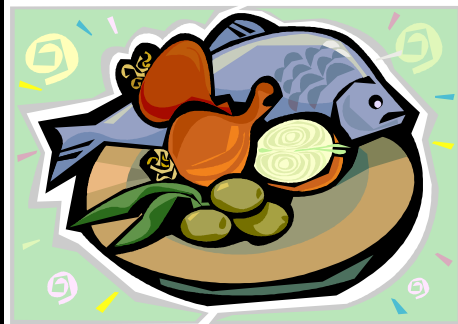
We have had many inquiries regarding the study, and we invite those that meet the study eligibility requirements. If you can find a way to share your enthusiasm or any kind words about the study with others, we would appreciate it. That is the best way to help promote the study. We need to enroll 20 people every six months to stay on target. Our goal is to have 120 participants in the three year study period, or 100 by the end of 2009.

Helpful Holiday Hints

Holiday gatherings are full of family, friends, and food. The Mediterranean Eating Plan fits in with all of that. As usual, you have to limit other fats so that you can eat plenty of mono-unsaturated fats from olive oil, nuts, and avocados. Here are some tips others have used that will help you choose dishes

- Pack a tiny container of olive oil to add to foods you normally add butter to.
- Avoid appetizers and side dishes layered with unknown cheeses; if you must, find the Swiss, Parmesan, or cottage cheese.
- Mashed potatoes are often loaded with cream, butter, or sour cream. Opt for roasted potatoes or the yams.
- There are typically olives, raw vegetables, and salsas around to munch on. Hazelnuts, almonds, cashews, pistachios, or peanuts can often be found at parties.
- Choose small portions of foods that you're unsure of! Fill your plate with the good stuff instead.
- Avoid eating any visible fat on red meat or pork.
- Turkey or fowl are usually low in fat as long as you leave the skin behind!
- Avoid muffins or specialty breads that are typically high in hidden fats
- Olive oil might be available – ask your host or hostess!





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Recipe Corner

Avocado-Pear Dip

2 ripe avocados, peeled and mashed into small pieces

1 ripe pear, diced fine

2 green onions (white and green parts) chopped

1 serrano or jalapeno chili pepper, minced

Juice of 1 lemon (no seeds)

Pinch of salt

Place all ingredients in a medium bowl and mash together with a fork, or place in a food processor and blend. The dip can be chunky or blended until smooth. Cover the bowl and chill until ready to serve. Serves 18.

Nutrition Information:

Calories: 34; Total Fat: 2.36 g; MUFA: 1.5g; Fiber: 1.5 g

Exchanges: ½ high MUFA, plus a little allium and fruit

Roasted Red Pepper Artichoke Dip

1 7-oz jar roasted red peppers, drained

1 6-oz jar artichoke hearts, drained

½ cup minced fresh parsley

½ cup fresh grated parmesan cheese

1/3 cup olive oil

¼ cup capers, drained

4 cloves garlic, chopped

1 tablespoon fresh lemon juice

Salt and pepper to taste

Add ingredients to a food processor and pulse until mixture becomes the texture of chunky pesto. Serve with whole grain pita chips or raw vegetables. Serves 18.

Nutrition Information:

Calories: 62 ; Total Fat: 5.4g; MUFA: 3.3g ; Fiber: 1 g

Exchanges: 1 high MUFA, ½ low-fat protein, 1 green herb, ½ orange vegetable



Butternut Squash Soup

Serves 4

4 teaspoons olive oil

2 cups chopped onion

1/2 teaspoon ground cumin

2 garlic cloves, sliced

4 cups cubed peeled butternut squash (about 1 1/2 pounds)

1 1/2 cups one-third-less sodium chicken broth

1 cup dark beer

1 teaspoon salt

1/4 cup plain nonfat yogurt

Heat oil in a large saucepan over medium heat. Add chopped onion, cumin, and garlic. Cook until tender, about 6 minutes. Add squash cubes and cook 2 minutes, stirring frequently. Add broth, beer, and salt and bring to a boil. Cover, reduce heat, and simmer 30 minutes. Place squash mixture in a blender, and process until smooth. Return squash mixture to pan, and cook until thoroughly heated. Ladle soup into individual bowls, and top with yogurt.

Nutrition Information:

Calories: 145; Total Fat: 4 g; Fiber 3.4g

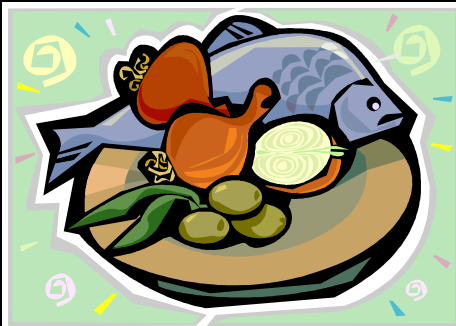
Exchanges: 1 high MUFA exchange, 2 orange vegetables, 1 allium

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Spinach Sauté (Serves 2)

- 1 tablespoon olive oil
- 4 ounces sliced mushrooms
- 1/4 cup finely chopped onion
- 10 ounces spinach, washed, drained
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- Dash cayenne pepper
- 1 teaspoon lemon juice
- 10 grape tomatoes, halved



Heat oil over medium heat. Add mushrooms and onion, sauté until tender. Add the spinach, a little at a time. Stir in salt, pepper, cayenne, and lemon juice. Cover and cook for 2 to 3 minutes. Add the tomatoes and cook for about 2 minutes longer. Remove vegetables to a serving dish with a slotted spoon. Boil the remaining liquid for a minute or two to reduce; pour over spinach.

Calories: 114; Total fat: 7.5 g; MUFA: 5 g; Fiber: 5 g
Exchanges: 1 dark green veg., 1 allium, 1 red veg., 1 high MUFA

Cranberry Stuffing

Serves 10

- 4 cups whole wheat bread cubes
- 1 cup fat free chicken broth
- 1/2 cup onion, chopped
- 1 cup celery, chopped
- 1/4 cup parsley, chopped
- 1 teaspoon dried tarragon
- 1/2 teaspoon paprika
- 1/8 teaspoon nutmeg
- 1/2 cup cranberries, chopped
- 1 cup whole water chestnuts
- 1 cup chopped apple



Preheat oven to 400 degrees. In a large skillet, sauté the chopped celery and onion in the chicken broth until tender. Remove from heat. In a large bowl, combine the bread cubes, chopped parsley, tarragon, paprika, nutmeg, chopped cranberries, water chestnuts and chopped apple. Stir in the sautéed onion, celery and any remaining broth. Spray a two-quart baking dish with nonstick spray. Spoon mixture into the dish. Cover; bake at 350 for 20 minutes; uncover. Bake 10 more minutes. Serve hot.

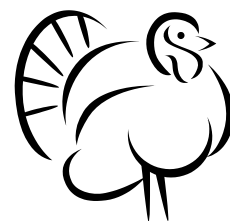
Nutrition Information: Calories: 55; Total Fat: 1g; Fiber: 2g

Spiced Turkey with Avocado-Grapefruit Relish

Serves 2

Avocado-Grapefruit Relish

- 1 large seedless grapefruit
- 1/2 small avocado, peeled, pitted, and diced
- 1 shallot, minced
- 1 tablespoon fresh cilantro
- 1 teaspoon red wine vinegar



Spiced Turkey

- 2 turkey cutlets (8 ounces)
- 1 tablespoon chili powder
- 1/2 teaspoon five-spice powder (cinnamon, cloves, fennel seed, star anise, Szechuan peppercorns)
- 1/8 teaspoon salt
- 1 tablespoon olive oil

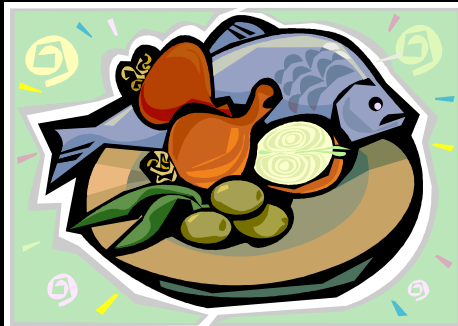
Remove the peel and pith from grapefruit with a sharp knife and discard. Cut the grapefruit segments out and place into small bowl. Squeeze remaining juice into bowl. Add avocado, shallot, cilantro, vinegar, and honey. Toss well.

Combine chili powder, five-spice powder, and salt on a plate. Dredge turkey in the spice mixture. Heat oil in a medium skillet over medium-high heat. Add the turkey and cook until no longer pink in middle (about 3 minutes per side). Serve the turkey with avocado-grapefruit relish.

Nutrition Information:

Calories: 343; Total fat: 14g; MUFA: 8.63g; Fiber: 6.7g
Exchanges: 1 vitamin C fruit, 2 high MUFA, 4 low-fat protein, 1 green herb, 1 allium





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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