



Makes 6 servings

PER SERVING

350 calories
14 g fat
6 g saturated fat
35 mg cholesterol
12 g fibre
25 g protein
37 g carbohydrates
380 mg sodium

Excellent source of vitamin C and fibre; good source of iron and vitamin A

- 1 In a large heavy skillet, heat 1 tbsp oil over medium heat and sauté onions, garlic, celery, and jalapenos for 5 minutes. Remove vegetables from pan and reserve.
- 2 Add beef to skillet and cook until nicely brown, about 8 minutes. Pour off any excess fat from pan.
- 3 Return vegetables to skillet and add cumin, chili powder and bay leaf, stirring and cooking 1 minute.
- 4 Add beans, crushed tomatoes, grated tomatoes and beef broth, mixing well.
- 5 Add chocolate and simmer 30 minutes, stirring occasionally.
- 6 Remove bay leaf. Add lime juice, Tabasco and salt. Garnish with coriander leaves.

Serve with warm corn-flour tortillas, 5% fat sour cream and avocado wedges tossed in lime juice.

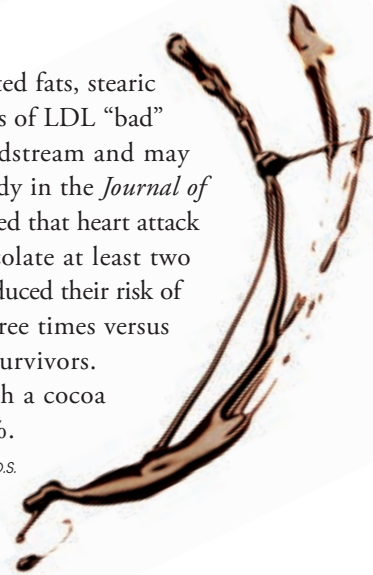


Food of the gods

The Aztecs considered chocolate the food of the gods, and many people today would agree. Others swear by this dark seed-based paste as a mood enhancer, although no scientific evidence supports this. Chocolate, especially the dark variety, contains polyphenol compounds that may act as antioxidants to protect cells from wear and tear caused by rogue oxygen molecules. Some studies have noted a modest reduction in blood pressure (and no weight gain) with modest daily consumption of dark chocolate. Chocolate was once feared for its content of a saturated fat called stearic acid,

but unlike other saturated fats, stearic acid does not raise levels of LDL “bad” cholesterol in the bloodstream and may even lower them. A study in the *Journal of Internal Medicine* reported that heart attack survivors who ate chocolate at least two or three times a week reduced their risk of death by as much as three times versus non-chocolate-eating survivors. Look for chocolate with a cocoa content of at least 70%.

—D.S.



WANT THIS RECIPE?

Don't take your doctor's copy of this magazine. Visit Intelligent Eating at www.canadian-health.ca for this dish and much more! Whether you're cooking with legumes, grains or crucifers, or splurging on that once-a-year holiday feast, for great recipes, click on Past Issues and then on Intelligent Eating under Departments. We tell you why a recipe is nutritious and how certain ingredients give you the jump on good health.



Let Spring Unfurl on Your Plate

Steamed Fiddleheads With Dijon-Tarragon Sauce

- | | |
|------------------------------------|--|
| 1 lb (500 g) fresh fiddleheads | 1 tsp (5 mL) fresh tarragon, finely chopped, or ½ tsp (2.5 mL) dried |
| 1 cup (250 mL) fat-free buttermilk | Pinch freshly ground black pepper |
| 2 tsp (10 mL) cornstarch | Pinch ground cayenne pepper (optional) |
| 1 tsp (5 mL) Dijon | |
| 1 tsp (5 mL) lemon juice | |

Makes 4 servings

PER SERVING

90 calories
1.5 g fat
1 g saturated fat
5 mg cholesterol
2 g fibre
8 g protein
13 g carbohydrates
70 mg sodium

Excellent source of vitamin A;
good source of vitamin C

- 1 Scrub brown scales off fiddleheads with a dry vegetable brush. Trim stems to 1 inch (2.5 cm) from where fronds start to curl. Wash thoroughly in cold water.
- 2 Steam fiddleheads 15 to 20 minutes until tender but still crunch.
- 3 Meanwhile, mix buttermilk and cornstarch in a saucepan and place on medium heat. Stir gently with a whisk until buttermilk thickens. Remove from heat and add Dijon, lemon juice, tarragon, black pepper and cayenne.
- 4 Remove fiddleheads from steamer and place on a serving platter. Pour sauce over fiddleheads and serve immediately

Recipe developed for
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Steve Pitt
Nutritional analysis by
Susie Langley, RD
Photography by
Jupiterimages



Nutrients uncoiled

The coiled immature fronds of the ostrich fern, contain vitamins A, B3 (niacin) and C as well as some calcium and iron. Their high potassium-to-sodium ratio makes the little spirals a good choice for people on low-salt diets, such as those with high blood pressure or kidney conditions. These wild-picked scrolls have a unique crisp texture and a taste reminiscent of asparagus. Note: Health Canada advises against eating fiddleheads raw.

— Diana Swift

