

Recipes & Tips



Live Well Live Long with Eleanor Schano



Antioxidants

with nutritionist Sara Parr

Curried Chicken with Sweet Potatoes and Cauliflower

Yield: 4 servings

Here's a way to boost the antioxidant quotient of your main course – and it's also a good way to warm up on a chilly winter evening.

The zesty yogurt marinade helps the skinless chicken thighs to remain moist and tender when oven-roasted. And, for moister, tender cooked vegetables, hydrate them by soaking the prepared vegetables in ice water for 15 minutes before roasting.

Ingredients

- 3/4 cup nonfat plain yogurt
- 1 tsp. Madras-style curry powder (hotter than most curries found at most supermarkets. Find it at specialty stores or, if milder flavor is preferred, substitute plain curry powder here)
- 1 tsp. ground coriander
- 1 tsp. ground ginger
- 1 clove garlic, minced
- 3/4 tsp. salt, divided
- 1/4 tsp. cayenne pepper
- 8 boneless, skinless chicken thighs (about 1 1/2 pounds), trimmed well
- 1 sweet potato (about 1 pound), peeled and cut into 1/2-inch cubes
- 3 cups cauliflower florets (1 small head) or broccoli florets
- 1 Tbsp. extra-virgin olive oil
- Freshly ground pepper to taste
- 1/4 cup chopped unsalted dry-roasted peanuts or cashews
- 1/4 cup loosely packed cilantro leaves

Preparation

Combine yogurt, curry powder, coriander, ginger, garlic, 1/2 teaspoon salt and cayenne in a shallow glass dish; mix well to blend thoroughly. Reserve 1/4 cup of this mixture; cover and refrigerate. Add chicken to the remaining yogurt mixture and turn to coat well. Cover and marinate in the refrigerator for at least 4 hours or overnight. Preheat oven to 450°F. Lightly coat a large rimmed baking sheet with cooking spray, or a light coating of olive oil. Remove the chicken from the marinade and place on the prepared baking sheet. Toss sweet potato with the reserved yogurt mixture in a medium bowl and place on the baking sheet. Toss cauliflower with oil in a medium bowl and add to the baking sheet. Season vegetables with the remaining 1/4 teaspoon salt and pepper. Roast chicken and vegetables, uncovered, for 15 minutes. Carefully turn the chicken over and stir the vegetables. Roast until the vegetables are tender and chicken is cooked through, approximately 10 to 15 minutes more. Arrange chicken and vegetables on a platter or individual plates, then garnish with peanuts (or cashews) and cilantro.

Nutrition Facts:

Calories: 480; Calories from Fat: 188

Percentage Daily Value:

Total Fat: 20.9g (32%), Saturated Fat: 5.2g (26%), Cholesterol: 154vmg (51%), Sodium: 650 mg (27%), Total Carbohydrates: 16.9g (6%), Dietary Fiber : 3.4g (14%), Sugars: 7.4g, Protein: 55.2g, Vitamin A 115%, Vitamin C 69%, Calcium 15%, Iron 19%

Watermelon Gazpacho

Makes six 1-cup servings

Keep in Mind: the more colorful the dish, the healthier it's likely to be. Here's a easy, sweet and savory warm-weather recipe:

Ingredients

- 8 cups finely diced seedless watermelon (about 6 pounds with the rind)
- 1 medium cucumber, peeled, seeded and finely diced
- 1/2 red bell pepper, finely diced
- 1/4 cup chopped fresh basil
- 1/4 cup chopped flat-leaf parsley
- 3 Tbsp. red-wine vinegar
- 2 Tbsp. minced shallot
- 2 Tbsp. extra-virgin olive oil
- 3/4 tsp. salt

Preparation

Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil and salt in a large bowl. Puree 3 cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl. Puree another 3 cups and add to the bowl. Stir in the remaining diced mixture. Serve at room temperature or chilled.

Nutrition Facts:

Calories: 116, Calories from Fat: 44

Percentage Daily Value:

Total Fat: 4.9g (8%), Saturated Fat: 0.7g (3%), Cholesterol: 154vmg (51%), Sodium: 296 mg (12%), Total Carbohydrates: 18.5g (6%), Dietary Fiber: 1.4g (5%), Sugars: 13.9g, Protein: 1.8g, Vitamin A 36%, Vitamin C 57%, Calcium 3%, Iron 5%

