



PEPPER UP



It's not difficult to roast red peppers. You can broil (or grill) them until the skin turns black and blistered. Then just remove the skin and you're good to go. (If you let them rest for 10 to 15 minutes in an airtight bag or covered bowl or pot, the skin peels right off.) But on some days even a quick roast isn't in the cards. That's when you should reach into the freezer case for a bag of Europe's Best Roasted Gourmet Red & Yellow Peppers Parrilla.

There's nothing in the bag but peppers...and a sweet, smoky flavour that you won't soon forget. Each half-cup serving has just 40 calories and a bit more than a day's vitamin C unspoiled by even a smidgen of salt or saturated fat. Vegetables don't get any easier.

Sauté them with snow peas and fresh garlic. Or thaw them, then slice and toss into a salad of arugula, basil, and green onions with balsamic vinaigrette. Or add to bulgur with chopped fresh parsley and mint, lemon juice, and extra-virgin olive oil. Or stir into a white bean salad with pesto dressing.

They should work in any recipe that calls for roasted red peppers. You can also toss them into the skillet with a frozen pasta dish. Voilà! You've just trimmed the salt in each serving.

The company's Fire Roasted Sweet Potato Slices are also worth a look. Since when are sweet potatoes ready in just 7 to 10 minutes? When roasted meets sweet, extra salt, sugar, or anything else is simply passé.

Europe's Best (866) 620-6756

BUTTER UP



"Our own take on the classic Poutine," says the New York Fries Web site. "Delicious, mildly spiced Butter Chicken served over real Quebec cheese curd and fresh cut fries...could we have actually improved on the classic?"

A bucket of unadorned fries is calorie-laden enough. Pour on some cheese curd and gravy, and you've got not just calories, but saturated fat and sodium waiting for you.

But why stop there? New York Fries swaps the gravy for "butter chicken," which means chicken, cream, onion, tomato paste, and seasoning. Just what you needed! A 920-calorie snack that supplies 12 grams of saturated fat and 900 milligrams of sodium. (That's for a "regular" size order.) It's like snacking on a McDonald's Quarter Pounder without cheese plus a large Fries. That should hold you over until dinner.

The creative geniuses at New York Fries just can't pump out enough variations on poutine. If you're bored with the usual and the Butter Chicken, try the Braised Beef (fries, cheese curd, Angus beef, red wine reduction, carrots, onions, mushrooms, and seasonings).

And if poutine isn't your thing, New York Fries offers a regular Veggie Works (fries, cheese sauce, sour cream, green onions, and tomatoes) for 810 calories or a regular The Works (fries, chili, cheese sauce, sour cream, bacon, and green onions) for 880 calories.

It's a "hearty meal," says the Web site. Make that a heavy meal...for heavy eaters. Or for those who are about to be.

New York Fries: (416) 963-5005

dish OF THE MONTH

1-2-3 Asparagus

Steam 250 grams of asparagus until tender, about 2-5 minutes. Whisk together 1 Tbs. of mayonnaise with 1 Tbs. of lemon juice and 1 finely minced shallot. Drizzle over the asparagus.

Photos: Namita Davis

About CSPI, publisher of Nutrition Action Healthletter



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