

# From Dr. Preston Maring's Farmers' Market Update & Recipe of the Week Newsletters Volume 3

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7/2/04

Trish Metzner, Director of Cardiac Services, asks "How do you cube a cherry tomato?" as suggested in last week's recipe. You take six little tiny slices from each side ....

Another reader asked about the significance of 10,000 steps — taking 10,000 steps per day is a reasonable goal as part of an overall exercise program. At 6' tall, a mile is about 1,900 steps. Pedometers are available in the pharmacy or at health education bookstore.

While contemplating what to do with fresh okra that has just come into season, Dr. Nandini Bakshi from Neurology suggested adding sliced okra to caramelized red onions, seasoning with a little cumin, cayenne, salt and pepper, and adding lemon juice. Evidently, acid in the lemon juice somehow prevents okra from getting slimy. Based on this advice, I approached this week's recipe exploration and taste test with trepidation but found an excellent recipe that also uses big heirloom tomatoes. The acidity of the tomatoes, as well as the lemon juice, prevents sliminess. The okra turned out al dente and tasted great over couscous.

## Indian-Style Okra with Tomatoes

Serves 6

- 1 lb okra
- 2 Tbsp olive oil
- 1/2 tsp fennel seeds
- 1/2 tsp cumin seeds
- 1/2 large onion, diced (You may already know this, but I recently learned the easiest way to dice an onion: peel, slice in half, leaving the root or stem end intact. Make vertical cuts the size of the desired dice from the cut flat side, but not all the way through. Repeat at a 90° angle. Then slice the onion as you normally would and watch all the little diced pieces pile up.)
- 2 cloves garlic, minced
- 1" piece fresh ginger, peeled and minced (I keep a piece peeled and frozen and then grate it)
- 1/4 tsp saffron threads
- 1/2 tsp crushed red chili flakes
- 1 tsp brown sugar
- 3-1/2 cups tomatoes, coarsely chopped (no need to peel or seed)

Salt

Chopped cilantro for garnish

Slice off tough okra stems and skinny tips. Slice crosswise into pieces about 1/3" thick.

Heat olive oil in a large skillet over medium heat. Add cumin and fennel seeds. Sauté until lightly browned and fragrant. Add the onion, garlic and ginger and cook until softened. Add the tomatoes, saffron, crushed chilis and brown sugar. Bring to a simmer over moderately high heat, then reduce the heat and simmer, stirring often until the tomatoes are reduced to a thick sauce, about 20 minutes.

Add the okra and salt to taste. Cover and simmer for about 20 minutes, adding a little water if the mixture starts to look dry. Don't stir very much. Serve garnished with cilantro.

7/9/04

Suchitra Vaidya, Senior Health Educator at our Kaiser Permanente Santa Clara facility, called me this morning just as their farmers' market was opening. Having worked on it for the past year with others, she was very happy to see that people were lining up to shop for fruits and vegetables even before the vendors were fully set up. Once again, John Silveira, Director of the Pacific Coast Farmer's Market Association, has made it possible. They are starting with ten vendors and may expand soon given the size of their medical center.

Meanwhile, back here at Oakland, "personal" size watermelons and arugula are available for this week's recipe. This salad is very simple, light and refreshing.

## **Watermelon, Arugula & Pine Nut Salad**

- 1 Tbsp fresh lemon juice
- 1 Tbsp red wine vinegar
- 1/2 tsp salt, or to taste
- 2 Tbsp extra virgin olive oil
- 3 cups seeded watermelon cubed into bite size pieces  
(from a 2-1/2 lb melon)
- 6 cups arugula (about 6 oz)
- 1/4 cup pine nuts
- 1/3 cup crumbled feta (about 1-1/2 oz)
- Coarsely ground black pepper to taste

Drain the cubed watermelon in a colander. Mix the first four ingredients in a large salad bowl. Add the watermelon, arugula and pine nuts. Toss gently to coat. Sprinkle with cheese, pepper and a little more salt if needed.

The complete collection of recipes can be found as a link in the navigation bar at <http://www.permanente.net/doctor/prestonmaring/>.

Part of a note from Suchitra Vaidya, Senior Health Educator at Santa Clara Kaiser Permanente:

"The first market at Santa Clara was a GREAT success. John had lined up ten vendors for the kick-off, with live music and giveaways. The market was flooded by 10 a.m. when it started and remained that way until the end at 2 p.m. The members and employees/physicians were very appreciative and many commented that 'it was the best event that we brought to KP Santa Clara.' I felt happy at the reactions from everyone especially our senior management team."

Here's feedback from last week's recipe results in Watermelon, Arugula and Pine Nuts version 1.1. Saralinda Jackson, Director of Utilization Management, recommends using raspberry vinegar and toasting the pine nuts. Tom McDonald, Physician-in-Chief, recommends trying it with ricotta cheese. While feta is a reasonably healthy cheese, part-skim ricotta has only a third of the saturated fat of feta and a quarter of the amount in Colby or Jack Cheese.

This week's offering comes to us from a superb home cook in the Berkeley of the Midwest, Ann Arbor, MI.

## **Marinated Cucumbers with Pan-Seared Scallops**

- 1- 1/2 lb "normal" cucumbers or the long contorted Armenian cucumbers, peeled and thinly sliced
- 2" fresh ginger, peeled and minced
- 1/2 cup rice vinegar
- 2 Tbsp sugar
- 1 tsp salt
- 1 Tbsp olive oil
- 1 lb sea scallops
- Freshly ground black pepper
- Turmeric
- Arugula or mixed baby greens

Gently toss the cucumbers with the ginger, vinegar, sugar and salt. Cover and let sit at room temperature for about an hour. Drain in a colander. In a bowl, mix the scallops with the olive oil, a little salt, pepper and enough turmeric to lightly color them. Arrange the drained cucumbers on a bed of greens. Heat a non-stick skillet

to medium-high. Sear the scallops for 3 to 4 minutes or until browned on the outside and just opaque inside, shaking the pan like you see at restaurants to impress your family. Arrange on the cucumber and serve immediately. This dish is very simple, light and works well for a late dinner.

Potato salad is usually a dish made by someone else's mother and brought to a potluck. Many versions I have had in the past were mayonnaise based with large chunks of other things in it. This week's recipe is a very welcome upgrade from both a taste and fat content perspective.

## Danish Potato Salad

3 lbs potatoes from Happy Boys Farm  
1/2 cup finely chopped chives or green onion tops  
1/2 cup chopped fresh parsley  
2 Tbsp drained capers  
1 Tbsp liquid from caper jar  
3 Tbsp white wine vinegar  
1 tsp coarse-grained Dijon mustard  
1/2 cup extra virgin olive oil

Cut the potatoes into 1" pieces. I like to leave the peel on for flavor and nutrients. Cook in boiling water until just tender. Drain and cool. Place into a large serving bowl. Toss gently with chives, parsley and capers. Combine vinegar, mustard and caper liquid in a small bowl. Whisk in olive oil. Season to taste with salt and pepper. Pour over salad and toss gently. Adjust seasonings. This recipe can be made up to 2 hours ahead and served at room temperature. (It was still excellent, cold from the refrigerator, as leftovers the next day.)

7/30/04

This week's recipe puts the essence of summer on your plate, but first, some feedback from a chef in Manhattan. Contrary to my recent advice regarding shaking the pan when searing scallops, don't shake the pan until they are the desired brown color. Also, cook potatoes for potato salad by starting them out in cold water that is brought to a boil. Plunging them into boiling water overcooks the outside before the inside is done.

Trina Histon of KP's Care Management Institute's National Weight Management Initiative, informs me that grocery shopping at a farmers' market is worth 60 steps per minute of shopping. Just think of what you can do on your break.

For a simple, delicious and easy to prepare salad that can be made in less than five minutes, try this week's offering.

## **Heirloom Tomatoes with Basil**

- 4 large heirloom tomatoes of different colors, sliced thickly
- 1 handful basil, cut into thin strips
- 1 Tbsp balsamic vinegar, aged for years ... or not
- 2 Tbsp extra virgin olive oil
- Kosher salt and freshly ground pepper to taste
- Small pieces of mozzarella or feta cheese optional

Arrange the tomatoes on a platter. Drizzle with balsamic vinegar and olive oil. Season with salt and pepper. Top with basil and cheese if desired. The tomatoes from Happy Boys Farm and the Johnstons are incredibly sweet.

The complete recipe file, updated weekly, is at this link <http://www.permanente.net/kaiser/pages/c5645-23597.html>. If it won't open directly from your e-mail, copy and paste into the address bar of your web browser.

Tomatoes of all sizes and colors are in abundance at the market. Some of you may have cherry tomatoes falling off the vines in your backyard. These varied, healthy and sweet summer treats are great in a chilled soup along with other vegetables easily found at the Johnston's or at Happy Boys Farm. As the olive oil used (good fat) is diluted in about 1-1/2 quarts of liquid, there is minimal fat per serving helping to stay under 30% of daily calories from fat.

There are innumerable versions of gazpacho originating in the south of Spain. You can easily modify this recipe depending on what's available this week. Often you are asked to peel and seed some of the ingredients, but this chilled soup, using just chopped ingredients, was excellent.

## Gazpacho

- 1-1/2 cups fresh sourdough bread crumbs
- 1/2 cup extra-virgin olive oil
- 2 large cloves garlic
- 1 red onion, finely chopped
- 1 cucumber, chopped (peel it first if you wish)
- 1 green bell pepper, seeded and finely chopped
- 1 jalapeño, seeded and finely chopped
- 4 large ripe tomatoes, coarsely chopped or 4 cups cherry tomatoes
- 2 cups tomato juice, chilled
- 2 cups water, chilled
- 1/4 cup red wine vinegar
- Salt and white pepper
- For garnishes, if desired:
  - nonfat sour cream, chopped fresh dill or a few croutons

In a food processor, combine the breadcrumbs, garlic and olive oil. Process until they form a relatively smooth paste, scraping down the sides of the bowl 2 to 3 times. Set aside a small handful of the chopped onion, cucumber and green pepper in a small bowl. Cover and chill. Add the remaining onion, cucumber, bell pepper and all the tomatoes and jalapeño to the food processor. Process in pulses to retain a slightly chunky texture. Transfer to a bowl, cover and refrigerate until well chilled, 2 to 3 hours. Chill the serving bowls or mugs as well.

Using a whisk, stir in the tomato juice, water and red wine vinegar. Season to taste with salt and white pepper. If the one jalapeño didn't provide enough heat, use a few drops of either red or jalapeño Tabasco sauce. Ladle into the chilled bowls or mugs and garnish with the reserved vegetables and other garnishes as desired.

This spring someone told me she ate roasted asparagus with feta ten days in a row because she had waited patiently all winter for asparagus to come into season. Now is the time for tomatoes and peppers at our market, thus the recurrent tomato theme in the Recipes of the Week.

Moderate hoeing in your garden around your tomatoes is worth the equivalent of 93 steps per minute on your way to 10,000 steps per day. If you don't grow tomatoes at home, there are all kinds at the Johnstons and the Happy Boys Farm stands.

This recipe is, simply stated, spectacular.

## Sunny Baked Peppers with Tomatoes

3 red bell peppers  
 3 yellow bell peppers  
 1/4 cup extra-virgin olive oil  
 24 anchovy fillets, soaked in water  
     or anchovy paste (optional)  
 3 cloves garlic, thinly sliced  
 24 red cherry tomatoes  
 24 yellow cherry tomatoes  
 3 Tbsp drained tiny capers  
 2 Tbsp fresh thyme leaves  
 Coarse salt and freshly ground black pepper to taste  
 Balsamic vinegar to drizzle

Preheat the oven to 425°. Cut the peppers in half, remove seeds and ribs. Lightly oil a baking dish and brush the cut side of the peppers with oil. Arrange two anchovy fillets or squiggles of anchovy paste in an "X" in each pepper. Place four garlic slices in each pepper. Place 4 red cherry tomatoes in each yellow pepper and 4 yellow tomatoes in each red pepper. Sprinkle with capers and thyme. Drizzle with a little more olive oil, then sprinkle with salt and pepper. Bake for 35 minutes. It is best served cooled to room temperature, but I couldn't wait and ate them warm, drizzled with balsamic vinegar.

The Hayward Kaiser Permanente Medical Center opened its market Wednesday, August 18th in partnership with the Pacific Coast Farmers' Market Association. The vendors, staff and members had a great day. KP's ninth market opens at the Vallejo Medical Center this Friday, the 20th.

Have you ever bought a big bag of vegetables with great intentions to try a new recipe and had life get in the way? If that happened to you after reading last week's recipe for roasted bell peppers and cherry tomatoes, you might already have most of the ingredients for this week's offering.

Turkey doesn't have to be a once or twice a year protein source. Tasty and relatively inexpensive, turkey breast is also very low in fat.

## **Roasted Turkey Breast with Balsamic Glaze & Bell Pepper-Onion Sauté**

- 1/2 turkey breast, bone in, approximately 2 lbs
- Olive oil
- Four bell peppers  
(combination of red, yellow or orange, seeded and cut into narrow strips)
- 1 large onion, thinly sliced
- 1 Tbsp chopped fresh thyme
- 5 Tbsp balsamic vinegar
- 3 Tbsp capers, rinsed and drained
- Salt and pepper

Preheat the oven to 400°. It is important to brown the turkey breast well without overcooking it internally. Rub it with a little olive oil and season with salt and pepper. Place in a roasting pan and roast until the internal temperature is 170° in the thickest part. This takes about 45 minutes. After removing the turkey, the internal temperature will rise another 5° bringing it to perfection. The juices will run clear when pierced with a fork.

Heat a little oil in a large non-stick skillet. Sauté the bell peppers and onion over medium-high heat until brown at the edges, about 10 minutes. Add thyme and stir a couple of minutes. Add 2 Tbsp balsamic vinegar and capers. Season to taste with salt and pepper.

Remove the turkey from the roasting pan. Slice it, arrange it on a platter, sample a little piece and keep warmed. Heat the pan over two burners. Add the remaining 3 Tbsp balsamic vinegar and bring it to a boil scraping up those little brown bits. Pour glaze over the turkey, arrange the bell pepper sauté around the turkey and serve.

This is an excellent, easy and healthy dinner.

All previous recipes of the week can be found online at <http://www.permanente.net/kaiser/pages/c5645-23597.html>. If you can't open the link directly from your e-mail, copy and paste the link into the address bar of your internet browser.

Dr. Steve Stricker, Physician-in-Chief at the Vallejo Kaiser Permanente Medical Center, reported that their first market last Friday was a big success. Many staff and members came to the market and enjoyed the day. Again, the Pacific Coast Farmers' Market Association was instrumental in helping create this market.

In keeping with the current increased interest in Greek culture, this week's recipe is for a Greek salad. The flavors in this salad were so good, I made it twice this week to be sure it was true.

## Farmers' Market Greek Salad

- 1 lb mixed tomatoes of different sizes, shapes and colors  
(be sure to include some cherry tomatoes)
- 1/4 red onion, sliced very thin
- 1 small cucumber, about 1/3 lb, peeled and thinly sliced  
(You may or may not need to peel the cucumber depending on which type you can find at the market.)
- 2 oz feta cheese  
(Having reviewed feta recently in the Chronicle, Janet Fletcher prefers Greek or Bulgarian)
- 12 fresh basil leaves, torn into small pieces
- 16 Kalamata olives, pitted and halved
- 2 Tbsp extra virgin olive oil
- 1 Tbsp white wine vinegar
- 1 large clove of garlic, minced then mashed with a little salt in a small bowl

Core and slice the bigger tomatoes into 1/2" rounds. Halve the cherry tomatoes. On a platter, arrange the sliced larger tomatoes, add the onion, followed by the cucumber. Top with the cherry tomatoes, crumbled feta, basil and olives. Whisk the olive oil and vinegar into the garlic paste. Season with salt and freshly ground pepper to taste. Dress the salad and be prepared for a treat.

Myriam Ramos, Senior Radiology Clerk, has tried many of the recipes of the week using fruits and vegetables from our farmers' market. She also shared her new secret for getting her 12-year old son to eat at least something for breakfast. She makes a smoothie for him each morning using fruits from the market and other ingredients. Smoothies can make a great breakfast for a busy family. They are easy to make with whatever is in season, can serve a number of kids (and adults) easily, are portable and can serve as a good source of protein, calcium, vitamins and fiber. You always hear about calcium, protein and vitamins. So let's talk fiber.

It is very difficult for the average person to get the recommended 20 to 25 gm of fiber per day. Eggs, bacon, and white bread toast — about 0.8 gm of fiber. One whole cup of cornflakes — 0.5 gm of fiber. Macaroni and cheese for lunch — 0.8 gm of fiber. Insoluble fiber is good for your intestines and soluble fiber is good for your cholesterol. In addition to whole grains, broccoli, carrots, peas, beans and lentils, a morning smoothie can go a long way to help you reach the daily dose of fiber. Listed below are the variety of ingredients I use regularly, blended for breakfast. The relative proportions of each ingredient can be tailored to meet your specific nutritional needs.

## Fruit Smoothies

Nonfat yogurt, plain or vanilla

A high fiber cereal

(Read the labels. Some provide up to 14 gm of fiber in a 1/2 cup)

A combination of bananas, peaches, blueberries, strawberries, raspberries, and melons, etc.

(Freezing some when you bring them home from the market makes the smoothies more like a milk shake.)

One scoop of protein powder

A fruit juice of choice, soy milk or rice milk

Blend it. This is an excellent low-fat breakfast with potential for an individualized level of carbohydrates.

On your way to 10,000 steps per day, you can count each minute of washing windows over the Labor Day weekend as the equivalent of 75 steps. Pedometers are available in the pharmacy and the health education library.

Christine Shaheen, Senior Health Educator for Fremont, Hayward and Union City, took the recent recipe for Greek salad (8/27) a step further to make a full meal out of it for vegetarians. She omits the dressing and layers the ingredients on top of hummus, a Middle Eastern garbanzo bean (chickpea), garlic and spice dip that is low in saturated fat, high in protein and fiber and serves it garnished with mint along with pita bread chips. Check out "hummus" on Google for many tasty sounding variations and recipes.

While you are foraging for fresh mint to use as above, bring home extra for this week's recipe. Used with fresh basil from the Happy Boy's Farm, it makes a wonderfully light and refreshing pesto that is superb on grilled halibut or other firm-fleshed fish.

## **Basil & Mint Pesto**

- 2/3 cup fresh basil, firmly packed
- 1/2 cup fresh mint leaves, firmly packed
- 3 Tbsp walnuts, chopped and toasted (in 350° oven for 10 minutes)
- 1/2 cup extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 2 Tbsp lemon juice
- 2 tsp lemon zest (optional)

In a food processor, pulse the mint, basil and walnuts briefly. Add olive oil and blend into a coarse purée. Add salt, pepper, lemon juice, lemon zest and blend. This pesto can be kept up to 4 to 6 hours in the refrigerator. Serve over your favorite fish.

9/17/04

Kaiser Permanente and the Pacific Coast Farmers' Market Association have done it again. KP's 10th market opened this week at the Union City facility in the warm sunshine. PJ Ballard, our media relations expert, enjoyed the opening but still hasn't ever cooked anything from the markets. This week's recipe is my last attempt to encourage her to cook at least once.

From a prep cook intern at a well-known NYC restaurant comes one of the last tomato-based recipes of the season. The vines are beginning to dry up, at least in the East Bay. This delicious and healthy pasta requires minimal preparation and cooking expertise.

## **Spinach Fettuccine with Cherry Tomatoes**

8 to 12 oz spinach fettuccine  
2 pints cherry tomatoes, halved  
3 Tbsp olive oil  
1 Tbsp balsamic vinegar  
Salt and freshly ground pepper  
Small handful basil leaves, torn into small pieces

Halve the tomatoes. In a serving bowl, salt them liberally. Add olive oil, balsamic vinegar and pepper and mix gently. This can be done at dinnertime or up to three hours ahead. Boil water in a large pasta pot. Cook the pasta according to the instructions. Drain and add the hot pasta to the tomatoes. The pasta will soak up some of the juices released by the tomatoes. Mix in the torn basil. Adjust the seasonings and enjoy this near-the-end-of-tomato-season treat. Pan-seared scallops or shrimp work very well as an addition.

Last week's recipe for the cherry tomato pasta elicited a number of suggestions for additions. An excellent home cook in Michigan adds chopped red onion and kalamata olives. Dr. Judy Lamberti, OB-GYN at Oakland, remembers having diced, fresh mozzarella added when she was in Rome.

This week's grilled chicken is probably the best I have ever tasted. The chicken can be prepared a day in advance and refrigerated. It's a stretch to connect this to the farmers' market, but it does use chives and tarragon and it goes great with corn on the cob. You probably will have to spend a little time in the spice department at your local grocery store, but it's well worth it.

## **Spice-Rubbed Chicken with Mustard-Chive Sauce**

For the chicken:

- 1 Tbsp coriander seeds
- 1 Tbsp yellow mustard seeds
- 2 tsp fennel seeds
- 3 Tbsp mild paprika
- 2 tsp ground black pepper
- 2 tsp coarse kosher salt
- 8 large chicken breasts with skin (bad fat) and bones, trimmed of excess fat (really bad fat)

For the sauce:

- 1/3 cup sherry wine vinegar
- 3 Tbsp Dijon mustard
- 1 -1/4 cups olive oil (good fat)
- 2 large bunches fresh chives, chopped
- 3 Tbsp fresh tarragon, chopped

Grind the coriander, mustard seeds and fennel seeds together. I don't have a spice grinder so I used a food processor and then smashed them in a ziplock bag with a meat mallet and the bottom of a cast iron skillet. Stir in the paprika, pepper and salt. Rub the spice mixture into the chicken breast, making sure that some of the rub gets under the skin. (Grilling with the skin on helps keep the chicken moist. The skin can be removed before using the sauce if you are close to exceeding your 30%

daily calories from fat.) Let stand up to 1 hour or overnight, covered in the refrigerator.

Whisk the vinegar and mustard together then whisk in the olive oil. Mix in the tarragon and chives. Season with salt and pepper.

Grill the chicken, skin side down, until dark, about 5 minutes. Turn it over and cook covered until done, about 15 more minutes. Serve with skin on or off, spooning the sauce over the chicken.

Mr. Jim Ellis, a retired gourmand in Oakland, suggests a delicious combination of market produce: sliced heirloom tomatoes, sliced bell peppers and mixed greens topped by the sliced leftovers from last week's spice-rubbed grilled chicken and the Dijon, chive and tarragon vinaigrette.

Spinach is one of the leafy green vegetables that provides a portion of the suggested 1,000 to 1,500 mg of calcium per day. (The amount needed depends on your gender and age.) Some readers have said they won't make anything that takes longer than 20 minutes. This takes little time to prepare.

## Wilted Spinach Salad

1 lb spinach leaves, rinsed well

(Dr. John Loftus, Anesthesiology, offers this tip. Rather than rinsing the spinach 3 to 4 times in the colander, soak it in a few inches of water in a clean sink — all the dirt falls to the bottom)

1 small red onion, thinly sliced

8 to 12 Kalamata olives, pits removed (use the flat side of a chef's knife to squash the olive and the pit comes out easily)

1 clove garlic, minced

1 Tbsp chopped fresh mint

2 Tbsp sherry vinegar

6 oz feta, crumbled into small pieces (most recipes I have tried recommend Bulgarian or Greek feta)

6 Tbsp olive oil

Salt and freshly ground pepper to taste

Toss everything except the olive oil in a salad bowl. In a small saucepan, heat the olive oil until it is just starting to smoke. Pour over the salad and toss gently. The spinach leaves will wilt a bit. Season to taste.

We often hear about how well Kaiser Permanente is doing relative to our competition on many different quality indicators. It's a challenge to do as well against the competition we face from the snack food industry.

According to FoodTV, there are 500 million Twinkies consumed each year in the United States as well as one and a half billion pounds of potato chips (includes 20 million bags from Frito Lay alone.) One million Moon Pies are made per day. There is a franchise in Texas that produces 70,000 Krispy Kreme doughnuts per day. Five billion Cheese Doodles are made per day. There are six full-time cheese tasters in Wisconsin tasting cheese for Cheetos. For dessert, Hostess makes 11,800 fruit pies per hour.

Meanwhile, look for a new organic apple vendor at the October 8th Friday Fresh Farmers' Market. The stonefruit growers from Kashiwase Farm have completed their second season with us and we will welcome them back next year.

This week's recipe is modified from Soup of the Williams-Sonoma series. It is supposed to serve eight. Recently, I doubled it, served only eight, and ran out. It takes longer than 20 minutes to prepare, but, if you make extra and freeze it, you have a ready made low fat and tasty meal for a busy night. This chowder makes my top ten favorite list.

## Baja Seafood Chowder

- 2 Tbsp olive oil
- 2 cloves of garlic, minced
- 1 yellow onion, chopped
- 1 large green bell pepper, seeded and chopped
- 1/2 small jalapeño, seeded and finely chopped (tolerance for "heat" varies widely — if you aren't sure, make it with only half the amount the first time)
- 1/8 tsp to 1/4 tsp red pepper flakes
- 1 -1/2 cup fish stock (you can buy frozen fish stock, thaw and dilute it)
- 1/4 cup dry red wine
- 1 lb tomatoes, coarsely chopped with their juice
- 1 Tbsp tomato paste
- 1 tsp sugar

1 tsp dried oregano (equivalent to 1 Tbsp fresh — most dried herbs are 3 times as potent as fresh)  
1 tsp dried basil or chopped fresh basil  
1 baking potato, peeled and cut into 1/2" cubes  
Salt and freshly ground pepper  
1 - 2 dozen clams and/or mussels  
1/2 lb firm fish  
(Ask at your local fish place what works well in a chowder)  
1/2 lb prawns, shelled and deveined  
(Simple plastic shellers/deveiners are cheap and easy to find at kitchen stores.)  
Fresh cilantro, chopped for garnish  
Lime wedges to pass around

In a large pot with a lid, heat the olive oil over medium heat. Sauté the garlic, onion, bell pepper, jalapeño and pepper flakes a few minutes until the onion is translucent. Add the remaining ingredients except for the seafood. Cover and simmer for about 30 minutes. Season to taste with salt and pepper.

Add the seafood, raise the heat a little, cover and cook until the shrimp are done and the clams and mussels have opened. Discard those that do not open. (If you make extra to freeze for a quick meal another night, do so before adding the fish.)

Serve in warmed bowls, garnish with cilantro and pass the lime wedges.

Applesauce is usually associated with summer youth camps, baby food and something to make it possible to take a number of pills at once.

This week's recipe for applesauce not only makes for a quick and wonderful dessert, it serves as the foundation for next week's offering. If you make applesauce this week, be certain to save a couple cups for next Friday. I was highly skeptical when Kelly Hammargren, TPMG Project Manager, emailed me her Baked Oatmeal recipe. Watch for it as it turned out to be a great excuse to use a little brown sugar and cut-up peaches and it had "staying power".

Zach, the Friday Fresh Farmers' Market new organic apple grower, told me that his Jonagold apples were the best for applesauce. While many other varieties also work also, some apples may be too tart or get too mushy too fast totally losing their shape.

## Applesauce

Big bag of apples

Water

Optional cinnamon, lemon juice and sugar

Quarter the apples, remove the cores and cut into 1" pieces. I left the skins on for flavor and nutrients. Simmer just covered with water until soft, 15 to 20 minutes. Drain in a colander. Either mash in a bowl, leaving it somewhat chunky or purée in a blender or food processor in batches adding the optional ingredients to taste. This is excellent warm or cold.

Many of you probably remember the early 70's in your kitchen: wearing bell-bottoms, walking with your heels lower than your toes in Earth shoes to balance your energy, and cooking recipes from bulk food cookbooks with brown covers. This week's recipe from Kelly Hammargren, TPMG project manager, could be from that era. It makes a wonderful hearty breakfast on a cold morning. Unaccustomed as I am to cooking with tofu and rice milk or soymilk, I had to read the labels to see how much fat I was getting. There is no question that this dish contains carbs so it may not be on some menus.

I made a double recipe to see if freezing half worked well. It did and it was excellent reheated in the oven after thawing overnight in the refrigerator) Adding up the fat in the oatmeal, cereal, tofu and rice milk resulted in only 32.5 gm total fat and 1.5 gm saturated fat. With 8 servings altogether in a double recipe, there are only about 4 gm of fat per 1-cup serving. If you burn 2,000 calories per day and get 30% of your calories from fat, you can eat 600 calories from fat. At 9 calories per gm of fat, you could eat about 65 gm of fat per day. McDonald's Deluxe Breakfast (eggs, hash browns, sausage and hotcakes), by contrast, has 60 gm of fat. It's a choice. Eat the Baked Oatmeal and be able to enjoy a wide variety of other dishes during the day that have some fat in them or eat one Deluxe Breakfast and that's it until the next day.

Freshly cut up fruit or raisins from the farmers' market makes a great topping. The Jonagold applesauce you may have made from last week's recipe works well in this breakfast.

## Baked Oatmeal

- 1 cup oatmeal
- 1 cup multi-grain cereal
- 1 cup applesauce
- 1 package silken (soft) tofu, approx. 14 oz
- 2 cups soymilk or rice milk
- 2 tsp baking powder

Preheat the oven to 375°. Mix everything. Some lumps are OK. Bake covered for 25 minutes, then uncovered for 5 additional minutes.

It is possible that you will be seeing Dr. Vic Silvestre's picture in the media again soon. He was seen getting photographed recently next to a winter squash at our market.

This fall's ratatouille recipe is easier than last year's version and I think it tastes much better. It celebrates fall at the market. Cooking the vegetables in series rather than all together helps retain their individual contribution to the dish.

## Ratatouille

- 4 Japanese eggplants, skin left on, sliced 1/4" thick
- 1 large yellow onion, sliced
- 4 bell peppers, mixed colors, cut into 1/4" strips
- 4 mixed yellow and green squashes - about 3/4 lb - sliced 1/4" thick
- 4 red and yellow tomatoes - about 1 lb - seeded and diced, juice discarded
- 1/2 cup olive oil
- 1/4 cup water
- 2 Tbsp red wine vinegar
- 1 Tbsp capers, rinsed and drained
- 2 Tbsp pitted green, Niçoise or Kalamata olives, chopped
- 2 Tbsp chopped fresh parsley
- 1 Tbsp chopped fresh basil
- 2 cloves garlic, minced
- Salt and pepper

Preheat oven to 400°. Salt and pepper the eggplant and toss with 3 Tbsp olive oil in a baking dish. Add water, cover and bake for about 40 minutes or until soft to the touch. Sauté the onions in olive oil until they start to brown. Add the peppers, season with salt and pepper and cook until peppers and onions are well browned. Add the vinegar and cook one minute. Transfer the mixture to a bowl. Sauté the squash in olive oil until brown on both sides. Add to the pepper and onion mixture. Discarding the liquid in the baking dish, add the eggplant to the other vegetables. Return all to the sauté pan, add the tomatoes, bring to a simmer and cook for about two minutes. If it looks too juicy, pour off the excess liquid into another sauté pan, reduce it until thickened and add back to the vegetables. Allow it to cool. Add the capers, olives, herbs, garlic, a little more red wine vinegar, and salt and pepper if needed. Ratatouille keeps well refrigerated for several days and allegedly improves in flavor over time. It was so good, I didn't give it a chance to age.

So the front page of the Sunday, October 31, "New York Times" business section shows Vic Silvestre bagging up the last of the season's heirloom tomatoes from Happy Boys Farm. The arugula and peppercress in the background also look seriously picked over.

Since Kaiser Permanente stands for broccoli, this week's recipe features this tasty vegetable. As a reminder, there is another great recipe for broccoli with sesame seeds and crushed chilis in Volume 2 of the collected recipes. Beth Bernstein, a dietitian from San Diego Kaiser Permanente, suggested a disclaimer to go with any broccoli recipes. The Vitamin K in broccoli and other dark green vegetables can affect the dose of coumadin needed for those patients who are anticoagulated. If they eat pretty much the same diet over time, the doses may not need adjusting. However, eating seasonally may require dosage changes. The benefits of broccoli far outweigh the risks for most people. Try this simple recipe varying the amounts of ingredients to taste.

## **Broccoli with Garlic, Crushed Chilis & Pecorino**

One head broccoli  
4 cloves garlic, minced  
1/8 to 1/2 tsp crushed red chili flakes  
1/2 cup pecorino cheese, grated  
Salt to taste  
2 Tbsp chicken broth  
1 Tbsp olive oil

Remove the broccoli's florets. Use a vegetable peeler to remove the tough outer layers of the stalk. I didn't peel off quite enough the first time I tried this and got fibers stuck in my teeth. Cut the stalk into 1/2" pieces. Heat the olive oil in a skillet and cook the garlic briefly. Add 1 Tbsp chicken stock, pieces of stalk and the crushed chilis. Cover and cook for 5 to 7 minutes until the broccoli is a bit tender. Add a little more stock if it evaporates. Add the florets and an additional 1 Tbsp of chicken stock. Cover and steam until the broccoli is tender. In a warmed serving dish, toss the broccoli gently with the pecorino cheese. I tried this with reggiano parmesan and it was also excellent. Add a little salt if needed.

11/12/04

Today, in the rain, Kaiser Permanente opens its 11th market at the Fremont facility joining Union City, Hayward, Richmond and us in the East Bay. Again, the Pacific Coast Farmers' Market Association was instrumental in making it happen.

Carolyn Warm Sun, an organizational development consultant at our Oakland Medical Center, sent me this week's recipe, which saved me from even considering the ubiquitous marshmallow toppings of past Thanksgiving sweet potato dishes. It is just a little sweet and balances the tartness of the apples and cranberries.

## **Sweet Potatoes with Apples & Cranberries**

Serves 6

- 1 lb sweet potatoes (2 big ones), peeled and sliced 1/4" thick
- 2 cooking apples, quartered, cored, then coarsely chopped
  - (ask the vendor for help in choosing the best kind of apples for this dish
  - I used Braeburn and Pippin)
- 1/2 cup dried cranberries
- 1- 1/4 cup apple juice
- 1/4 cup maple syrup
- 1/4 cup dark rum (optional)
- 1/4 cup hazelnuts or walnuts, coarsely chopped
- 3/8 tsp salt
- A fresh tarragon sprig makes a nice garnish

Heat the apple juice to a simmer in a sauté pan. Evenly distribute the sweet potato slices. Cover and simmer for about 12 minutes or until the potatoes start to get tender. Stir in the chopped apple, cranberries, maple syrup, rum and salt. Cook covered for another 3 to 4 minutes. Remove cover and bring the juices to a boil over medium heat. Stir often while the juice reduces and thickens. Top each serving with chopped nuts. Garnish with tarragon.

The Friday Fresh Farmers' Market will be closed the day after Thanksgiving because of the limited numbers of staff and patients expected to be on the campus. The market will be open again Friday, December 3rd.

To complement last week's sweet potato, apple and cranberry Thanksgiving side dish (I made it again last night just to be sure it's good and it is), try this salad combination. The original version comes to you courtesy of Dr. Christina Shih from KP's San Francisco Medical Center. She is an Emergency Medicine physician and an assistant physician-in-chief. She must also be an excellent cook. I have tried several versions of this salad in the past week - it's all good. This is your chance to try an ingredient you may never have used before and like it.

## Three Farm Salad

Bartlett pear, Asian pear or persimmon from the  
Lone Oak Ranch, sliced thinly

Belgian endive, Bibb lettuce or butter lettuce from the  
Happy Boys Farm

Blue cheese

Walnuts, pecans or pistachios from the Johnston Family Farm

A little finely diced Walla Walla onion, also from the Johnston's

2:1 ratio of a light extra virgin olive oil to a vinegar of choice. (Dr. Shih likes champagne vinegar, which worked very well. I tried it also with balsamic vinegar with good results.)

Salt and pepper to taste

Arrange the sliced fruit on salad plates. Arrange lettuce leaves or endive so it looks nice. Crumble a little blue cheese on each leaf. Toasting a few nuts in the oven at 350° for about 5 minutes or tossing them in a skillet over medium heat to bring out the flavor. Scatter them on top of the lettuce. Whisk the oil and vinegar together. Mix in the diced onion. Dress the salads. Salt and pepper to taste.

Shopping for the ingredients used in this salad is worth 60 steps per minute on your way to 10,000 steps per day.

As far as I'm concerned, apple crisp is one of the basic food groups. Zach, our organic apple vendor, will suggest the best ones to use when the market reopens on Friday, December 3<sup>rd</sup>.

A mostly Mediterranean diet results in about 30% of daily calories from fat. That's 600 calories on a 2000 calorie diet or about 65 gm of fat at 9 calories per gm. This recipe has two sources of fat: the butter and the walnuts. Walnuts contain about 18 gm of fat per oz. One oz is about 14 walnut halves or a little more than 1/4 cup. There are only 1.6 gm of saturated fat per oz. Butter has 12 gm of fat (8 saturated) per Tbsp and a butter substitute like Earth Balance has 11 gm (but only 3.5 saturated). The recipe has about 35 gm of fat from walnuts and 60 gm from Earth Balance (22 gm saturated).

This all sounds tedious, but it represents the facts behind "moderation". Made in a 9" by 9" pan, it can provide nine 3" square portions. Thus a good sized piece of this essential food group has only about 10 gm of fat (2.5 gm saturated) well within reasonable nutritional guidelines for those watching fat intake.

## Apple Crisp

2 lbs baking apples, peeled (or not), cored and sliced  
 7/8 cup flour  
 1/2 cup walnuts  
 1/3 cup brown sugar  
 4 tsp granulated sugar  
 1/8 tsp cinnamon  
 1/3 cup butter or a butter substitute like Earth Balance, chilled and cut into small pieces  
 Brandy (optional)

Toast the walnuts in the oven at 350° for about 6 minutes. Cool and chop into pieces no larger than 1/4", making them less likely to burn in the topping. Then preheat the oven to 375°. Slice the apples into a 9" by 9" unbuttered baking pan. Sprinkle with a little sugar or a little brandy and cinnamon. Mix the flour, sugars, cinnamon and butter until crumbly. Stir in the walnut pieces. Spread the topping evenly over the apples (I made this recently adding sliced Asian pears and raisins from the Lone Oak Ranch). Bake for 30 to 45 minutes until the topping browns and the fruit is tender and bubbly. Served warm, this is the best version of apple crisp I have ever had.

One of the major benefits of having a farmers' market at the workplace is the weekly reminder of what's in season. As food travels an average of 1500 miles to our grocery stores, seasonality is blurred. Asparagus is for sale now, despite the fact that it won't grow locally again until the ground temperature reaches 65°.

This week's recipe for a main dish is "seasonal" in a different sense. If you are lucky enough to have leftover turkey in your freezer, this soup is one of the best ways to use Thanksgiving leftovers that I have ever tried. The soup is very light and a little spicy - a wonderful blend of flavors.

To accompany the soup, make a seasonal market salad. Check out the spinach and persimmon salad recipe in Vol 1 of the Farmers' Market Recipes (spinach leaves, sliced Fuyu persimmons, glazed pecans and a dressing made with 1/4 cup rice vinegar, 2 Tbsp orange marmalade or Sweet Pepper Jelly from the Johnston farm, and 1 tsp toasted sesame oil).

## Asian Turkey Soup

6 cups chicken broth or turkey stock  
 1/2 cup sliced shallots (2 or 3 large)  
 6 slices of fresh peeled ginger, about 1/8" thick  
 2 Tbsp fish sauce or soy sauce  
 (I used the fish sauce. I haven't tried it with soy sauce.)  
 10 oz (about 2 cups) diced, cooked turkey  
 3-1/2 oz rice noodles (the kind that are the size of thick linguine, moist and in a hermetically sealed package)

### Garnish:

Serrano chili, seeded and finely diced  
 Fresh mint, coarsely chopped  
 Mung bean sprouts  
 Lime wedges

Add shallots, fish sauce and ginger to the stock. Bring to a boil, then simmer partially covered for about ten minutes. Remove the ginger and discard. Meanwhile, cover the noodles with boiling water and let sit for about 5 minutes until the noodles start to soften. Add the turkey and noodles to the soup. Heat through for about three minutes. Ladle into warm bowls. Pass the garnish at the table. All four work very well together. This soup turned out to be good restaurant quality and was perfect with salad on a cold night.

Here are two follow-up items .

Those of you who read last week's recipe may have noticed my typo. Setsuko Nakahara, a nurse educator in our Woodland Hills Medical Center sent this note. "I think you may have intended to say 'Fuyu' (instead of Fuju) persimmons. In Japanese, we call it 'fuyu kaki.' Kaki (read here as gaki) means persimmons. These are the firm, flat 'Japanese' persimmons." This kind is best in salads. The pointy ones are better for baking.

Joe Wong, an East Bay community retinal angiographer, wondered if there was a more crispy crisp to go with apples. I researched it and here are my findings. Using an electric beater on low speed, mix 3/4 cup brown sugar, 1/2 cup butter or substitute like Earth Balance, 3/4 cup flour, 1/2 cup oats, 1/2 cup chopped toasted walnuts, 1 tsp cinnamon, 1/2 tsp ground ginger and 1/4 tsp ground nutmeg. The oats make a noticeable difference.

This week's recipe draws on our farmers' market for some basics. Canned organic tomatoes are used as they are no longer in season locally. Last year I featured a Pasta Puttanesca that only simmered for about 10 minutes. The additional cooking time adds a wonderful richness and depth of flavor to this sauce. This version tasted so good I could hardly wait to share it.

## Chicken Puttanesca

Serves 8 - leftovers freeze well

- 2 to 3 boneless, skinless chicken breast halves
- 4 to 6 boneless, skinless chicken thighs
- 3 Tbsp olive oil
- 1 medium onion, sliced into thin rings
- 12 cloves garlic, peeled and halved
- 1 large (28 to 32 oz) can organic diced tomatoes
- 1/2 cup pitted Niçoise or Kalamata olives
- 1/3 cup capers, drained and rinsed
- 2 oz can anchovies, drained and chopped
- 3 Tbsp sun-dried tomatoes in oil, drained and chopped
- 1 Tbsp Italian herb mix
- 1 Tbsp balsamic vinegar
- 1/4 tsp crushed red chilis
- Salt and pepper to taste

In a skillet, brown the chicken on both sides in olive oil over medium high heat. Set aside. Sauté the onion and garlic until lightly browned. Add the tomatoes with juice, then stir in the remaining ingredients one at a time. Add the chicken back to the pan mixing it in with the sauce. Cover and simmer for about 30 minutes. Adjust the seasonings and serve over rice. Be prepared for a treat.

While there are fewer farmers at our winter market, many good choices are still available. Pick up some organic Braeburn apples for Apple Crisp version 1.2 and buy some leeks from Happy Boys Farm to use in the recipe of the week. Remember that the market will be closed Friday, December 24<sup>th</sup> and December 31<sup>st</sup>, as the facility will function on a holiday schedule.

Apple Crisp 1.0 had, I admit, some annoying dry spots of flour. Version 1.1, with oats, was an improvement. Version 1.2 is courtesy of a superb home cook in Michigan. Melting the butter before mixing the "crisp" ingredients makes it all work. I combined the learnings from all three, brought it to work twice this week and watched it disappear. Preheat the oven to 350°. Toast 2/3 cup walnuts for 8 to 10 minutes. Cool and chop coarsely. Lightly butter a 9" X 13" glass baking dish. Peel, core and slice 8 to 9 Braeburns (better than Granny Smith or Pippin, I think) and place in the baking dish. Sprinkle with a little sugar and cinnamon and maybe a little brandy. For the crisp, melt 1 stick butter (I use Earth Balance butter substitute and it tastes fine). Mix in 3/4 cup brown sugar, 1/2 cup flour, 2 cups oats, 1 tsp cinnamon, 1/2 tsp ground ginger and 1/4 tsp ground nutmeg. Stir in the walnuts. Spread the topping evenly over the apples and bake for about 45 minutes or until brown and the apples are tender. This is a good one to prepare ahead, then cook during dinner so you can serve it warm.

If you have time to cook breakfast or brunch over the holidays, the following recipe is highly recommended. I include the changes I make to lighten up the fat and cholesterol content a little with no adverse effect whatsoever on the result.

## Smoked Salmon & Leek Frittata

- 3 large eggs (equivalent 3/4 cup egg substitute)
- 2 Tbsp crème fraîche (I used non-fat sour cream)
- 1/4 tsp freshly ground pepper
- 2 oz smoked salmon (about 1/4 cup) slivered  
(leftover salmon works too but tastes different)
- 2 Tbsp butter (or Earth Balance substitute)
- 1 leek, rinsed, dried and chopped including some of the green part
- 1/4 tsp caraway seeds
- 3 Tbsp goat cheese, crumbled

Preheat broiler. Beat eggs and mix in salmon, crème fraîche, and pepper. Melt the butter in a 10" ovenproof skillet until the foaming stops. Sauté the leeks and caraway seeds until tender. Remove 1/2 of the leeks with a slotted spoon and reserve. Pour the egg mixture into the skillet and cook until the bottom is set but the top still runny -- about 3 to 4 minutes. Sprinkle the reserved leeks and goat cheese on top. Broil 1 to 2 minutes until the cheese is just starting to melt. I know you'll like it.