



EASY GREENS



Get a bunch of nutrition experts in a room and the conversation will inevitably turn to dark leafy greens.

Collards, kale, spinach, broccoli, mustard greens, and turnip greens are nutritional powerhouses. Most are loaded with vitamin C, beta-carotene, lutein, calcium, folate,

potassium, fiber, and more, all for only 30 calories per half cup.

Now **Ready Pac** makes it easy to squeeze a new green into your busy schedule.

Broccoli rabe (pronounced "rob") gets its name from the tiny broccoli-like buds that are scattered on its leafy stalks. The plant has a bitterness (think turnip greens or watercress) that's guaranteed to add character to mild dishes.

Ask most Americans what broccoli rabe is and you'll get a shrug. But ask an Italian about *rapini* and you're likely to get a favorite recipe. They braise it. They fry it. They steam it. They throw it in their soups and salads.

And now, so can you. Just poke a few holes in the bag and microwave for 3 or 4 minutes.

Then sauté with ginger and soy sauce or with olive oil, garlic, and red pepper flakes. Or toss a handful into your stir-fry or vegetable soup. (For recipes, check out www.epicurious.com or foodtv.com.)

Makes you wonder what else is out there, waiting to make its debut in your dinner.

Ready Pac: (800) 800-7822.

KILLER SKILLET

"Imagine a home filled with the aroma of garlic and fresh herbs sautéing in olive oil," says

Bertolli's Grilled Chicken Alfredo with Portobello Mushrooms Complete Skillet Dinner for Two.

Then imagine an angiogram of your arteries filled with sludge, courtesy of the cream in each Alfredo Dinner for Two.

Despite the (low-fat) chicken breast, mushrooms, and pasta, Bertolli adds enough cream to supply 22 grams of saturated fat (more than an entire day's worth) to each diner's heart, which is already reeling from the 1,210 mg of sodium (half a day's worth) in each of the package's two 710-calorie servings.

Other Complete Skillet Dinners, which have nowhere near enough vegetables to be "complete," have 7 to 10 grams of sat fat and about 500 calories per serving.

While the sodium dips below 1,000 mg in one variety—the Chicken & Garden Vegetable Primavera (570 mg)—each serving comes with half a day's sat fat, thanks very much.

You've got to give Bertolli credit for being honest—most labels pretend that people eat a laughable one-cup portion of skillet dinners. But honesty can only do so much for the owner of a set of Bertollied blood vessels.

Bertolli: (800) 418-2302.



TIP OF THE MONTH

No fresh herbs in the market? Substitute 1 *teaspoon* of dried herbs for every *tablespoon* of fresh herbs in your recipes. The earlier in the recipe you add them, the more flavor they'll have.

Photos: Nick Waring.

About CSPI, publisher of *Nutrition Action Healthletter*



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