



NEW VEG ON THE BROCC



What looks like broccoli but with a longer, slender stem and smaller flowering buds? It's **broccolini**, a cross between broccoli and Chinese kale. You can find it in the produce section of your local grocery store. (The name is trademarked by **Mann Packing Co.**, which introduced broccolini to North America in 1998. Other companies call the vegetable **baby broccoli**.)

Like most green vegetables, broccolini is loaded with vitamin C (130 per cent of a day's worth) and vitamin A (30 per cent). And it's not too shabby in the potassium (8 per cent), calcium (6 per cent), and iron (4 per cent) departments. That's for a three- or four-stalk serving (85 grams) that will cost you only 35 fat-free, nearly sodium-free calories.

The taste has hints of broccoli and asparagus. It's a bit sweet and peppery when raw and milder and sweeter when cooked. But unlike broccoli and asparagus, the stalks aren't at all woody. Broccolini is completely edible, from flower to stem.

Try sautéing broccolini with sliced garlic in a bit of the oil from a bottle of sun-dried tomatoes, then top with a few of the chopped tomatoes. Or toss with a little extra-virgin olive oil and roast at 450°F on a baking sheet for 12 to 15 minutes. Season with a squeeze or two of fresh lemon juice, a dusting of freshly ground pepper, and a sprinkle of Parmesan.

In a hurry? Just steam your broccolini, then drizzle with your favourite vinaigrette or some toasted sesame oil.

Last year was broccolini's 10th birthday. Thanks, Mann. And keep 'em coming.

Mann Packing Co.: (800) 285-1002

About CSPI,
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The Centre for Science in the Public Interest (CSPI), founded in 1971, is an independent non-profit consumer health group. CSPI advocates honest food labelling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, which has been published in the U.S. since 1974 and in Canada since 1996, accepts no advertising.

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GREASY BREAD

"Our freshly baked bread smothered with Cheddar and Jack cheeses." That's how **Casey's** describes its **Cheesy Garlic Bread**.

Variations of the popular appetizer show up on menus at Boston Pizza, Fionn MacCool's, Jack Astor's, Milestones, Swiss Chalet, and other restaurants. What better way to start your dinner than with a platter of white flour, butter, and cheese?

At Casey's, you can choose from the "generous enough to share" portion for \$8.99 or the half-size "just enough for yourself" for \$5.99. Just enough for what?

Perhaps you can use the 540 calories in the half size as a down payment on a new layer of insulation to keep you warm next winter. They come with 25 grams of saturated fat (more than a day's worth) to coat your arteries and 825 milligrams of sodium (half a day's worth) to keep your blood pressure hopping.

True, the Cheesy Garlic Bread doesn't have quite as many calories as most of Casey's entrees. But the calories are close to a 14-oz. New York Steak or a Half Rack of Back Ribs. (Funny, you don't see *those* on the Starters menu. Maybe that's because they pack *only* 14 or 18 grams of sat fat.)

Of course, if your entree is one of Casey's burgers or sandwiches, you're in for more white bread, (often) more cheese...and, of course, more calories. The Bacon Cheese Burger, for example, has 1,020 calories, while the Burger² comes with 1,770.

Start one of them with the Cheesy Garlic Bread and you've got "just enough" for the new "generous-enough-to-share" you.

Casey's: (800) 361-3111



dish

OF THE MONTH

In a large skillet, sauté 2 Tbs. of tomato paste and 6 chopped green onions in 1 Tbs. of extra-virgin olive oil. Toss in 454 grams of baby spinach and cook until tender. Season with freshly ground pepper and a pinch of oregano.

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Nutrition Action Healthletter
CENTRE FOR SCIENCE IN THE PUBLIC INTEREST
P.O. Box 4252, Postal Station A
Toronto, Ontario M5W 5S4
e-mail: circ@cspinet.org

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