

Cooking for Real People (Not Chefs!)

SELF
SPECIAL
ISSUE

SELF Dishes

74 Easy, Healthy Recipes
Juicy Burgers, Satisfying Salads, Even Dessert!

Quickie Dinners 18 Meals Under 30 Minutes
Guilt-Free Grilling Your Summer Favorites, Lightened Up!

BONUS
The
Feel-Full
Diet
Eat Well and
Drop Pounds
p. 45



Luscious, lowfat
ice cream pie p.106

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DISPLAY UNTIL SEPTEMBER 4, 2007

Here's a taste of **Thursday nights** on **Discovery Health**



Delicious meals start with the freshest ingredients.

A Lyon in the Kitchen

SEARED SEA BASS WITH POTATOES, PEPPERS, TOMATOES, AND SHALLOTS

Ingredients:

2 to 6-ounce filet portions of sea bass
Extra virgin olive oil as needed
Kosher salt and freshly ground pepper
2 yellow potatoes
1 small red pepper, thinly sliced
3 cloves garlic, roughly chopped
1 cup baby red or yellow tomatoes
2 shallots, thinly sliced
2 tablespoons Italian flat-leaf parsley, chopped
2 tablespoons fresh basil, thinly sliced
1/4 cup white wine
1 teaspoon freshly squeezed lemon juice

Instructions:

Preheat oven to 350 degrees F.

Peel both potatoes, rub with extra-virgin olive oil, season with salt and pepper, wrap in foil and bake for 30 to 45 minutes until easily pierced with a knife.

Transfer into a bowl, after adding 1/4 cup olive oil, crush potatoes using the back of a fork. Season with salt and pepper. Set aside and cover with foil, until serving.

Season sea bass on both sides with olive oil, salt and pepper. In a medium size pan over medium high heat, add 2 tablespoons olive oil until shimmering. Add bass, skin side down and sear until skin is well colored and crispy. Flip bass and continue cooking until medium, approximate total cooking time will be 6-9 minutes depending on thickness.

Remove from pan and cover loosely with foil.

In a second medium-sized pan over medium high heat add 2 tablespoons olive oil until shimmering. Add red peppers and shallots and sauté for 1 minute. Add garlic, cook until fragrant, and then add tomatoes. Increase heat to high and deglaze with wine and lemon juice. Continue cooking until slightly thickened and the tomatoes split. Season to taste and remove from heat.

Garnish with parsley and basil.



Learn how to cut out the fat but keep in the flavor.

Healthy Decadence with Devin Alexander

CHISELED CHICKEN PARMESAN

You save: 312 calories, 26 g fat, 15 g saturated fat

Ingredients:

Olive oil spray
2 4-ounce boneless, skinless chicken breasts
1 tablespoon flour
1/2 tablespoon reduced-fat parmesan cheese
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon black pepper
1 egg white
1/2 tablespoon fat free milk
1/3 cup plain breadcrumbs
1/2 tablespoon finely chopped parsley leaves
1/2 cup low-fat marinara sauce
1 ounce (1/2 cup) finely shredded low-fat mozzarella cheese
1/2 ounce reduced-fat parmesan cheese or 1 ounce finely shredded parmesan cheese

Instructions:

Preheat the oven to 450 degrees. Lightly mist a non-stick baking sheet with spray.

Place the chicken breasts between two sheets of plastic wrap and, using the flat side of a meat mallet (a heavy rolling pin will also work), pound them until they are an even 1/3-inch thickness working from the center outward. In a medium, shallow bowl, mix flour, parmesan cheese, garlic, salt and pepper.

Make sure the chicken is as dry as possible (without actually drying it) and dip one piece into the flour mixture until it is coated on all sides. Shake off any excess flour and place the breast on a dinner plate. Repeat with the second breast then place it on the plate next to the first breast. Cover the plate with plastic wrap and refrigerate it for 10 minutes.

In a second shallow bowl, use a fork to lightly beat the egg white with the milk. In a third shallow bowl, mix the breadcrumbs with the parsley. Dip the floured chicken breasts into the egg mixture one at a time. Allow any excess egg to drip from the chicken (this is important or breadcrumbs will clump) then coat it with breadcrumbs. Dip it back into the egg then back into the breadcrumbs. Place side by side on the prepared baking sheet. Transfer the dish to the oven and cook the chicken 7-9 minutes per side until the chicken is no longer pink inside.

Just before the chicken is cooked, heat marinara sauce in the microwave or in a small pan on the stovetop until just hot. Top each breast with 1/4 cup marinara sauce followed by the mozzarella, then parmesan. Bake the chicken for an additional 3-5 minutes until the cheese is melted. Serve the chicken hot with a side of pasta and/or a large green salad.



Thursdays starting
at 10pm e/p

For more of Nathan and Devin's recipes
go to discoveryhealth.com