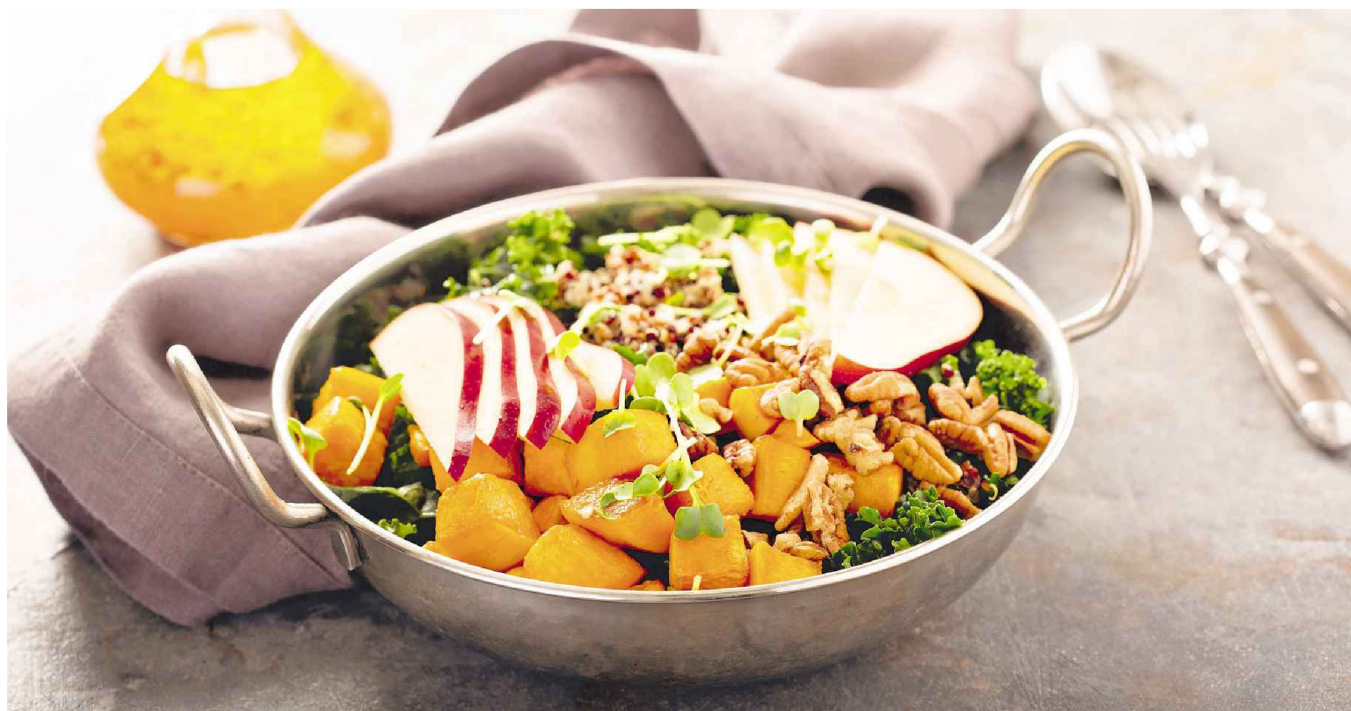


Eat Your Way to Good Health

By Arlene Gross



AUTUMN IN NEW YORK means a bounty of hearty foods, from a variety of squashes to apples, sweet potatoes, fennel and heirloom carrots.

According to the Harvard T. H. Chan School of Medicine, fruits and vegetables are essential for a healthy diet. They can reduce the risk of heart disease and stroke, lower blood pressure, decrease the risk of eye and digestive problems and prevent certain types of cancer.

To keep meals healthy, Eric Werner, chef de cuisine at Cold Spring Harbor's Sandbar Restaurant, suggests avoiding excessive fats and sugar. Instead, whether you roast, puree or sauté, opt for extra virgin olive oil. "You never really want to mask the flavor of the product," he says.

ADD FLAIR TO YOUR FOODS

Apples, besides their ubiquity in desserts, can be shaved into a frisée salad, roasted, or made into a gelée. Butternut squash, says Werner, is great roasted, diced up and sprinkled on salads and risotto, or pureed into soups. Try roasting spaghetti squash, then scrape out the long, spaghetti-like strands from the skin, and sauté. "It's really delicious and healthy."

Spices, from cinnamon to cardamom to allspice, figure prominently in fall cooking. "A lot of the spices go well with the hearty root vegetables, even the pumpkins and the squashes," notes Werner.

Another autumn mainstay, apple cider can be reduced to a gastrique, or sweet and sour sauce, by adding lemon or vinegar. Use it to marinate steaks or chicken, or serve with kale, braised with onions and pancetta.

For a nutritious, protein-packed accompaniment for your veggies, Werner shares the following recipe:

Striped Bass with Quinoa and Peas

INGREDIENTS
 4 8-ounce striped bass fillets
 3 cups red quinoa
 2 cups water
 2 tsp. salt
 1 cup English peas
CAPER GREMOLATA
 1 shallot and ½ clove garlic, finely minced
 1/4 cup chopped parsley
 1/4 cup capers
 1/2 cup olive oil
 Zest of half a lemon

DIRECTIONS

In pot, bring water, salt and quinoa to a light simmer. Cook until tender, about 20 minutes. Add peas. Set aside.

In bowl, mix parsley, shallot and garlic. Add olive oil and lemon zest. Season, with salt and pepper. Mix well.

Preheat oven to 375. Season bass with salt and pepper, place in large pan with canola oil and bring up to smoke point. Cook on low flame for three minutes to crisp skin, then place in oven, skin side down for six minutes. Once two thirds cooked, flip fish.

On large plate, spoon quinoa and pea mixture; place fish on top, spoon gremolata on top of fish and around plate.



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