About CSPI, publisher of Nutrition Action Healthletter

Nutrition Action Healthletter has been published since 1974 by the nonprofit Center for Science in the Public Interest, an independent consumer health advocacy organization. Founded in 1971, CSPI educates consumers about food safety and nutrition and presses food companies and the government to improve their policies and practices. CSPI’s work is supported by Nutrition Action subscribers, individual donors, and foundation grants. CSPI does not accept funding from government or industry, and Nutrition Action is free of advertising.

RIGHT STUFF

AHOY, SAVOY!

Coleslaw, stuffed cabbage, sauerkraut. Everyone knows dishes made with ordinary green cabbage. But savoy cabbage? Which one is that?

First of all, savoy is a bit funny looking. Its crinkly, veined leaves make it look like green cabbage’s elderly cousin. But age has its advantages.

Savoy has a milder, sweeter taste, and it has no strong sulfury smell when cooked. It’s also less dense than green cabbage, so it’s easier to cut, and its thinner leaves cook more quickly. In fact, savoy’s leaves are tender enough to eat raw in salads even if you don’t shred them finely (as in coleslaw). Savoy is in season during late fall and winter, but you should be able to find it in grocery stores year-round.

And savoy can hold its own in any vitamin competition. Just a half cup of cooked shredded leaves has 21 percent of a day’s vitamin C, 13 percent of a day’s vitamin A, and 8 percent of a day’s folate...all for less than 20 calories. And who can stop at half a cup?

Ready for delish?

Stir-fry sliced savoy in canola oil with garlic, ginger, and scal- lions, then drizzle with toasted (Asian) sesame oil and reduced-sodium soy sauce. Or sauté chopped savoy in olive oil with onions, apples, and a sprinkle of caraway seeds, then season with a pinch of salt and a splash of red wine vinegar. Or cut savoy into thin wedges, brush with olive oil, roast in a 450°F oven until browned on the edges, then sprinkle with balsamic vinegar.

The same recipes work with napa cabbage, an even milder and easier-to-cut cousin.

Welcome to the cabbage patch.

FOOD PORN

LUNCH LOAD

Looking for a light lunch? Don’t look at Maggiano’s.

Every one of the chain’s sandwiches has at least 1,000 calories. But the Italian Sausage Sandwich is, well, special. Between the thick slices of focaccia, the sausage, the provolone, the “Italian Vegetables” (sliced bell peppers), and the marinara sauce, you’re already carrying an extra 1,590 calories back out to the car. Were you hoping to ingest two days’ worth of saturated fat (43 grams) and sodium (3,300 milligrams) in one quick lunch?

And that doesn’t count the “Parmesan Frites”—menu-speak for fries sprinkled with cheese. Now you’re up to 1,940 calories plus 47 grams of sat fat and 4,010 milligrams of sodium. That’s more than any dish at Maggiano’s except the Veal Porterhouse, the Surf & Turf, or the dinner-sized Veal Parmesan. You might as well order three Pizza Hut Supreme Personal Pan Pizzas (pepperoni, pork sausage, beef, and veggies) for lunch. Unless you’re a lumberjack, the odds of working off 1,940 calories before dinner—or breakfast tomorrow—are somewhere between minuscule and nonexistent.

Your best bet: the Grilled Salmon Salad, which clocks in at (a still-not-that-low) 640 calories. (It would be lower without the “Linguine Crisps”—fried pasta—and the hefty pour of balsamic honey mustard dressing.) Maggiano’s has a delightful Old World feel. But we’re not working in the fields anymore. The calories we burn come from going from the car to the couch.

Hello, headquarters? Anyone home?

Maggiano’s: (800) 983-4637

Photos: © Bergamont/Fotolia.com (left), Paige Einstein/CSPI (right).

Spinach & White Bean Stew

Sauté 3 minced garlic cloves in 2 Tbs. of olive oil for 1-2 minutes. Stir in a 15 oz. can of no-salt-added white beans with their liquid and a bag of baby spinach. Season with up to ¼ tsp. of salt and plenty of freshly ground pepper. Serve with ¼ cup of grated parmesan cheese.

dish

OF THE MONTH