

HEART HEALTHY COOKING

Maximum Flavor With Minimum Hassle

(NAPSA)—News you can take to heart may be that a healthy diet can be easier to achieve than you realize—thanks to celebrity chef Emeril Lagasse.

The TV personality, author and restaurateur has teamed up with T-fal, a world leader in kitchen appliances, to create a line of products designed to deliver dishes in week-night time with weekend taste. Two of the products, the Emerilware steamer and grill & panini maker, are ideal for cooking tasty, healthy, full-course meals.

The grill & panini maker allows you to savor the flavors of outdoor grilling all year-round. It has three grilling positions, a nonstick grilling surface and a professional-grade heating element to sear in flavors and juices. It is also dishwasher safe (except electronic controls).

The steamer makes cooking a healthy meal for the whole family as simple as pour and fill. The “turbo” boost brings steam to peak levels to quickly seal in flavors and nutrients. Individual steaming compartments and a juice collector let you cook pungent foods such as shrimp and broccoli at the same time without combining flavors. A “keep warm” function means you don’t have to worry about overcooking.

All Emerilware by T-fal appliance products include recipes for great meal ideas. One nutritious dish you may care to create using the steamer is:

Steamed Salmon with Couscous and Herbed Tomato-Avocado Salad

- 1 10-ounce box couscous, original plain flavor
- ½ cups water



Nothing fishy about it: When trying to eat healthy, how you cook can be as important as what you cook.

- ½ cup plus 2 tablespoons extra virgin olive oil
- 1¾ teaspoons salt (optional)
- 1 teaspoon freshly ground black pepper
- 1½ teaspoons Emeril’s Original Essence
- ¼ cup balsamic vinegar
- 1 teaspoon minced garlic
- 2 tablespoons chopped fresh herbs, such as parsley, basil, chervil and/or tarragon
- Salt and freshly ground black pepper to taste
- 2 pounds ripe Creole or other good-quality tomatoes, cut into bite-size pieces
- ½ large sweet onion, such as Vidalia, Maui or Walla Walla, thinly sliced
- 1 medium-size ripe Hass avocado, peeled, pitted and diced

Prepare the Emerilware

steamer by filling the base with water according to manufacturer’s directions. Combine the couscous, water, 2 tablespoons of the olive oil, 1 teaspoon of the salt and ½ teaspoon of the pepper to taste in the plastic cooking insert and place in one of the steamer baskets. Set the cooking plate over the steamer and season the salmon to taste with ½ teaspoon salt, ¼ teaspoon pepper and Essence. Place the salmon on the cooking plate and place the lid on the pan. Set the timer for 12 minutes. Cook the salmon and couscous undisturbed until the timer goes off. While the salmon and couscous are cooking, make the tomato salad: In a small mixing bowl, combine the remaining salt and pepper, olive oil, vinegar, garlic and herbs. Whisk until well blended. In another bowl, combine the tomatoes, onion and avocado. Add the vinaigrette and toss gently to combine. Taste and correct seasoning if necessary. Set aside until salmon is cooked. When the timer goes off, the salmon should be just cooked through, moist and tender. Remove the salmon from the steamer. Allow the couscous to remain in the steamer until the steamer goes off, about 4 minutes longer. Remove the couscous and fluff with a fork. Serve the salmon fillets over the warm couscous, with the tomato salad spooned over the top. Yield: 4 servings.

Recipe courtesy Emeril Lagasse, Emeril’s Food of Love Productions, 2006.

You can find more cooking ideas at www.emerilappliances.com.