

with Chef Domenica Catelli

There is something about the age-old tradition of gathering around the table to share a meal that is good for body, mind, and soul. You can easily prepare great tasting food at home and spark deeper family connection at mealtime. This tasty, easy, and healthy approach is accessible to the novice and inspiring to the culinary guru. Reinvent a healthier you in the simple art of momalicious cooking.

Thursday, July 22, 2010

Blueberries and Kale to Fight Aging



Blueberries and dark leafy greens... I think that I will be gorging on them for the next day (or decade). It's not because they are a delicious combination. In fact, I'm not recommending them in the same dish.

However, they are considered to be two of the top foods to include in your diet if you want to embrace anti-aging. I haven't considered the aging process too much. I do my best to eat a healthy diet and exercise. I know what I do now will directly correlate into my quality of life over the next 20 years. When I look at family and friends in their 60s and 70s, the ones that had an active life and took care of themselves 20 years earlier are the same ones that are enjoying an active life today. This doesn't mean I'm embracing a life that is void of flavor, fun and enjoyment. Quite the contrary.

It's exciting that some of the foods most recommended for good health are so delicious. The blueberry goes way beyond the

smoothie. It's fantastic in a spinach salad with a bit of fresh basil. In the heat of summer, keep organic frozen berries on hand for a quick snack or as an addition to low-fat yogurt for an antioxidant boost and nutritious treat. For dessert, how about a rosemary and honey shortcake with blackberries and blueberries? (You can stop by my restaurant Catelli's and try this if you don't want to make at home.)



I know that kale, chard and the dark leafy greens can be a bit intimidating. Once you start having them as part of your regular diet, I think that a love affair can be born. I take a bunch of kale, give it a rinse then stack it up and cut through it into one-inch slices. I throw it on a sheet pan, drizzle it with extra virgin olive oil and some salt, and roast in a 450 degrees oven for 3-5 minutes. You can give it a squeeze of lemon when it comes out for some extra flavor or a sprinkle of Parmesan. Another great way to enjoy kale or chard is by coating it with a generous amount of fresh lemon juice and olive oil over night. This softens and "cooks" the greens. If you keep the leaves whole, they become soft enough that you can use them as a wrap for other veggies or tuna.

And just to let you in on a little secret... it's not random that I'm on a antioxidant mission today. I'm on a less-than-24-hour countdown

to my 40th birthday and it looks like it's going to be a blueberry smoothie and roasted kale salad kind of day.

Until next time, stay fresh and delicious!

~ Chef Domenica