

# Keeping The Beat

WEEK 2

3/2/2012

## Carotenoids

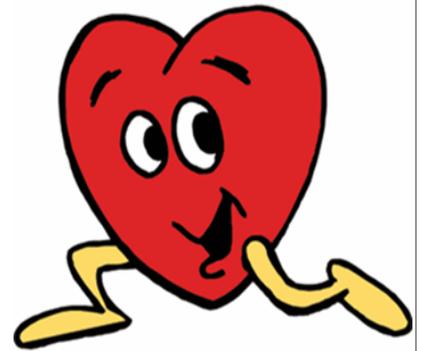
### Carotenoids

Carotenoids are organic pigments occurring in plants and some fungus. They absorb light in plants, and act as antioxidants in animals.

People consuming diets rich in carotenoids from natural foods, such as fruits and vegetables, are healthier and have lower mortality from a number of chronic illnesses. Carotenoids have been known to boost the immune system.

For a list of Carotenoids visit:

**Healthy Heart**



**Healthy You**

#### Some foods containing carotenoids

- Carrots
- Sweet Potatoes
- Spinach
- Kale
- Cantaloupe
- Lettuce
- Mango
- Watermelon

#### Some carotenoids

- Beta-carotene
- Alpha-carotene
- Gamma-carotene
- Beta-cryptoxanthin
- Lutein

### What can high-carotenoid foods do for you?

- Protect your cells from the damaging effects of free radicals
- Provide a source of vitamin A
- Enhance the functioning of your immune system
- Help your reproductive system function properly

For even more information about carotenoids, please visit <http://luteinlab.unh.edu/index.html>

## Carotenoids

### Blueberry Ketchup

[http://www.eatingwell.com/recipes/blueberry\\_ketchup.html](http://www.eatingwell.com/recipes/blueberry_ketchup.html)

From EatingWell: June/July 2005

Here's an exceptionally easy condiment, perfect for a summer barbecue. Not only great on burgers, it's terrific as a glaze on grilled salmon (a source of Omega-3 fatty acids) or served alongside barbecued chicken.

3 cups | Active Time: 15 minutes | Total Time: 4 3/4 hours (including 4 hours chilling time)

#### Ingredients

- 2 1/2 cups fresh blueberries
- 1 medium shallot, minced (about 2 tablespoons)
- 1 1/4 cups sugar
- 1/2 cup red-wine vinegar
- 2 tablespoons minced fresh ginger
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

#### Preparation

Place blueberries, sugar, vinegar, ginger, lime juice, salt and pepper in a large saucepan over medium-high heat. Stir until the sugar dissolves, about 5 minutes. Bring to a simmer, reduce heat to medium-low and simmer, stirring occasionally, until the blueberries have mostly broken down and the sauce has thickened, 20 to 30 minutes. Spoon into glass jars or a large bowl and refrigerate until chilled and thickened, about 4 hours.

#### Nutrition

Per tablespoon : 25 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 6 g Carbohydrates; 0 g Protein; 0 g Fiber; 13 mg Sodium; 9 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1/2 fruit

#### Tips & Notes

**Make Ahead Tip:** Cover and refrigerate for up to 2 weeks or freeze for up to 1 month.

To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



## Carotenoids

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### Spinach and Cheese Stuffed Shells:

Ingredient list: spinach whole milk ricotta cheese, Parmesan cheese, garlic, salt, pepper, pasta shells

- 12 jumbo pasta shells
- 1 lb. ricotta cheese
- 3 Tbsp grated Parmesan cheese
- 2 cloves garlic, peeled and minced
- 2 lbs. fresh spinach or 20 oz. frozen spinach
- salt and pepper to taste



Cook pasta shells in rapidly boiling water until tender (about 10 minutes). Drain, rinse, cool, and set aside.

Cook fresh spinach as follows: Clean spinach but do not drain. Chop into large pieces. Heat a large skillet over medium high heat. Add spinach to pan and cook until it wilts. Remove spinach, drain any excess liquid. Set aside. Alternatively, thaw frozen spinach.

Combine ricotta, Parmesan, and garlic. Season mixture with salt and pepper.

Combine spinach with cheese mixture. Stuff each shell to its brim with cheese filling.

Place shells in a baking dish and cover with your favorite spaghetti sauce. Cover dish. Bake in a 350 degree oven for 30 minutes. If desired, remove cover and sprinkle grated mozzarella cheese over shells. Return to oven and heat until cheese is melted.

Makes 12 shells/4 servings.