

TONS OF
USEFUL STUFF

Men's Health

MAY 2007

**BUILD MUSCLE,
SCARE BAD GUYS**
The Complete
Boxing Workout

**SECRETS OF
THE FEMALE
BRAIN**

**LIVE
LARGE
RETIRE
RICH**

**6 PEOPLE
WHO CAN MAKE
YOUR LIFE HELL**

**5-SECOND
ENERGY BOOSTERS**

**LOOK
BETTER
THAN
EVER!**

Instant
Style
Upgrades

The Men's Health Guy
ERIC DANE
of *Grey's Anatomy*
"All my choices are
geared toward
creating longevity."

MENSHEALTH.COM

THE WORLD'S MOST TRUSTED MEN'S MAGAZINE

PM40063752

MAY 2007

Mediterranean Roasted Cod



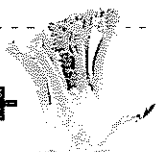
USE
2 6 oz cod,
halibut, or
snapper fillets



PLUS
1 pint cherry
tomatoes



PLUS
2 Tbsp
prepared olive
tapenade



PLUS
1/4 bulb fennel
or yellow
onion, sliced
thin

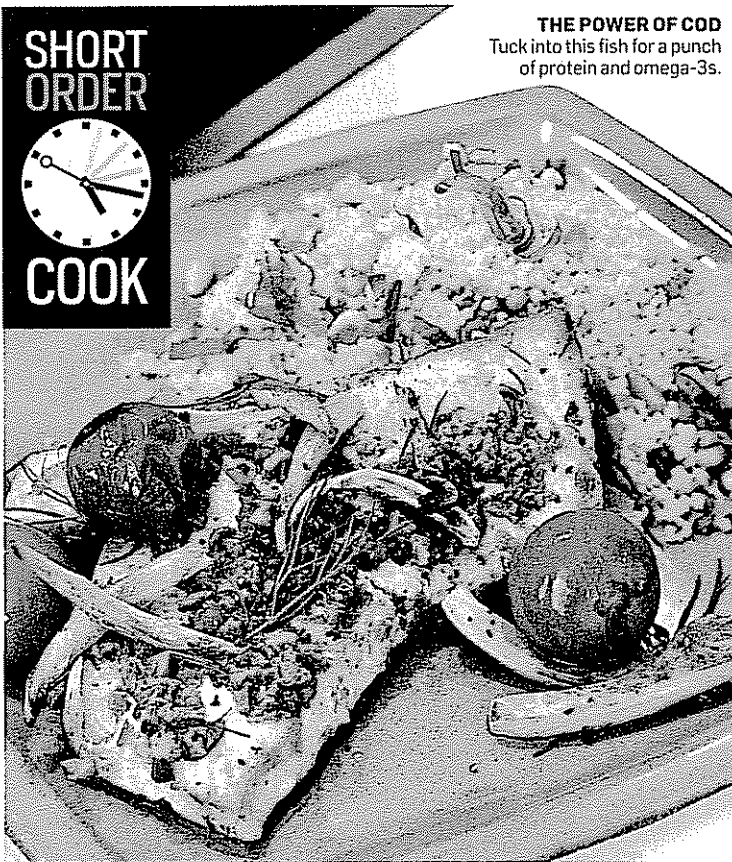
YOU'LL ALSO NEED

1/2 Tbsp extra-virgin olive oil
Salt and pepper to taste

HOW TO MAKE IT

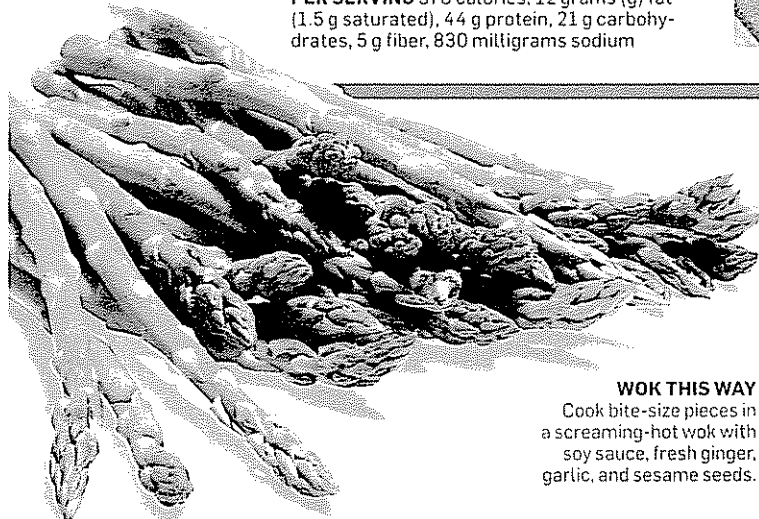
- 1 Preheat oven to 400°F.
- 2 Lay the tomatoes and fennel on a baking dish, and toss with the olive oil, salt, and pepper. Slather 1 Tbsp of the tapenade on each fish fillet and lay the fillets in the baking dish with the vegetables. Place the dish in the oven.
- 3 Roast for 10 to 12 minutes, until the tomatoes are soft and the flesh of the fish flakes with gentle pressure from your finger.
- 4 Serve each fillet with 1/2 cup prepared couscous mixed with 2 Tbsp toasted pine nuts and chopped fresh basil. Makes 2 servings

PER SERVING 370 calories, 12 grams (g) fat (1.5 g saturated), 44 g protein, 21 g carbohydrates, 5 g fiber, 830 milligrams sodium



SHORT
ORDER
COOK

THE POWER OF COD
Tuck into this fish for a punch of protein and omega-3s.



Eat This Now!

Peak season: March through June

ASPARAGUS Sure, you can eat asparagus in December, but it probably will have traveled 5,000 miles before landing on your plate. Reality is, the spears will never be as tender or flavorful as they are right now, when they're grown closer to home. Asparagus is loaded with bone-protecting vitamin K, and it's rich in folate, which may help ward off heart disease. "It's a nutritious alternative to starches as a side with fish or poultry," says Milton Stokes, M.P.H., R.D., a spokesman for the American Dietetic Association. Toss a bunch with olive oil, cracked pepper, and Parmesan cheese. Roast for 10 minutes in a 400°F oven or on a medium-high grill. Finish with a squeeze of lemon. When they're this fresh, they don't need much.

WOK THIS WAY

Cook bite-size pieces in a screaming-hot wok with soy sauce, fresh ginger, garlic, and sesame seeds.

THE HEALTHY APPETITE Eric Ripert



Q: STRIP STEAK COSTS \$12 A POUND. GOT ANY IDEAS FOR A CHEAPER SOURCE OF PROTEIN?

Bite for bite, you can't beat lentils. For about a buck a pound, these tiny legumes pack tons of protein and fiber and couldn't be easier to cook. Combine a chopped carrot, a chopped onion, and a few minced garlic cloves with 3 cups of chicken stock and 1 cup of dry lentils. Simmer for 20 minutes. For a killer one-

pot meal, slip a chicken breast directly into the lentils as they start to simmer.

WHAT PRODUCE NEEDS TO BE REFRIGERATED?

Mom may have put the entire produce aisle in the refrigerator, but the cold,

enclosed environment can diminish the taste of fresh produce, especially fruit. Unless you have the luxury of buying and using produce every day, do what your market does: Keep all your green vegetables and fresh herbs in the fridge, and leave fruit—including tomatoes and avocados—and root vegetables like onions and potatoes out.

Eric Ripert is the executive chef at Le Bernardin in New York City and the James Beard Foundation's 2003 Chef of the Year.

THOMAS MACDONALD (ingredient); JOE SCHWELZER (recipe); ERIC RIPERT (photo); MITCH MANDEL (photo)