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1C

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After 15 years racing back and forth in the corporate world, New Canaan resident Lisa Corrado now helps others find the time to eat well and stay healthy with Lisa Corrado Nutrition, formerly Eating Well, LLC.

Simple Sautéed Spinach

Makes 2 servings

- 2 teaspoons olive oil
- 4 garlic cloves, thinly sliced
- 9 ounces baby spinach

Heat olive oil in a non-stick sauté pan over medium heat. Add garlic and sauté until garlic is golden, about 4 minutes. (Tip: Do not burn the garlic — There's no graceful recovery except to start over again.) Add spinach and toss with tongs until just wilted.

Garlic contains allicin, which helps to thin the blood, allowing better blood flow through congested blood vessels. Spinach is a good source of iron and many vitamins.

Couscous Pilaf

Makes 2 servings

- 1/4 cup slivered almonds
- 2 teaspoons olive oil
- 1 small onion, chopped
- 1/2 cup uncooked whole wheat couscous
- 3/4 cup water
- 1/4 cup chopped fresh parsley

In a small dry skillet, toast the almonds over medium heat. (Watch carefully to make sure they don't burn.) In a medium sauce pan, heat the olive oil over medium-high heat. Add the onion and cook until softened, about 5 minutes. Add the dry couscous and stir to toast evenly, about 2 minutes. Add water and bring to a boil. Cover, remove from heat and let sit for 5 minutes. Add fresh parsley and stir to blend.

Almonds are an excellent source of unsaturated fat, and can help reduce bad cholesterol levels. Onions can help reduce cholesterol

Valentine's Day

Show love for your heart

By **Laura Kenyon**
Assistant Editor

Candy hearts and that special someone may be a main theme for many this month, but February is also a time to focus something else you can't live without — literally. Dubbed "American Heart Month" since 1963, February is dedicated to promoting healthy hearts and preventing heart disease. According to the American Heart Association, cardiovascular disease, including stroke, is the leading cause of death in the United States.

Yet while exercise and a healthy diet

are widely touted as ways to avoid heart problems, like so much else in life, sometimes there just isn't enough time: Not enough time to exercise, not enough time to write that novel or build that model airplane, and not enough time to shop for perishable vegetables instead of grabbing a pizza. But in the words of local resident Lisa Corrado, "You have to eat anyway, so you might as well make it healthy food."

A nutritionist and executive chef, Ms. Corrado spends her days helping busy people find the time to eat well. Having spent 15 years in the corporate world before earning her master's degree in

See HEART on Page 6C

