

PAIR UP

with Maria Terry



October 2012 – Healthy Halloween

It's not often the words healthy and Halloween are put together, but Halloween can be just as healthy as it is fun. Those who know me well know that I love to make soup on All Hallows' Eve. Add a colorful salad and there will be no guilt splurging on sweets at the end of the evening.

White beans and kale offer protein, fiber, vitamins and anti-oxidants. Together they make a true super-food. But unlike soups that take all day to cook, this recipe is so fast it will be ready before the kids are ready to hit the streets. Syrah is a great partner to the spicy chorizo in this soup. One of the more robust grapes, Syrah has beautiful berry flavors, easily picks up smoky oak and can have a slightly meaty quality. Its dark, almost black, color indicates an abundance of anthocyanins from the skins of the grape - another healthy bonus.

Beets offer protection against coronary artery disease and stroke, lower cholesterol levels within the body and have anti-aging effects. When you pair them with piquant grapefruit and creamy avocado, healthy never tasted so good. Any dish with grapefruit immediately makes me think of New Zealand Sauvignon Blanc. My husband has gone so far as to say this wine reminds him of vodka and grapefruit juice. Its citrus flavor is so intense, it can sometimes overpower food. It pairs perfectly with this salad, however; earthy beets provide a counterpoint to the fruitiness of the wine and grapefruit echoes the citrus flavor.

This year I am serving 'healthy' chocolate-dipped pretzels at the end of the evening to accompany the usual chocolate minis. For pairing, once again, it is time to seek out the sparkling, pink bubbles of Vin du Bugey-Cerdon. Both Kermit Lynch in Berkeley and K&L Wine Merchants in San

Francisco and on the peninsula have it. Pretzels are low in fat and the salt will set off the sweetness of both the chocolate and the wine.

So, go on. Pair Up!

Maria Terry is a Certified Sommelier and Wine Educator in the San Francisco Bay Area. www.LaSommeliere.com

Beet, Citrus and Avocado Salad

INGREDIENTS

For the dressing:

2 tablespoons lemon or lime juice
1 teaspoon cumin seeds, lightly toasted and ground
Salt and freshly ground pepper
1/2 teaspoon Dijon mustard
1 tablespoon walnut oil
2 tablespoons canola oil

For the salad:

1 bunch beets (about 1 pound), scrubbed and roasted
1 pink grapefruit
1 medium or large, ripe but firm, Hass avocado, sliced
2 tablespoons slivered fresh basil

DIRECTIONS

Mix together the lemon or lime juice, the ground cumin seeds, salt, pepper and Dijon mustard. Whisk in the walnut oil and canola oil.

Peel the roasted beets, and slice or cut in wedges. Toss with 2 tablespoons of the dressing.

PAIR UP

with Maria Terry



Cut away both ends of the grapefruit so that it sits flat on your work surface. Cut the skin and pith completely away from the fruit, following the natural curve of the fruit from top to bottom. Hold the grapefruit in your hand over a bowl to catch the juice, and cut away each segment from between the membranes.

Arrange the beets in the center of a platter, and surround with the grapefruit and avocado slices. Drizzle on the remaining dressing, and drizzle any grapefruit juice in the bowl over the grapefruit and avocado. Sprinkle on the basil, and serve.

Yield: 4 servings

White Bean Soup with Kale and Chorizo

INGREDIENTS

2 ounces Spanish chorizo sausage, finely chopped
1 cup chopped onion
3 garlic cloves, minced
3 cups fat-free, lower-sodium chicken broth
2 (15-ounce) cans organic cannellini beans, rinsed and drained
4 cups chopped kale
1/2 teaspoon freshly ground black pepper
Cracked black pepper (optional)

DIRECTIONS

Heat a large saucepan over medium-high heat. Add chorizo to pan; sauté 1 minute. Add onion and garlic to pan; sauté 5 minutes or until tender.

While onions cook, pour broth into a microwave-safe bowl; microwave at HIGH for 3 minutes. Add hot broth and beans to pan; bring to a boil. Partially mash beans with potato masher. Stir in kale and 1/2 teaspoon pepper; cook over medium heat 6 minutes. Sprinkle with cracked pepper, if desired.

Yield: 4 servings