



GOOD HEALTH

CHANGE YOUR OIL

Can't remember which fats to use and which ones to lose? We find the oils you should cook with now

BY MELINDA WENNER MOYER

GRAPESEED OIL

High in polyunsaturated fats and vitamin E, grapeseed oil has a high smoke point, which makes it a good substitute for olive or vegetable oils when stir-frying and sautéing. And because it's virtually flavorless, using it helps top-notch ingredients stand out (like the balsamic vinegar you lugged back from Italy).

DESPITE WHAT DOCTORS have said for decades—that fat clogs arteries, causes heart attacks, and, well, makes us fat—the “low-fat” mantra is quieting down. “Some fat is actually good for you,” says Alice H. Lichtenstein, director of the cardiovascular nutrition laboratory at Tufts University.

To get the most from fats, you need to know which to use—and to go beyond olive oil. Open your cupboard to new flavors, cooking temperatures—and health benefits—by diversifying your oils. Look for those rich in these fats:

Polyunsaturated: It's time to make polyunsaturated fats, like those in grapeseed and walnut oils, staples.

Many scientists consider them the healthiest of all because they contain omega-6 and omega-3 fatty acids, which lower “bad” LDL cholesterol, increase “good” HDL cholesterol, and may decrease risk for type 2 diabetes.

Monounsaturated: Round out the list with fats like avocado and olive oils, which may boost good cholesterol.

All fats have about 120 calories per tablespoon, so moderation matters (fat should make up 25 to 35 percent of total caloric intake). But oil's nothing to fear, so get cooking with these favorites:

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AVOCADO OIL

This oil's light avocado taste shines through. Drizzle it over lean cooked fish to lend fullness, or whisk with citrus juice for a bright vinaigrette. Like other specialty oils, this monounsaturated fat-rich oil is pricier than the everyday stuff, so refrigerate it to keep the flavor fresh. (Bring it to room temperature before using.)

WALNUT OIL

The ultimate finishing touch. This flavorful, nutty oil doesn't stand up to heat, but it's fantastic in salad dressings or as an accent to winter vegetables. It contains polyunsaturated fats, including alpha-linolenic acid, a heart-healthy, anti-inflammatory omega-3, and vitamin K, which may strengthen bones.

Put these oils to use in the recipes on page TK.



Shaved Cauliflower and Radicchio Salad

6-8 SERVINGS *Chopped walnuts complement the rich walnut oil in the dressing.*

SALAD

- ½ head of a 1-lb. cauliflower, cored, cut into florets
- ½ head of a 6-oz. radicchio, cored, quartered lengthwise
- 6 inner celery stalks with leaves
- ¼ cup thinly sliced chives
- ¼ cup flat-leaf parsley leaves
- 1 lemon

DRESSING

- 2 tsp. Dijon mustard
- ½ cup walnut oil
- Kosher salt, freshly ground pepper
- 1 ripe Bosc pear
- ¼ cup coarsely chopped walnuts, toasted if desired

INGREDIENT INFO: Walnut oil is available at some supermarkets, natural and specialty foods stores, and at latourangelle.com.

SALAD Push cauliflower florets then radicchio through the feed tube of a food processor fitted with a slicing disk, or thinly slice cauliflower on a mandoline and radicchio with a knife. Mix in a large bowl.

Peel rounded side of celery with a peeler to remove strings. Remove leaves; add to bowl. Thinly slice stalks with a knife; place in bowl and add chives and parsley. Finely grate zest from whole lemon directly over the bowl to catch any citrus oil. Toss to mix well. Squeeze juice from lemon for dressing.

DRESSING Place 1 Tbsp. juice into a small bowl. Whisk in Dijon mustard. Gradually whisk in oil. Season with salt and pepper.

Up to 1 hour before serving, add dressing to salad; toss to coat. Season salad with salt, pepper, and more lemon juice, if desired.

Cut pear into matchstick-size pieces. Add pear and walnuts to salad; toss to combine.

CALORIES 112 FAT 9 G CARBS TK 6

Pan-Roasted Sea Bass with Citrus and Avocado Oil

4 SERVINGS *Delicately flavored avocado oil can lose its personality when heated; pour a touch of the oil over just before serving.*

- 2 oranges
- 2 pink grapefruits

Kosher salt, freshly ground pepper

- 4 6-oz. fillets white or Mexican sea bass or grouper (about 1" thick)
- 1 Tbsp. grapeseed oil
- 1 avocado, halved, pitted, peeled, thinly sliced
- 4 Tbsp. avocado oil

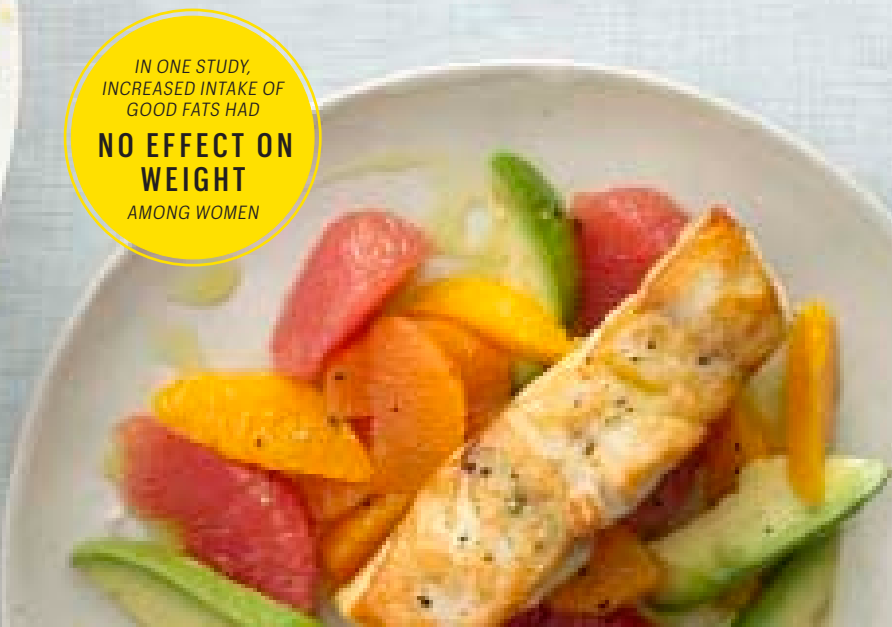
INGREDIENT INFO: Avocado oil can be found at some supermarkets, natural and specialty foods stores, and at latourangelle.com.

Preheat oven to 450°. Using a small, sharp knife, cut off all peel and white pith from fruit. Working over a medium bowl, cut between membranes to release segments into bowl. Squeeze in juices from membranes; discard membranes. Drain fruit; return segments and ½ cup juices to bowl. Season with salt and pepper.

Pat fish dry. Season with salt and pepper. Heat a large heavy ovenproof skillet over high heat. Add grapeseed oil. Add fish, skin side down, and cook without moving, occasionally pressing fish gently with a spatula to keep all skin in contact with pan, until skin is crisp and golden brown and releases easily from pan, 4-5 minutes.

Roast in oven until fish is just opaque in the center, 3-5 minutes. Flip and cook until flesh side is seared, about 5 seconds longer.

Place fillets on plates, skin side up. Garnish with fruit and avocado. Spoon 2 Tbsp. citrus juices over fruit on each plate. Drizzle 1 Tbsp. avocado oil over fish and fruit. CALORIES 415 FAT 25 G CARBS 13 G



IN ONE STUDY,
INCREASED INTAKE OF
GOOD FATS HAD
**NO EFFECT ON
WEIGHT**
AMONG WOMEN

FOR NUTRITIONAL INFORMATION FOR THE RECIPES IN THIS ISSUE, GO TO BONAPPETIT.COM/RECIPES