

FamilyCircle

IN THE KITCHEN WITH REGINA

Real Men Cook Healthy



Most women do the happy dance when their other half offers to make dinner. The downside: What arrives at the table is usually not very healthy. But when chef Michael Lomonaco (left) of Porter House New York cooks at home for his wife, Diane, the steak guru refuses to be typecast, often

opting for fish and flavorful veggies, with plenty of hot chiles, garlic, herbs and spices. If he does serve meat outside the restaurant, he looks for a leaner cut, like top-round London broil, and serves it with a garlicky chimichurri sauce and sweet onions. Taste his other suggestions for lighter but still manly meals.

Light the fire. Practically anything can be grilled with great results, says Michael. Meat, fish, poultry, vegetables, potatoes—they all hit the rack at Casa Lomonaco. Grilling food produces an especially satisfying flavor and is so much better for you than frying or sautéing in butter. Just before serving, brush

on a little amped-up olive oil. To make, heat 1 cup olive oil in a saucepan, season with 1 to 2 tablespoons of your favorite barbecue spice mix (he uses smoked paprika), let steep for an hour, cool, then strain through a paper coffee filter.

Walk the plank. Cedar-plank salmon is one of the most popular picks at Porter House. Michael soaks untreated cedar shingles, readily available at lumber yards, in warm water for an hour before cooking (planks specifically for cooking are also available in many hardware stores). Season the fish fillet with salt, pepper and other spices as desired, then lay it on a cedar plank set in a roasting pan. Slide pan into a 375° oven or place it on the un-fired side of an outdoor grill, covered, 8 to 10 minutes per inch thick.

Roast for the most. Preheat a cast-iron pan over medium heat, sear meat or fish on one side for 3 minutes, flip, then slide the whole pan into a 375° oven for 5 to 7 minutes or until cooked to desired doneness.

Spice it up. Create your own barbecue rub with your favorite spices—or use Michael's (recipe, right). It complements meat, fish and poultry, and lasts for weeks in the fridge.



Good-for-you ideas from Regina Ragone, our food director/registered dietician



MICHAEL LOMONACO'S CHILI RUB

MAKES 4 servings
PREP 15 minutes

- 1 cup ancho chile powder or other single-chile powder*
- ¼ cup dark-brown sugar
- 2 tablespoons ground cumin
- 2 tablespoons black pepper
- 1 tablespoon kosher salt
- ½ cup water

Whisk all the dry ingredients in a bowl. Bring the water to a boil and carefully add it to the dry ingredients. Stir to combine. Cool and refrigerate until using.

*If only whole, dried chiles are available, toast them in a hot pan, remove seeds and process to a powder in a food processor.



In Your Kitchen with Regina Inspired by the Rebucci family featured in Healthy Family Dinners? Enter at familycircle/wingroceries for a chance to receive a one-hour phone consultation with *Family Circle* Food Director (registered dietician and Rebucci coach) Regina Ragone, complete with a customized meal plan and \$500 in groceries. See rules, page 198.