

# Time to Take Heart!

## Area Restaurants to Offer Healthful Menus

By Carole Sugarman  
Washington Post Staff Writer

A local hospital is getting into the restaurant business—and it's a healthful combination. On Sunday, in cooperation with the Washington Hospital Center's HeartCare center, more than 20 restaurants in the metropolitan area will begin offering specially prepared dishes that are low in fat and cholesterol.

Restaurants participating in Dining with Washington Heart will feature a selection of appetizers, main courses, low-calorie salad dressings and desserts prepared without butter, animal fats, eggs or extra salt.

The creator of the program is Joyce Winslow, a freelance writer, chef and former California vineyard owner, who is setting up similar programs across the country with the financial backing of medical centers.

The inspiration for Winslow, who has spent the past month teaching Washington's chefs how to hold the fat, came after her father had a heart attack. A "type A personality," her father stopped going to restaurants because he was too embarrassed to admit he had a medical problem and request special dishes, she said.

Finding that other heart patients were likewise reluctant to dine out, Winslow concocted the idea of a membership club at restaurants that were willing to prepare heart-healthy dishes. In participating restaurants, patrons who flash membership cards should automatically be given a heart-healthy menu, margarine on the table and decaffeinated tea or coffee with skim milk.

Diners who do not have membership cards—or do not have previous histories of heart disease—will still be able to order the health-conscious meals. Each participating restaurant will either have a menu insert or a



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decal designating that it is a member of the program.

Winslow said that restaurants will be monitored every two weeks by undercover staff from the Washington Hospital Center to ensure that the program's dietary guidelines are being adhered to—an ambitious project considering that means almost 15 visits per week. Restaurants that violate the rules more than three times will be expelled from the program. As of now, Dining with Washington Heart will run for one year.

For those interested in membership cards, each participating restaurant will have brochures on how to obtain them. Or call 1-800-634-7402.

The participating restaurants are: Belmont Kitchen; Bootsie, Winky and Miss Maude; The Bottom Line Saloon; The Broker; Bullfeathers; City Cafe; Foggy Bottom Cafe; The Front Page; Galileo; Gary's; Hamburger Hamlet; La Colline; Leathercoat; Le Caprice; Melrose in the Park Hyatt; Mrs. Simpson's; National Press Club; New Heights; Nora; Two Quail; West End Cafe and Wolensky's.

Here's a preview.

### NEW HEIGHTS' JAPANESE MARINATED SWORDFISH WITH TOMATILLO-MANGO RELISH

(4 servings)

4 swordfish steaks

FOR THE MARINADE:

2-inch piece ginger, grated

½ cup plum wine

1 cup mirin (Japanese cooking wine)

FOR THE RELISH:

½ pound fresh tomatillos

½ red bell pepper, diced

1 ripe mango, peeled and diced

1½ tablespoons fresh lemon juice

3 tablespoons mirin

Dash rice wine or white wine vinegar

Olive oil for grilling fish

Mix all marinade ingredients together. Pour over fish and marinate in the refrigerator for approximately 2 hours.

To make the relish, remove and discard the paper-like outer skin from the tomatillos. Rinse tomatillos and cut into small cubes. Toss all ingredients together and refrigerate.

Brush fish with olive oil and either grill or broil for approximately 6 to 8 minutes, depending on the thickness of the steaks. Place fish on plates and spoon relish on top.

### MELROSE RESTAURANT'S GRILLED CHICKEN SALAD WITH RICE WINE BASIL DRESSING

(4 servings)

2 tomatoes

8 new red potatoes

¼ pound thin green beans

4 skinless, boneless chicken breasts

Assorted seasonal lettuces

FOR THE DRESSING:

1 cup olive oil

⅓ cup rice wine vinegar

½ teaspoon sesame oil

1 finely chopped shallot

½ teaspoon sugar

½ bunch fresh chopped basil

Juice of 1 lemon

Salt and pepper to taste

Cut the tomatoes into 12 pieces each. Cook the potatoes, cool to room temperature and cut into eight pieces each. Cook the green beans until crisp. Chill.

Mix the tomatoes, potatoes and green beans with half of the dressing and marinate for 1 to 2 hours in the refrigerator.

Grill or broil the chicken breasts and slice each into three pieces. Place the breast pieces over seasonal lettuces and top with potatoes, tomatoes and green beans. Pass extra dressing, if desired.