



**Jewel-Osco**

[www.jewelosco.com](http://www.jewelosco.com)

November is Prematurity Awareness Month and November 12th is Prematurity Awareness Day. Visit our Web site to find out how you can help save babies.

Visit the Illinois Chapter Web site at [marchofdimes.com/illinois](http://marchofdimes.com/illinois) or call 312.435.4007.

The March of Dimes is the leading nonprofit organization for pregnancy and baby health. With chapters nationwide and its premier event, March for Babies, the March of Dimes works to improve the health of babies by preventing birth defects, premature birth and infant mortality. For the latest resources and information, visit [marchofdimes.com](http://marchofdimes.com) or [nacersano.org](http://nacersano.org).

## Chef Rock's "Folic-Friendly" Crispy Sautéed Branzino with Rice and Peas and Savory Spinach

### What you should know about Folic acid:

- Folic acid is a B vitamin that can help prevent birth defects of the brain and spinal cord called neural tube defects (NTDs).
- Folic acid works to prevent NTDs if taken before conception and during early pregnancy.
- Women who consume the recommended amount of folic acid before and during early pregnancy can reduce the occurrence of NTD to up to 70 percent.



Chef Rahman "Rock" Harper, winner of Fox Television's 2007 Hell's Kitchen, knows the importance of a healthy pregnancy. Touched by the effects of pre-term delivery and birth defects in his own children, he is now a celebrity chef for the March of Dimes Signature Chef Auctions. The Chicago Signature Chefs Auction is Monday, November 10 at Sheraton Chicago, 5 p.m.

With the help of Jewel-Osco, and its first "green" Chicago location, the Chef will be demonstrating how to prepare the "folic-friendly" meal found on the back of this recipe card.



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### **Crispy Sautéed Branzino with "rice and peas" and savory spinach**

#### **Rice and peas:**

8 ounces dried kidney beans, rinsed and picked over (about 1 1/4 cups)  
3 cloves garlic, peeled and smashed  
6 cups cold water  
1 (14-ounce) can coconut milk  
4 large sprigs fresh thyme  
3 scallions, ends trimmed, smashed with the side of a knife  
1 tablespoon olive oil  
1 tablespoon kosher salt  
1 whole Scotch bonnet pepper, pierced with a paring knife  
3 cups enriched long-grain rice

In large saucepan, combine beans with garlic and water. Bring to boil, reduce to simmer, cover pot and continue to cook until beans begin to soften, about 30 minutes. Add coconut milk and thyme and continue cooking until the beans are soft, 45 minutes to 1 hour longer. Add scallions, oil, salt, Scotch bonnet, and stir to combine. Cover and let sit until scallion has softened, 2 to 3 minutes. Return liquid to boil and add rice. Stir to combine well and return to a boil. Stir again, cover pot, reduce heat to low and cook, stirring once after about 5 minutes, until rice has absorbed the liquid and is tender, 25 to 30 minutes. Remove from heat and let sit undisturbed for 10 minutes. Remove pepper, scallions, and thyme sprigs, fluff with a fork, and serve.

#### **Branzino:**

2 tablespoons olive oil  
8 (6-ounce) portions skin-on black bass  
1 teaspoon salt  
1/2 teaspoon fresh ground white pepper  
Flour for dredging

Set a 12-inch saute pan over medium-high heat. Add olive oil. Use a sharp knife to score the skin of the fish with 2 or 3 diagonal slits piercing the skin only. Season fish with salt and pepper and dip in flour. Shake off excess flour and place fish, skin side down, in pan. Cook until fish begins to caramelize, about 3 minutes. Turn fish over and cook 2 minutes.

#### **Spinach:**

1 1/2 pounds spinach leaves-washed and picked free of stems  
2 tablespoons olive oil  
1 tablespoon chopped garlic (3 cloves)  
1 tablespoon chopped shallot 1 shallot  
2 teaspoons kosher salt  
1/2 teaspoon freshly ground black pepper Lemon

In a very large pot, heat olive oil and saute garlic and shallots over medium heat for about 1 minute, but not until browned. Add spinach, salt, and pepper to pot, toss with garlic and oil, cover pot and cook for 2 minutes. Uncover pot, turn heat on high, and cook spinach for another minute, stirring with a wooden spoon until all the spinach is wilted. Using a slotted spoon, lift spinach to a serving bowl and top with a squeeze of lemon and sprinkling of kosher salt. Serve hot.

### **Crispy Sautéed Branzino with "rice and peas" and savory spinach**

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