

RIGHT STUFF

WHAT A CATCH



"Sourced from the cold waters of the Northern Pacific, our salmon is wild caught and carefully selected to make only the best quality burgers," says the **Whole Foods**

Whole Catch Alaskan Salmon Seafood Burgers box.

And wild is just the start. "Our seafood burgers are made with 100% pole & line caught fish, which ensures little to no bycatch," Whole Foods told us in an e-mail. That's good for marine life. "The product quality is superior because these fishing trips are very short and the fish is processed immediately upon landing," the company noted. That may explain why the burgers taste so fresh and moist.

You don't even need to season them. Just remove from the freezer and grill, sauté, or bake for 3 to 8 minutes per side. Add a whole-wheat bun, veggie side, and salad, and dinner is done.

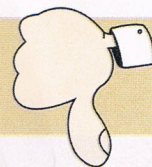
Each 3.2 oz. burger comes with just 130 calories, but delivers 17 grams of protein and a low-for-salmon-burgers 190 milligrams of sodium. Bonus: salmon is rich in EPA and DHA, the omega-3 fats that may protect your heart.

Also at Whole Foods—but at Wegmans and Market Basket in the Northeast and Bristol Farms and Natural Grocers in the West as well—you're likely to find **Henry & Lisa's** delicious **Wild Alaskan Salmon Burgers**. (Pick up the original variety, not the saltier Teriyaki.) The company says that it gets its salmon from small operations that use sustainable fishing practices.

Neither brand is quite like catching your own fresh salmon...but they're as close as you're gonna get in the freezer case.

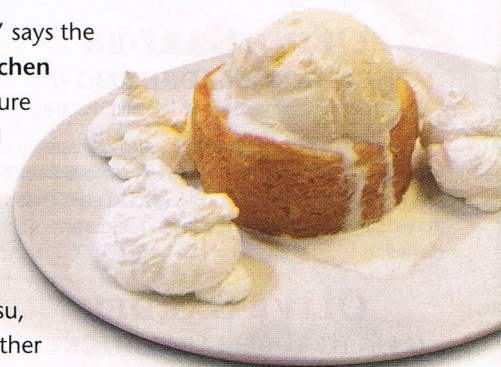
wholefoodsmarket.com—(512) 542-0878
henryandlisa.com—(603) 834-6034

FOOD PORN



CPK? TRY CPR

"Trust us. Just try it," says the **California Pizza Kitchen** menu. CPK must figure that customers need a bit of tempting, because its **Butter Cake** doesn't sound as indulgent as the chain's tiramisu, red velvet cake, or other desserts.



And it doesn't look like much more than a cream-filled doughnut nestled in whipped cream (and topped with a scoop of vanilla ice cream if you order it "à la Häagen-Dazs"). Aren't you in for a surprise.

Even without the ice cream, you're talking 1,100 calories, 45 grams of saturated fat (more than two days' worth), and 15 teaspoons of added sugar (what you'd get from drinking

1½ cans of soda). That's worse than every other dessert on CPK's menu, including the Belgian Chocolate Soufflé Cake, complete with "triple-thick hot fudge and vanilla bean sauce."

If you order the Butter Cake with the Häagen-Dazs—it sits atop the cake's thin layer of cheesecake—get your fat cells and artery walls ready to house 1,380 calories, 56 grams of sat fat, and, we estimate, 19½ teaspoons of added sugar. It's like eating an entire (four-serving) box of Sara Lee All Butter Pound Cake slathered with eight pats of butter.

Of course, your cells are probably already scrambling to make room for the 1,000-plus calories that recently arrived via your CPK pasta or pizza or main-dish salad.

"Just try it"? Just don't.

cpk.com—(800) 919-3227

dish OF THE MONTH



Sautéed Radishes

Trim and quarter 2 bunches of radishes (about ¾ lb.). In a large pan over medium-high heat, heat 1 Tbs. extra-virgin olive oil until hot but not smoking. Sauté the radishes until lightly browned and tender-crisp, 5-7 minutes. Season with just a pinch of kosher salt (no more than ⅛ tsp.).

Makes 2 cups. Serve like potatoes.

quicktip

Always treat raw chicken as if it's contaminated. Why? A single drop of contaminated juice is enough to cause diarrhea, vomiting, and cramping from a *Campylobacter* infection.