

Seasoning Tips for Your Baked Potato

A baked potato doesn't have to be piled with butter and sour cream to be delicious. Here are some low-fat suggestions for seasonings to add to your baked potatoes:

- ❖ Nonfat yogurt, sour cream, or blended-until-smooth nonfat cottage cheese (or ricotta) mixed with chopped chives, fresh dill, parsley, scallions, horseradish, or minced green pepper
- ❖ Salsa and herbs
- ❖ Dried herbs mixed with a little lemon juice or balsamic vinegar
- ❖ Freshly grated Parmesan cheese
- ❖ Dijon mustard or low-fat salad dressing

Selecting Seafood When Dining Out

When dining out, order fresh seafood when possible – steamed, broiled, or grilled without butter. For dipping, a small amount of cocktail sauce is a better choice than butter (two dips in butter can equal 50 calories). All seafood can be low-fat and low-sodium if grilled without butter and served without sauces.

Here are some healthy choices you can select when eating out: • fresh fish of the day (grilled or poached without butter and sauce on the side) • lobster, crab meat, or crab claws • mesquite-grilled shrimp • scallops (grilled or broiled without butter) • seafood kabobs (grilled without butter) • steamed clams, mussels, oysters, or shrimp

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Let the Grilling Begin...

Summer is a great time to take the grill out of the garage or basement, or uncover the one that's spent the winter in the yard. Just remember grilling doesn't have to mean red meat. Substitute fish and some colorful vegetables. You'll never miss the hamburger and you'll be able to enjoy the many health benefits of fish.

Some experts advise people with heart disease, or at high risk for this condition, to eat two servings a week of fish highest in omega-3 fats, like salmon, herring, rainbow trout, sardines, albacore tuna, and mackerel. And, if you first marinate the fish, you'll help avoid creating the carcinogens that otherwise form when animal meats are grilled.

Try marinating chunks of tuna in lime juice, soy sauce, garlic, basil, and a few red pepper flakes. The marinade will keep the fish moist as it cooks. Only 15 minutes of marinating is necessary. After marinating, thread the tuna on skewers for grilling. In addition to the tuna, add

big cherry tomatoes, onion wedges, and cucumber. Cucumbers are usually eaten raw, but cooking them can bring out their often-overlooked citrus flavor. To further keep the lean tuna moist while grilling, cut the cucumber into crescents and nestle the fish between a cucumber crescent and a wedge of onion (a position that

helps protect the tuna from excess heat). Use tomatoes and cucumbers that are firm, with smooth, brightly-colored skin. Avoid those that have soft spots or are shriveled. Store tomatoes at room temperature. Whole cucumbers may be stored in the refrigerator, unwashed and in a plastic

bag, up to 10 days. Wash them thoroughly just before using.

Since these kebabs only get better when their flavors meld overnight, they can even be made ahead of time too. They're good at room temperature. If you have leftovers, take the tuna off the skewers and serve it on a bed of chopped romaine lettuce for a tasty grilled tuna salad.



Source: American Institute for Cancer Research, www.aicr.org

SNAPPER WITH TOMATO AND FETA CHEESE Makes 4 servings

- 2 ripe tomatoes, sliced
- 2 cloves garlic, finely minced
- 1 pound red snapper fillets (1/2" thick)
- 1 tsp. dried basil
- 1 lemon, thinly sliced
- 1/2 tsp. dried oregano
- 1/3 cup feta cheese, crumbled
- Arrange the tomato slices on the bottom of a 9-inch glass pie dish. Sprinkle

the garlic over the tomatoes and arrange the fish over the top. Sprinkle the basil over the fish. Place the lemon slices on top; sprinkle with the oregano and the crumbled feta cheese. If possible, let the fish sit for about 30 minutes. Cover the fish with vented plastic wrap and microwave on high for 4-1/2 to 5 minutes. Let stand for 5 minutes.

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

Each serving contains: 190 calories, 27 g. protein, 6 g. fat, 60 mg. cholesterol, 7 g. carbohydrates, 318 mg. sodium. Calories from fat 28 percent

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