

# Indulge Your Cravings

By Michele Deppe

**E**llie Krieger, RD, host of the Food Network's *Healthy Appetite With Ellie Krieger* who holds a master's degree in nutrition, has a bit of a beef with her profession. "I think a negative that always seems to come up with dietetics is that taste and health are seen as mutually exclusive and separate. Really, the focus of my work is to make absolutely delicious food that happens to be good for you," she explains. But when she feeds people, she purposefully neglects to tell them just how nutritious her cooking is.

Krieger's philosophy is if you want to get people to eat well, don't say a word about how healthy the food is—just let them experience it. "There is actually evidence to support this idea," she says. "Brian Wansink [PhD] did a study in which two groups of people were given the exact same food, but the group that was told they were eating health food claimed that it didn't taste that great."

That's why Krieger is not above being a little secretive on occasion. "My dad is a big, burly ex-cop. I gave him a chocolate dessert, and he loved it. Then I told him that the main ingredient was tofu, and he couldn't believe it. It's sort of fun to do that sometimes! I think the focus should always be on taste," she says.

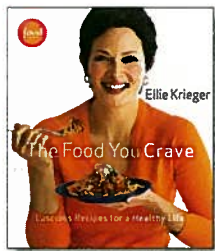
Unfortunately for many people—Krieger included

—food brings both pleasure and pain. A former professional model, Krieger understands the struggle with weight. That's why her latest cookbook, *The Food You Crave*, which offers more than recipes that delight and comfort, extends an olive branch to help people make peace with food.

"If you are used to seeing food as the enemy that constantly tempts you, there's a lot of shame and guilt attached to eating," she says. "Looking at a restaurant menu is not something many people do joyously to learn about the creative combinations of flavors and try something new. Instead, eating out for many people is a source of incredible stress. Even choosing a snack becomes this big, paralyzing thing. You want the pleasure, but you're so worried about gaining, and in the midst of it all, you're trying to be virtuous with everything you eat."

Instead, Krieger urges, "Focus on the positive aspects of food—the pleasures. The same old way of eating will just get the same results, so take some steps to turn things around."

To help people put the puzzle together, Krieger will soon offer a personalized service through her Web site at [www.elliekrieger.com](http://www.elliekrieger.com). Visitors will be able to subscribe to a personalized eating plan that takes into account their lifestyles, goals, and cravings. In the meantime, try these recipes from *The Food You Crave* to satisfy your cravings without guilt. ♦





### Macaroni and Four Cheeses

This creamy, crumb-topped macaroni-and-cheese gets its bright orange color and a big nutritional boost from puréed winter squash. Don't tell and no one will ever know. They'll just thank you for making their favorite cheesy comfort meal.

#### Cooking spray

One 16-ounce box elbow macaroni

Two 10-ounce packages frozen puréed winter squash

2 cups low-fat milk

1½ cups grated extra-sharp cheddar cheese (4 ounces)

½ cup Monterey Jack cheese (2 ounces)

½ cup part-skim ricotta cheese

1 teaspoon salt

1 teaspoon dry mustard

¼ teaspoon cayenne pepper

2 tablespoons plain dry breadcrumbs

2 tablespoons freshly grated Parmesan cheese

1 teaspoon olive oil

Preheat the oven to 375°F. Coat a 9 X 13-inch baking dish with cooking spray.

Cook the macaroni according to package directions. Drain and transfer to the prepared baking dish.

Meanwhile, place the frozen squash and milk in a large saucepan and cook over low heat, stirring occasionally and breaking up the squash with a spoon until it is defrosted. Turn the heat up to medium and cook until the mixture is almost simmering, stirring occasionally. Remove the pan from the heat and stir in the cheddar, Jack cheese, ricotta, salt, mustard, and cayenne. Pour this mixture over the macaroni and stir to combine.

Combine the breadcrumbs, Parmesan, and oil in a small bowl. Sprinkle over the top of the macaroni and cheese. Bake until the cheeses are bubbling around the edges, about 20 minutes, then broil for 3 minutes so the top is crisp and nicely browned.

Serves 8

Serving size: 2 cups

**Per serving:** Calories: 390; Total Fat: 11 g; Mono: 1 g; Poly: 0.5 g; Sat: 6 g; Protein: 18 g; Carb: 56 g; Fiber: 3.5 g; Cholesterol: 35 mg; Sodium: 547mg

Excellent source of calcium, folate, manganese, niacin, selenium, thiamin, vitamin A. Good source of fiber, iron, phosphorus, riboflavin.

## Mocha Cake With Mocha Cream Cheese Frosting

A shot of espresso makes this dense chocolate cake even moister and gives it a tantalizing java jolt. It's topped with a decadent, yet not overly sweet, cream cheese frosting spiked with coffee to echo the flavor in the cake. It's your childhood favorite chocolate cake, all grown up.

### For the cake

Cooking spray

¾ cup whole wheat pastry flour or regular whole wheat flour

½ cup all-purpose flour

½ cup unsweetened cocoa powder, preferably Dutch-processed

¼ teaspoon salt

1 teaspoon baking soda

1 teaspoon baking powder

2 tablespoons unsalted butter, melted

2 tablespoons canola oil

2 large eggs

2 large egg whites

1½ cups plain nonfat yogurt

2 teaspoons vanilla extract

¾ cup granulated sugar

1 tablespoon instant espresso powder, dissolved in 1  
tablespoon hot water

2 ounces good-quality dark chocolate (60-70% cocoa solids)

### For the frosting

One 8-ounce package Neufchâtel cheese  
(reduced-fat cream cheese), softened

½ cup confectioners' sugar

1 teaspoon instant espresso powder, dissolved in  
1 teaspoon hot water

1 teaspoon coffee liqueur or vanilla extract

### For garnish

1 small square (¼ ounce) good quality dark  
chocolate (60-70% cocoa solids)

Arrange a rack in the center of the oven and preheat the oven to 350°F. Coat a 9 x 13-inch cake pan with cooking spray and set aside. Whisk together both flours, the cocoa, salt, baking soda, and baking powder in a medium bowl.

In a large bowl, whisk together the melted butter and oil. Add the whole eggs and egg whites and whisk to incorporate. Fold in the yogurt, vanilla, granulated sugar, and dissolved espresso powder. Melt the chocolate in a small microwave-safe bowl in the microwave for 90 seconds on high or over simmering water in a double boiler. Fold the melted chocolate into the batter. Gradually add the dry ingredients and stir until just incorporated;

do not overbeat. Pour the batter into the prepared pan. Bake until the cake has risen nicely and a toothpick inserted into the center comes out clean, 25 to 30 minutes. Let cool completely.

While the cake is cooling, make the frosting. Combine all the frosting ingredients in a medium bowl and beat with an electric mixer until soft and creamy. Spread the frosting evenly over the cooled cake in the pan and cut into squares. Finely grate the square of chocolate on the small holes of a box grater or using a rasp grater. Sprinkle the chocolate shavings over the cake. The cake should be stored in the refrigerator where it will keep for about 3 days.

Serves 16

Serving size: One 2¼ X 3¼-inch square

**Per serving:** Calories: 191; Total Fat: 10.5 g; Mono: 2 g; Poly: 1 g; Sat: 4 g; Protein: 5 g; Carb: 24 g; Fiber: 1 g; Cholesterol: 41 mg; Sodium: 238 mg

Good source of thiamin.

*Recipes reprinted with permission from **The Food You Crave** by Ellie Krieger, published by The Taunton Press, 2008*

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## Sage-Rubbed Pork Chops With Warm Apple Slaw

Here juicy pork chops are served with their match-made-in-heaven accompaniments, apples, sage, and cabbage. But I spin them in a fresh new way, by amping up the color with carrot and turning them into a warm sage-scented apple slaw to nestle the chops into. To make this recipe quicker and even easier, you can use one 16-ounce bag of preshredded carrots and cabbage, called “slaw mix,” instead of starting with a whole cabbage and carrots.

### For the chops

- 1 tablespoon chopped fresh sage or 1 teaspoon dried
- 1 large clove garlic, minced (about 1 teaspoon)
- ½ teaspoon salt
- Freshly ground black pepper
- Four ¾-inch-thick bone-in pork loin chops (about 8 ounces each)
- 2 teaspoons olive oil

### For the slaw

- 2 teaspoons olive oil
- 1 large onion, cut in half, then thinly sliced into half-moons
- 1 large Granny Smith apple, cut in half, cored, and coarsely shredded
- 1 teaspoon chopped fresh sage or ½ teaspoon dried
- ½ head green cabbage, cored and coarsely shredded (about 9 cups)
- 3 large carrots, coarsely shredded (about 3 cups)
- 2 tablespoons cider vinegar
- ½ teaspoon salt
- ¼ cup low-sodium chicken broth

To make the chops, combine the sage, garlic, salt, and a few grinds of pepper in a small bowl.

Rub this mixture all over the pork chops and let them sit at room temperature for 10 minutes.

Heat the oil in a large nonstick skillet over medium-high heat until good and hot. Add the chops and brown well on both sides, 1 to 2 minutes per side. Remove the chops to a plate.

To make the slaw, carefully wipe out the pan. Heat the oil over medium heat and add the onion, apple, and sage. Cook, stirring a few times, until softened and golden brown, 4 to 5 minutes. Add the cabbage, carrots, vinegar, and salt and continue



cooking until the cabbage and carrots begin to soften, about 5 minutes. Add the broth and return the pork chops to the pan, burying them in the vegetable mixture. Cover and cook just until the pork chops just slightly blush in the center, about 5 to 7 minutes longer.

To serve, arrange the warm slaw on individual plates and top with a pork chop and some pan juices.

Serves 4

Serving size: 1 pork chop and 1¼ cups slaw

**Per serving:** Calories: 545; Total Fat: 36 g; Mono: 17 g; Poly: 3.5 g; Sat: 12 g; Protein: 31 g; Carb: 23 g; Fiber: 6 g; Cholesterol: 107 mg; Sodium: 750 mg

Excellent source of fiber, phosphorous, potassium, niacin, riboflavin, selenium, thiamin, vitamin A, vitamin B<sub>6</sub>, vitamin C, zinc. Good source of calcium, iron, magnesium, manganese, molybdenum, vitamin B<sub>12</sub>.