



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions—and solves the old Super Bowl snacking problem.

Q: There are so many kinds of oil. Which should I use?

A: You could buy a collection of oils but chances are they'll just go rancid before you use half. Simplify with these four:

- **Inexpensive extra-virgin olive oil** is loaded with heart-healthy monounsaturated fat and antioxidant power. It's perfect for everyday use.
- **Unfiltered extra-virgin olive oil** transforms the flavor of a dish with its fruity richness, giving you maximum health benefits. It's best unheated, so use it in salad dressings or as a dip.
- **Canola oil** is packed with good-for-you omega-3 and monounsaturated fats. It's neutral-tasting and has a high smoking point, making it great for stir-fries.
- **Toasted sesame oil**, rich in vitamin E, is a must if you like Asian flavors, but it doesn't take direct heat well; add it to dishes just before serving.

Q: Is organic produce worth the extra money?

A: Because organic food is produced without growth hormones, antibiotics or pesticides, it's better for the Earth and possibly better for you. Those are things I value, so I think it's worth the extra money. Going organic doesn't have to be all-or-nothing. Splurge on produce you eat the skin of, like berries and celery, instead of banana or avocado. And prioritize your budget; skip the \$4 lattes so you can spring for organic grapes.

Can Super Bowl food be healthful?

Q: I've been sticking to my New Year's resolutions, but how can I get through my friend's Super Bowl bash without tossing my healthy-eating habits out the window?

A: Getting together with friends is an important part of a healthy life, so don't watch the game at home alone with a bowl of carrot sticks. Just go to the party with a plan to avoid eating like a linebacker. First, decide on an alcohol cutoff time and stick to it. Second, don't munch mindlessly. Instead, grab a plate and fill it mostly with better-for-you options and just a couple of chicken wings, some nachos or other irresistible treat so you don't feel deprived. It also helps to bring a healthful dish yourself—this way, you know the buffet table will have at least one good choice! My personal favorites are these antipasto skewers.



ANTIPASTO SAUSAGE SKEWERS

ACTIVE: 25 min | TOTAL: 25 min | MAKES: about 24 skewers

Cooking spray

- 12 ounces fully cooked Italian-style poultry sausage, cut into 1-inch pieces
- ½ cup lightly packed fresh basil
- 1 12-ounce jar roasted red peppers, drained, rinsed and cut into 1-inch pieces
- ¾ cup sun-dried tomatoes, cut into 1-inch pieces if large
- 1 14-ounce can artichoke hearts, drained and quartered

1. Heat a nonstick skillet over medium heat; mist with cooking spray. Add the sausage; cook, turning 2 or 3 times, until warmed through and browned, about 8 minutes.

2. Thread 1 small or ½ large basil leaf onto a small wooden skewer. Add a piece of roasted red pepper, sun-dried tomato, artichoke and sausage, arranging them on the skewer so that it can stand up on the sausage end. Repeat with the remaining ingredients to make about two dozen skewers.

Per serving (4 skewers): Calories 140; Fat 5 g (Sat. 2 g; Mono. 1.5 g; Poly. 1 g); Cholesterol 30 mg; Sodium 970 mg; Carbohydrate 12 g; Fiber 2 g; Protein 12 g