



# Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and updates a classic side dish.

**Q: I'm trying to eat healthier, and I know that fish, turkey and chicken are typically good for me. But what about pork?**

Laronda Anderson,  
Mount Vernon, NY

**A:** If you feel like you're going to start clucking or growing gills because you eat so much poultry and fish, take heart: There are lots of lean meat options. As a general rule, cuts of pork, lamb or beef labeled "round" or "loin" are the leanest. Pork tenderloin and lean ham have just 4 grams of fat in a 3-ounce portion, only slightly more than skinless chicken breast. Pork loin has about 7 grams of fat in 3 ounces (it's leaner than a skinless chicken thigh). Just steer clear of pork ribs, butt and shoulder, which can have more than 20 grams of fat in the same-size portion.

**Q: Is there a gluten-free option for thickening sauces and soups?**

Alli Merriman, Nashville

**A:** Chances are, most of us will need to cook a gluten-free meal at some point: About 1 in 150 Americans are gluten-intolerant, which means they can't digest the protein in wheat and some other grains. Rice, soy, corn, potato, tapioca, quinoa and buckwheat all get the gluten-free green light. Use cornstarch as a thickener rather than flour, but keep in mind that it has twice the thickening power of flour so you'll need less.



I'm bored  
with rice.  
Any ideas?

**I'd like to start cooking with different grains. Do you have a good recipe for quinoa?**

Susan Harding, Colorado Springs

**A:** Once a health-food store specialty, quinoa (pronounced KEEN-wah) is now available in most supermarkets. This high-protein whole grain is tender and mild in flavor, and it cooks up in only 15 minutes. Use quinoa just like you use rice: in pilafs, salads and puddings. I even enjoy eating it with fruit, honey and milk as a hot breakfast cereal. This delicious take on pilaf gets its deep flavor from fragrant toasted garlic.

## QUINOA WITH GARLIC, PINE NUTS AND RAISINS

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

- 1 cup quinoa, rinsed well
- ¼ cup pine nuts
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- ⅓ cup chopped fresh parsley
- ¼ cup raisins
- 1 tablespoon fresh lemon juice
- Kosher salt and freshly ground pepper

- 1.** Place the quinoa in a saucepan and cook over medium heat until toasted, about 2 minutes. Add 1¾ cups water (or use low-sodium chicken broth) and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed, 10 to 15 minutes. Remove from the heat and let sit, covered, about 2 minutes.
- 2.** Meanwhile, toast the pine nuts in a skillet over medium-high heat, stirring, until golden, about 3 minutes; transfer to a plate. Add the olive oil and garlic to the skillet and cook over medium heat, stirring, until golden, about 2 minutes. Transfer the garlic to the plate, reserving the oil.
- 3.** Fluff the quinoa with a fork. Add the pine nuts, garlic, reserved oil, parsley, raisins and lemon juice. Season with salt and pepper and toss.

**Per serving (¾ cup):** Calories 300; Fat 15 g (Saturated 2 g); Cholesterol 0 mg; Sodium 5 mg; Carbohydrate 37 g; Fiber 4 g; Protein 8 g