



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and cooks up a guilt-free crab cake.

Q: Are some types of yogurt healthier than others?

Jeanie Richardson, Monroe, WA

A: The key is to go with plain yogurt rather than flavored, sweetened varieties. Plain nonfat or low-fat yogurt is rich in protein and calcium and fills you up without many calories. Greek yogurt is essentially just yogurt that has been strained to make it extra thick and creamy; it's higher in protein and a little lower in calcium and lactose than regular yogurt. Just watch out for sweetened yogurts. Some have nearly 30 grams of sugar in 6 ounces and are loaded with artificial flavors. When buying flavored yogurt, look for all-natural ones with 24 or fewer grams of sugar per serving.

Q: I get migraines daily. What foods should I avoid?

Joanna Sparacino
Silver Spring, MD

A: Foods containing caffeine, alcohol and/or amines (an amino acid)—like red wine, chocolate, beer, coffee, avocado and aged cheese—often trigger migraines. Everyone is different, so keep track of your headaches and what you eat and drink to identify patterns. Many migraine sufferers are also deficient in magnesium, a mineral that is vital for maintaining the health of blood vessels, which control headaches. Eating magnesium-rich foods like nuts, beans, spinach and whole grains daily may ease symptoms.



Can you make a low-fat crab cake?

I love crab cakes cooked in oil and deliciously brown, but I'm trying to lose weight. How can I make a healthier version that's still crispy?

Joanne Lofaso, Staten Island, NY

A: You can have your crab cake and eat it, too—by omitting the gobs of mayonnaise common in many recipes, using extra-crispy panko (Japanese breadcrumbs) and browning the cakes in a nonstick pan with very little oil. The ones in this recipe have fewer calories than most, yet they're still moist inside and crisp on the outside.

CRISP CRAB CAKES

ACTIVE: 30 min | TOTAL: 1 hr | MAKES: 8 crab cakes

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| 1 | tablespoon plus | 2 | teaspoons dijon mustard |
| | 2 teaspoons extra-virgin olive oil | 1 | tablespoon fresh lemon juice, plus lemon wedges for serving |
| 2 | scallions, thinly sliced | ½ | teaspoon Old Bay Seasoning |
| ½ | cup finely chopped red bell pepper | | Dash of hot sauce |
| 1 | cup panko (Japanese breadcrumbs) | 1 | pound lump crab or crab claw meat, picked over |
| 1 | large egg, lightly beaten | | Kosher salt and freshly ground pepper |
| 2 | tablespoons nonfat milk | | Olive-oil cooking spray |
| 1 | teaspoon Worcestershire sauce | | |

- Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add the scallions and bell pepper and cook until they begin to soften, about 2 minutes. Cool slightly.
- Mix ½ cup panko, the egg and milk in a small bowl. In a medium bowl, whisk the Worcestershire sauce, mustard, lemon juice, Old Bay and hot sauce; fold in the crabmeat, panko mixture, scallion-bell pepper mixture, ¼ teaspoon salt and a pinch of pepper. Shape into 8 patties and refrigerate 30 minutes.
- Coat the crab cakes with the remaining ½ cup panko. Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, sprayed-side down, 3 to 4 minutes. Spray the tops, flip and cook 3 to 4 more minutes. Serve with lemon wedges.

Per serving (2 crab cakes): Calories 220; Fat 9 g (Saturated 2 g); Cholesterol 155 mg; Sodium 630 mg; Carbohydrate 8 g; Fiber 1 g; Protein 26 g

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