



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions—and spiffs up a salad.

Q: Can I use whole-wheat flour in my recipes without altering the taste?

Melissa Lundin, Altus, OK

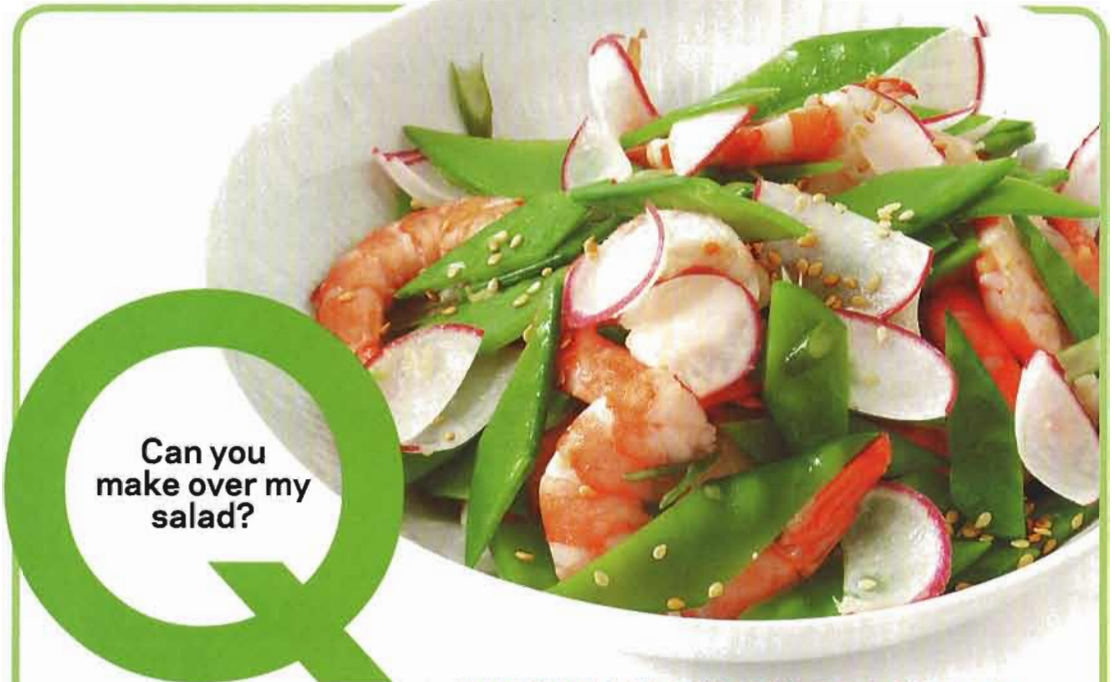
A: Pancakes, muffins and quick breads lend themselves better to whole wheat's hearty texture and nutty flavor than cakes, cookies and pastries. For these tender baked goods, try whole-grain pastry flour, which has a mild flavor. Start by swapping out half the all-purpose flour and build from there.

Q: My kids will eat only a few veggies: corn, green beans and potatoes. Are they getting the nutrients they need from this mix?

Mary Jackson, Lenoir, NC

A: Your children are probably getting the basics, but don't worry that this is all they'll ever eat. It can take 12 tries for kids to like new foods, so make tasting an adventure. Here are three ideas:

- Challenge kids to eat the rainbow—something red, orange, yellow, green and blue. Make a chart to keep track of the foods they're eating. They'll be begging for something red soon enough!
- Kids love to have control, so put them in charge of choosing a new vegetable. If they pick it, they will be more invested in eating it.
- When your children are clamoring for food, tide them over with vegetables and ranch dressing. They'll be more likely to experiment if they have a nagging appetite.



Can you make over my salad?

Q: One of my coworkers said my go-to salad of lettuce, tomato, cucumber, carrot, onion and a protein is not as healthy as it could be. Can you help me make a better one?

Frances Banker, Staten Island, NY

A: Your plain-Jane salad is OK, but your coworker is right. You could do better. Tomatoes and carrots are reliable favorites, but yawn! Branch out with nutrient-rich toppings like red and yellow peppers, fresh corn, fennel, blanched broccoli, asparagus or green beans. Toss in some fruit along with fresh herbs like parsley, basil or cilantro. Beans, nuts and seeds can also add texture. But hey, who said a salad needs to have lettuce at all? This simple one is totally leafless and chock-full of nutrition.

SHRIMP AND SNOW PEA SALAD

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4

12 ounces snow peas	1 tablespoon canola oil
1¼ pounds medium shrimp, peeled and deveined	1 tablespoon toasted sesame oil
6 radishes, thinly sliced into half-moons	1 tablespoon grated fresh ginger
4 scallions, thinly sliced	Salt
⅓ cup rice vinegar	2 tablespoons toasted sesame seeds

1. Bring a large saucepan of water with a steamer basket to a boil. Put the snow peas in the basket, cover and cook for 2 minutes. Remove the basket and transfer the snow peas to a bowl of ice water to cool. Drain and pat dry.
2. Add the shrimp directly to the saucepan of water and return to a boil; cook for 2 minutes. Drain, then plunge the shrimp into a bowl of ice water to cool. Drain and pat dry.
3. Slice each shrimp in half lengthwise. Cut the snow peas diagonally into ½-inch pieces, discarding the ends. In a large bowl, toss the shrimp, snow peas, radishes and scallions.
4. In a small bowl, whisk the vinegar, both oils, the ginger and ½ teaspoon salt. Toss with the salad right before serving; top with sesame seeds.

Per serving: Calories 280; Fat 13 g (.Sat. 1 g; Mono. 4 g; Poly. 3.5 g); Cholesterol 215 mg; Sodium 510 mg; Carbohydrate 7 g; Fiber 3 g; Protein 32 g