



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions—and cuts the fat from creamy Alfredo sauce.

Q: I love red meat, but my doctor told me to cut back. How can I satisfy my cravings while following my doctor's orders?

Julie McLaney, Clio, AL

A: The recommended portion of meat is three ounces. Use these tricks to stretch your meal so it doesn't seem skimpy:

Slice it. Get a lean steak, like flank or sirloin, and cut it into thin strips after cooking. Pile the slices high on your plate to make the meal seem heartier.

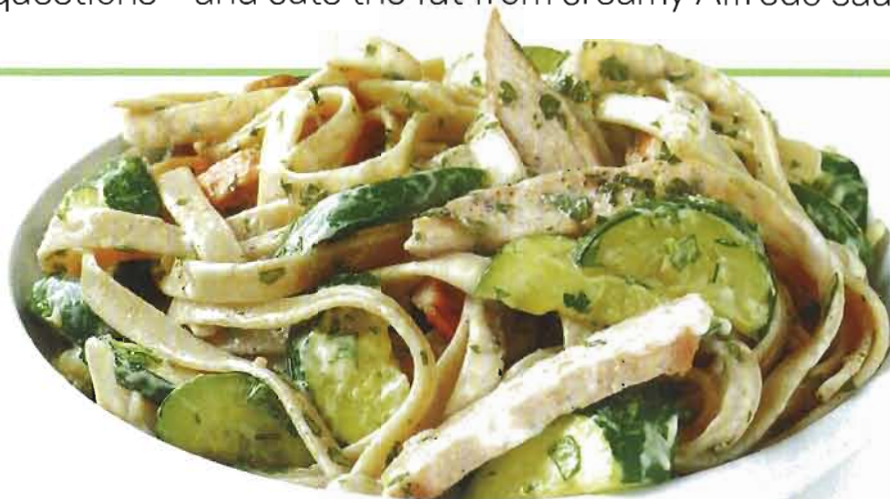
Halve it. Replace half the meat in your usual recipe with beans or mushrooms. This works especially well with ground-meat dishes like sloppy joes or tacos.

Stuff it. To make a three-ounce burger fat, juicy and fabulous, stuff it before grilling. Some of my favorite fillers are olives, sun-dried tomatoes and roasted red peppers.

Q: I never have whole milk on hand. Can I cook and bake with fat-free milk?

Polly Crockford, Moorpark, CA

A: You can freely substitute fat-free milk for whole in smoothies, egg dishes and most pancakes, muffins or quick breads. Your baked goods will turn out slightly less rich, but they'll still be delicious. For soups, puddings and creamy sauces that rely on whole milk for body, try using evaporated nonfat milk. It gives your dishes creaminess without the fat.



Do tasty, low-fat cream sauces exist?

I'm on a low-fat diet, but I don't want to give up my favorite dish, chicken Alfredo. Is there a healthier version I can make?

Janita Hall-Swadley, Scott, AR

A: The secret is to make the sauce with flour-thickened low-fat milk plus a touch of evaporated nonfat milk instead of cream, and to replace the butter with heart-healthy olive oil. It's a technique you can use for other creamy dishes as well, like chicken potpie. This Alfredo has the parmesan punch of a traditional version but with less than half the fat.

CHICKEN-ZUCCHINI ALFREDO

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

Kosher salt	12	ounces fettuccine (preferably whole wheat)
3 tablespoons extra-virgin olive oil	1	tablespoon all-purpose flour
2 cloves garlic, minced	1	cup cold low-fat milk (1%)
2 zucchini, thinly sliced into half-moons	½	cup evaporated nonfat milk
4 4-ounce thin skinless, boneless chicken breasts	¾	cup freshly grated parmesan cheese
Freshly ground pepper	¼	cup chopped fresh parsley

1. Bring a large pot of salted water to a boil. Heat 1 tablespoon olive oil in a nonstick skillet over medium heat. Add 1 clove garlic and cook 30 seconds. Add the zucchini, cover and cook until tender, stirring, about 6 minutes. Transfer to a bowl.
2. Heat another tablespoon oil in the skillet over medium-high heat. Season the chicken with ¼ teaspoon each salt and pepper and cook through, 2 to 3 minutes per side. Transfer to a plate.
3. Cook the pasta in the boiling water as the label directs. Drain, reserving ½ cup cooking water; return the pasta to the pot.
4. Meanwhile, whisk the flour and low-fat milk in a bowl. Place the remaining 1 clove garlic and 1 tablespoon oil in the skillet and cook over medium-high heat, 30 seconds. Add the flour-milk mixture and bring to a boil, stirring. Reduce the heat to low and cook, stirring, 2 minutes. Add the evaporated milk, ½ teaspoon salt and the cheese; stir to melt, 1 minute.
5. Cut the chicken into strips. Toss with the pasta, sauce, zucchini and parsley, adding the reserved pasta water to loosen.

Per serving: Calories 680; Fat 18 g (Saturated 5 g); Cholesterol 85 mg; Sodium 820 mg; Carbohydrate 79 g; Fiber 3 g; Protein 49 g