



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and cuts the sugar from a classic cookie.

Q: How can I cut back on the oil I use while cooking?

Lisa Stanicar, Pittsburgh

A: All fat—whether it’s oil, butter or lard—has more than 100 calories per tablespoon, so cutting back, even on oils that are good for you, is a smart idea. You need only 2 teaspoons of oil to sauté an onion and some garlic (much less than what most recipes call for). Use nonstick skillet so you won’t need to add extra fat. And for vinaigrette dressings, cut the oil in half and substitute an equal amount of fruit juice (like lemon, orange or pomegranate), or vegetable or chicken broth.

Q: I’ve been hearing about the benefits of sprouted grains and beans. But how do I cook with them?

Mallory Sanders, Tumwater, WA

A: Whole grains, beans and nuts are essentially seeds, so when they are in a warm, moist environment, they sprout. Sprouting activates enzymes that make the starch easier to digest and the vitamins, minerals and proteins easier for our bodies to use. Because whole grains, nuts and beans are already packed with nutrition, sprouted varieties provide only a marginal additional benefit, but they are good for a change of pace—just toss them into salads or stir-fries. You can find them at many health-food stores and farmers’ markets.



Can low-sugar cookies still be tasty?

Help! My husband is diabetic, but he loves cookies. Can you suggest a recipe for his favorite, oatmeal raisin?

Ethel Caldwell, Spring Hill, FL

A: As a bit of a cookie monster myself, I am thrilled to share this recipe with you. These cookies are soft, chewy and sweet but have about half the sugars and saturated fat, fewer total carbs, and more protein and fiber than a traditional recipe. That means they cause less of a spike in blood sugar and are better for your heart. Remember, though: They are still cookies, so don’t gobble them up all at once!

HONEY OATMEAL-RAISIN COOKIES

ACTIVE: 25 min | TOTAL: 40 min | MAKES: about 30 cookies

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|---|-------------------------------------|----|--|
| 2 | tablespoons unsalted butter, melted | 1 | cup whole-wheat pastry flour (or ½ cup each all-purpose and whole-wheat flour) |
| ¼ | cup canola oil | ½ | teaspoon baking soda |
| ½ | cup honey | ½ | teaspoon ground cinnamon |
| 1 | large egg | ¼ | teaspoon salt |
| ¼ | cup smooth unsalted almond butter | 1¾ | cups rolled oats |
| ½ | teaspoon vanilla extract | ½ | cup raisins |
| ¼ | cup nonfat dry milk | | |

1. Preheat the oven to 350°. Mist 2 baking sheets with cooking spray. Beat the butter, canola oil, honey, egg, almond butter and vanilla extract in a large bowl with a mixer until combined.
2. In another bowl, whisk the dry milk, flour, baking soda, cinnamon and salt. Add the flour mixture to the butter mixture and stir to combine. Stir in the oats and raisins.
3. Scoop tablespoonfuls of batter about 2 inches apart onto the prepared baking sheets. Bake until golden, about 12 minutes. Let the cookies cool 2 minutes on the baking sheets, then transfer to a rack to cool completely. Store in a loosely covered container for up to 3 days.

Per cookie: Calories 100; Fat 5 g (Saturated 1 g); Cholesterol 10 mg; Sodium 45 mg; Carbohydrate 13 g; Fiber 1 g; Protein 2 g

FOOD: PHOTOS: ALAN WEN/MCCALL; FOOD STYLING: ANNE DIBRINO