



Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and grills a great summer salad.

Q: I've read that soy can be bad for you. Should I stop drinking soy milk?

Elisa Castilla, Kennewick, WA

A: The rumblings you've heard about soy—studies linking it to fertility and thyroid issues—are mostly associated with extreme intakes and highly processed soy products. Eating two to three servings a day of traditional soy foods like soy milk, tofu and miso is perfectly safe and may even help protect you from heart disease and cancer. Do take it easy with protein powders and soy isolates (often added to snack bars), but go ahead and enjoy your soy milk regularly. It's delicious and it's a great source of protein. It's also lactose free and usually fortified with calcium and vitamin D, so it's a good alternative if cow's milk doesn't agree with you.

Q: I like roasted nuts, but I've heard that raw ones are better for you. Is this true?

Keith Fowler, Ventura, CA

A: You'd be nuts to sacrifice that deep roasted flavor because roasting doesn't significantly change the nuts' nutritional value. The only exception: nuts that have been roasted in oil because they have extra fat and calories. Your best bet is to buy raw nuts and roast them yourself in a dry skillet over medium-high heat, stirring frequently for 2 to 5 minutes, until they are fragrant.

Know any fun ways to get my veggies?

I love veggies, but I get bored with steaming and boiling them. What else can I do?

Tina Williamson, Peoria, AZ

A: One way to give vegetables the royal treatment is to toss them on the grill to enhance their flavor. I like to grill up a big batch of mixed veggies and keep them in the fridge, where they last for several days. They make for a delicious antipasto platter and are great in sandwiches, too. Or you can turn them into a tasty salad topped with fresh herbs.



GRILLED RATATOUILLE SALAD

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 1 small eggplant
- Kosher salt
- 3 medium tomatoes
- 1 medium zucchini
- 1 medium red bell pepper
- 1 small red onion
- 3 tablespoons extra-virgin olive oil
- Freshly ground pepper
- 1 tablespoon plus 2 teaspoons red wine vinegar
- ½ cup fresh basil leaves, thinly sliced

- 1.** Slice the eggplant into ½-inch-thick rounds. Soak in a bowl of lightly salted water, 15 to 20 minutes; drain and squeeze out the excess moisture.
- 2.** Meanwhile, slice the tomatoes and zucchini into ½-inch-thick rounds. Stem and seed the bell pepper; slice the pepper and onion into ½-inch-thick rings.
- 3.** Heat a grill or grill pan to medium high. Brush the vegetables with the olive oil on both sides and season with ½ teaspoon salt and pepper to taste. Grill the vegetables (in batches if necessary), turning, until soft and marked, about 6 minutes for the tomatoes, 7 to 8 minutes for the bell pepper, onion and zucchini, and about 10 minutes for the eggplant. Let cool.
- 4.** Drizzle the vegetables with the vinegar. Divide the zucchini and eggplant among plates and arrange in a circle, overlapping slightly. Top with the bell pepper, tomato and onion. Sprinkle with the basil.

Per serving: Calories 150; Fat 11 g (Saturated 2 g); Cholesterol 0 mg; Sodium 300 mg; Carbohydrate 12 g; Fiber 5 g; Protein 4 g