

FOOD & DINING



HONEY-SOY BROILED SALMON

A sweet, tangy and salty mixture of soy sauce, rice vinegar and honey does double-duty as marinade and sauce. Toasted sesame seeds provide a nutty and attractive accent.

Make it a meal: Serve with brown rice and sautéed red peppers and zucchini slices.

Makes 4 servings
Active Time: 20 minutes
Total Time: 40 minutes
Ease of Preparation: Easy
Nutrition profile: Low Calorie, Low Sodium, Low Sat Fat, Heart Healthy, Diabetes Appropriate, Healthy Weigh.

Ingredients:

- 1 scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1-tablespoon rice vinegar
- 1-tablespoon honey
- 1 teaspoon minced fresh ginger
- 1-pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions
- 1 teaspoon toasted sesame seeds (see Tip)

Steps:

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
3. Transfer the salmon to the pan, skinned-

side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Nutrition Information Per serving:
234 calories;
13 g fat (3 g sat, 5 g mono);
67 mg cholesterol;
6 g carbohydrate;
23 g protein;
0 g fiber;
335 mg sodium;
444 mg potassium.

Nutrition bonus:
Selenium (60% daily value), excellent source of omega-3s. 1/2 Carbohydrate Servings Exchanges: 3 lean meat, 1/2 other carbohydrate

TIP: Tips: How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

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MAKE YOUR SNACKS COUNT

Eating a snack or two between meals can curb hunger so that you don't inhale the dining room table when you finally sit down to supper. Snacking can also help you get in all the nutrients you need. On the flipside, grazing all day—particularly on foods of little nutritional value—may result in eating too much and packing on extra pounds. The key is taking a smart approach to snacking. Here are five simple strategies to get you started.

Snack (and multitask) mindfully. Munching mindlessly in front of the TV is a surefire way to gain unnecessary pounds—but that doesn't mean you can never enjoy your favorite program over a bowl of freshly popped popcorn or (fill in your favorite snack). Instead of popping a big bag of microwave popcorn, for example, choose a "mini" 100-calorie bag. And be sure to account for those calories elsewhere in your day.

Use snacks to fill nutritional gaps. Make your snacks count. Choose those that provide calcium and fiber—two nutrients that people often skimp on. Two snacks to try: a cup of yogurt with a half-cup of whole-grain cereal mixed in, or a skim latte plus an apple.

Brown-bag your snack. Skip the vending machine and satisfy the afternoon "munch-

ies" with a healthy snack you packed at home. You'll save money and get a bigger bang for your nutritional buck. Try an ounce of almonds and an orange or a handful of pretzels with some hummus. Planning snacks that provide both carbohydrates and protein will help tide you over until dinner.

Choose your "midnight" snack wisely. If a good night's sleep is what you crave, there may be a food combination to help. Specialists recommend a pre-slumber snack that's rich in carbohydrates and contains a bit of protein; this combination is said to increase the tryptophan levels in the brain, causing you to sleep more soundly. Try low-fat yogurt with a sprinkle of granola, a small bowl of oatmeal or a sliced apple with a bit of peanut butter.

Don't get tripped up by travel. However often you fly, prepare in advance so you'll have healthy snacks to eat en route. For shorter flights, pack a quarter-cup of dried fruit, such as apricots, a handful of almonds and a few whole-wheat crackers as healthier alternatives to the salty snacks served in-flight. Sip plenty of water; low humidity and recirculating cabin air can be dehydrating.

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