

HEALTHFUL EATING



Cooking Thin And Feeling Good

by *Chef Kathleen Daelemens*
(NAPSA)—If your “get up and go” got up and went, you might rethink the foods you’re eating.

The food you put in your body has a direct impact on how well your body functions. Whether you’re in good health or at risk of diseases such as heart disease, stroke or cancer, everyone can benefit from a well-balanced diet of quick, tasty, naturally healthful meals.

I’m working with the National Multiple Sclerosis Society to get the message across that proper nutrition is within everyone’s reach and you don’t have to stop eating all the foods you love. I’m living proof.

Long before I started helping people learn how to prepare healthy favorites on Food Network, I was a 210-pound, size 22 who’d failed every diet known to man. I had given up any hope of ever achieving a healthy weight. Then I was asked to create cuisine for one of the world’s most luxurious spas in Hawaii. I lost 80 pounds and I’m still counting.

You can learn practical tips, culinary tricks and ideas to get you started on my show, *Cooking Thin* at 10:30 a.m. ET Saturdays on Food Network.

Here are a few hints for eating right from my book, *Cooking Thin With Chef Kathleen: 200 Easy Recipes for Healthy Weight Loss* (Houghton Mifflin Company, \$27):

- Eat right for three reasons: because there is no other way, to feel better about yourself, and to get healthy.

- Change your eating habits by leaving a snack-sized bite behind, thereby reducing portion size.

- Read labels with an eye toward nutritional content, calorie counts and recommended portion sizes.

Oven-Baked Salmon With Ginger And Lime 4 servings

- 2 tablespoons fresh lime juice
- 2 teaspoons grated ginger
- 1 1-1/4 pound salmon fillet, skin removed
- Coarse-grained salt
- 2 limes, cut in wedges

Preheat oven to 450°F. If you’re using a cast-iron broiling pan, place in oven 10 to 15 minutes ahead to preheat.

In a small bowl, whisk together lime juice and ginger. Place salmon fillet in a shallow dish; season with salt on both sides. Pour marinade over salmon, turning fillet over to distribute evenly. Cover salmon with plastic wrap and let stand, refrigerated, until you are ready to cook it, no more than 30 minutes.

Spray broiler pan with oil. Place salmon on pan and cook for 10 to 15 minutes, turning once at the halfway point, or until cooked to your liking.

Cooking time will vary with thickness of fillet. Serve immediately with lime wedges. 

- Have the confidence to cook. Anyone can learn to cook quick, tasty and healthy meals.

The National MS Society has information about the special nutritional needs of people with multiple sclerosis. Their booklet, *Food for Thought: MS and Nutrition*, contains nutrition basics and ideas for meeting the challenges of a changing diet.

To receive this booklet or information on the National MS Society, call 1-800-FIGHT MS or visit nationalmssociety.org. Remember, you’ve got to cook thin to win.

Chef Kathleen Daelemens is the host of Cooking Thin, 10:30 a.m. ET Saturdays on Food Network.