

Eat Like A King, Look Like A Star

(NAPSA)—Chefs can really pack on the pounds, what with all the “sampling” of their own cooking. But one famous chef at least is living proof that—not only can you get back in shape—but you can do so while eating fabulously.

“I don’t just cook for a living, I eat for a living, too,” says chef Nick Stellino, host of PBS’ “Nick Stellino’s Family Kitchen” and author of the “Family Kitchen” series of cookbooks. “So cutting delicious meals out of my diet was out of the question.”



Stellino

Instead, Stellino shed 60 pounds by sticking to healthy and delicious Mediterranean cuisine—complete with olives and fruity vinegars, as well as whole vegetables, fruits, lean meats, fish and legumes.

A Taste Of Health

Such ingredients are evocative of Stellino’s native Sicily and can easily be added to any family’s diet. “It’s one of the world’s oldest and healthiest menus,” he notes.

He suggests this recipe for Sicilian Salad with Grilled Shrimp, a mouthwatering dish that makes the perfect warm-weather meal.

Sicilian Salad with Grilled Shrimp

Serves 4–6

Grilled Shrimp

- 1½ pounds medium shrimp, shelled and deveined**
- 5 tablespoons Pompeian extra light olive oil**
- Salt and pepper to taste**

Salad Dressing

- ¼ teaspoon salt**
- ¼ teaspoon pepper**
- ½ cup orange juice**
- 1 tablespoon Pompeian Pomegranate Infused balsamic vinegar**
- ¾ cup Pompeian extra virgin olive oil**



Chef Nick Stellino’s Sicilian Salad with Grilled Shrimp.

Salad

- 2 hearts of romaine**
- ½ red onion, thinly sliced**
- 1 large fennel bulb (8–10 ounces)**
- 5 large oranges, peeled**
- Salad croutons (optional)**
- 6 tablespoons grated Parmesan or Romano cheese**

1. Brush shrimp with olive oil, salt and pepper and grill over a very hot flame for approximately 2-3 minutes on each side.

2. Make the dressing by whisking salt and pepper, orange juice and vinegar in a bowl. Continue whisking vigorously and slowly add, in a stream, the extra-virgin olive oil. Continue whisking until all the ingredients are incorporated and the olive oil is emulsified into the salad dressing.

3. Remove outer leaves of lettuce and cut the hearts into 1-inch pieces. Remove the large outer leaves of the fennel bulb, cut in half and slice thinly. Cut the peeled oranges in half and cut into ¼-inch slices.

To Assemble the Salad

Toss the lettuce, onion, fennel, orange pieces, croutons and cooked shrimp in a large bowl. Add the dressing, mixing well to coat all the ingredients. Place the salad on individual serving dishes and sprinkle with cheese.

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