

# Fruits and vegetables add flavor without adding fat

You don't need oil or Crisco to give food flavor. There is a wide variety of fruits, vegetables and spices that add the flavor and consistency we crave. Here is one of my favorite recipes.

## Pan-Seared Salmon With Tomato/Basil

### SERVES 2

1 lb. salmon  
¾ cup Progresso bread crumbs  
1 large tomato  
½ lemon  
1 tablespoon crushed basil  
4 cloves of minced garlic

Dice the tomato, then add minced garlic, basil and lemon in a separate bowl and allow mixture to marinade for 30 minutes.

Peel skin from the salmon filet and wash in water. Make two ½-pound filets and then lightly dust both sides in the Progresso bread crumbs.

Sear the salmon on medium using nonfat cooking spray. Turn the salmon frequently and be careful not to allow the outside to burn. Allow it to become crispy brown. This technique locks in the salmon's flavor and juices.

When the salmon is done, transfer to the serving plates. While the pan is still warm,

place the tomatobasil mixture in the pan and cook for one minute. Spoon the mixture on top and season to taste.

Viola! Being a healthy chef is both fun and tasty. Learn to substitute healthy products that give food flavor. If our children are raised using these techniques, they have a head start on a healthy lifestyle. Remember children are great imitators and will respond to "new" foods if those around them are doing the same.

— Dr. Mike Sofronski  
Peninsula Regional Medical Center

# Healthy breakfast sandwich won't leave you hungry

Breakfast is important and most people start their day off with juice and other high carbohydrate items. Remember that carbs break down into sugar. So when you have that sugar surge in your blood, the response is then a reactive insulin rush which causes your sugar to bottom out.

Consciously or subconsciously, the person will then reach for something (juice, soda, pastry, etc.) that will replace the blood sugar. In that way, people keep eating even if they have already satisfied their caloric

requirements. And that is precisely why you should avoid sugar and fast-burning carbohydrates in the morning.

In that way, one gets truly satisfied with a sensible breakfast (like my breakfast sandwich) and does not get hungry 30 minutes later.

## Breakfast Sandwich

Combine the following:

■ Thomas English muffin, sprayed with butter-flavored Pam and toasted

- Morningstar breakfast sausage (it's veggie and tastes like the real deal)
- Two egg whites fried in Pam

This is a fantastic breakfast sandwich and is totally healthy.

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Nutrition per serving (one sandwich) 22 grams protein, 26 grams carbohydrates, 3 grams of fat, 219 total calories