

Healthexpert

BETHENNY FRANKEL is a celebrity natural-foods chef and owner of the baked-goods company bethennybakes.



CELEB CHEF'S DIET SECRETS

COMFORT FOOD MADE LIGHT

Law and Order: SVU actress Stephanie March longed for Chicken-Fried Steak without all the calories, so Bethenny slimmed down her favorite.

Chicken-Fried Steak

Prep: 15 minutes

Cook: 15 minutes

Makes 4 servings

- 4 (4-ounce) minute steaks
- 2 teaspoons Worcestershire sauce
- $\frac{3}{4}$ cup whole-wheat flour
- $\frac{1}{2}$ teaspoon Spanish smoked or regular paprika
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon pepper, divided
- 2 large egg whites
- $\frac{3}{4}$ cup 2% reduced-fat milk, divided
- 4 teaspoons canola oil, divided
- $\frac{1}{2}$ cup low-sodium beef broth
- $\frac{1}{4}$ teaspoon hot pepper sauce (such as Tabasco)

LIGHTEN-UP TRICKS

This recipe saves you 176 calories and 18 fat grams by using whole-wheat flour instead of white flour, egg whites instead of whole eggs or buttermilk, low-fat milk instead of whole milk, and just a splash of oil.



A healthier Chicken-Fried Steak: Now Stephanie can indulge her craving and stay in shape—thanks to Bethenny's "Lighten-Up Tricks" (below left).

1. Place steaks between 2 double layers of plastic wrap or in a large zip-top bag; pound to $\frac{1}{4}$ -inch thickness. Brush each steak with Worcestershire sauce, and remove to a plate.

2. Combine flour, paprika, and $\frac{1}{4}$ teaspoon each salt and pepper in a bowl. Combine egg whites and $\frac{1}{2}$ cup milk in a separate bowl; whisk lightly. Dip 1 steak in egg mixture, shake off excess liquid, then dip twice on each side in flour mixture; repeat with remaining steaks. Reserve 1 tablespoon seasoned flour.

3. Place 2 teaspoons oil in a large non-stick skillet over medium heat, and heat until very hot but not smoking. Add 2 floured steaks; cook 2–3 minutes per side or until golden brown. Remove steaks from pan; cover meat lightly with foil to keep warm. Add additional 2 teaspoons oil; cook remaining steaks.

4. To make gravy, add beef broth to skillet in which steaks were cooked. Whisk reserved flour into pan; cook over medium heat, whisking constantly, 1–2 minutes or until golden brown and bubbling. Slowly add remaining $\frac{1}{4}$ cup milk, remaining $\frac{1}{4}$ teaspoon each salt and pepper, and hot sauce; whisk 1–2 minutes more or until thickened. (Strain to remove brown bits from gravy, if desired.) Spoon 2 tablespoons gravy over each steak; serve. (Serving size: 1 steak and 2 tablespoons gravy)

Calories 223; Fat 12g (sat 3g, mono 6g, poly 2g); Cholesterol 51mg; Protein 21g; Carbohydrate 7g; Sugars 1g; Fiber 1g; Iron 2mg; Sodium 188mg; Calcium 37mg

You can find out more about Bethenny at www.bethennybakes.com.