## **♦**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.

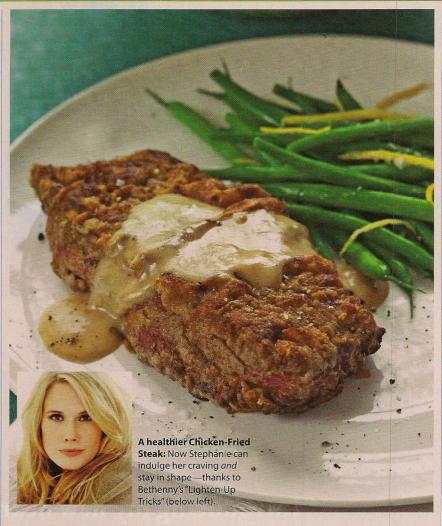
## Chicken-Fried Steak

Prep: 15 minutes Cook: 15 minutes Makes 4 servings

- 4 (4-ounce) minute steaks
- 2 teaspoons Worcestershire sauce
- 3/4 cup whole-wheat flour
- 1/2 teaspoon Spanish smoked or regular paprika
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 2 large egg whites
- 3/4 cup 2% reduced-fat milk, divided
- 4 teaspoons canola oil, divided
- 1/2 cup low-sodium beef broth
- 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.



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 ½ teaspoon each salt and pepper in a bowl. Combine egg whites and ½ 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 pon-

3. Place 2 teaspoons oil in a large nonstick 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 ½ cup milk, remaining ½ 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.