

Eat Great, Lose Weight

Just because they can whip up a mean lobster mac and cheese doesn't mean top chefs drown *everything* in butter. We got the skinny on the surprising ingredients they use to make good-for-you food taste anything but.

By Sharon Liao
Photographs by Patrick Flanigan

❖ Silken tofu

"Although it's low-fat, silken tofu has a rich texture. I blend it with Dijon mustard, lemon juice, capers, shallots and Worcestershire sauce for a creamy salad dressing. Bonus: One cup of tofu contains 11 grams of protein and almost 20 percent of the calcium you need daily."

—Cheryl Forberg, R.D., the nutritionist for *The Biggest Loser* and author of *Flavor First*

❖ Bulgur

"This whole grain has a hearty bite and six grams of protein per cup, so it works well as a vegetarian replacement for ground beef in chili, stew and lasagna. And preparing it is so easy: Just add hot water, cover and let sit for 20 to 30 minutes."

—Mollie Katzen, the author of *The New Moosewood Cookbook* and *The Heart of the Plate*

❖ Orange juice

"To add flavor—and vitamin C—but no fat or sodium, I mix OJ into butter-nut squash soup and whipped sweet potato. I also poach fish in the juice, then add a few garlic cloves and peppercorns and reduce the liquid to make a delicious sauce."

—Claire Robinson, the host of the *Food Network's 5 Ingredient Fix* and *Food Network Challenge*

❖ Eggplant

"I char a whole one directly over a high gas flame or in a grill pan, turning it every few minutes. Then I scrape out the flesh and combine it with an egg white and lean ground turkey to make moist, mama-approved meatballs."

—Rocco DiSpirito, the author of *Now Eat This! Italian*, the host of *Now Eat This! Italy* and a *FITNESS* advisory board member