

# 3 on 3

Three nutritionists.  
Three square meals  
by Denise Schipani

Here you are again: facing down your refrigerator, hungry, bored silly with your same-old choices, and pretty sure you're not eating as healthfully (not to mention deliciously) as you could be. Maybe all you need is a dose of inspiration. To help, we asked three nutrition experts what they eat in a typical day. Turns out those most knowledgeable about what's best for our health also know a thing or two about turning out tasty, easy fare, day after day. Here's a look at what three nutrition experts typically eat, three meals a day. All we can say is, Yum.



## PUMPKIN SPICE STEEL-CUT OATMEAL

### INGREDIENTS

- 2 cups cooked steel cut oats
- 1 cup canned pumpkin (half a 15-ounce can)
- ½ cup lowfat milk
- 3T brown sugar
- 1 tsp pumpkin pie spice (or ½ tsp cinnamon, ¼ tsp nutmeg, and ¼ tsp allspice)
- ¼ cup pecans, toasted, and crumbled

**TO MAKE** | Stir together all ingredients except nuts in a medium saucepan over medium heat until heated through. Spoon into bowls and top with chopped pecans.

**WHAT'S GOOD ABOUT IT** | Steel-cut oats may take longer to cook than regular oats, but they “keep” better; make a big batch, says Huber, and it heats up beautifully and stays creamy. “I love this breakfast because the addition of pumpkin makes it feel more like dessert, but you’re getting a lot of vitamin A, and fiber to keep you full all morning.” The pecans contribute protein—and a welcome crunch. You can also use regular old-fashioned rolled oats; it’s not true that steel-cut oats are a better choice nutritionally. “It’s just that regular oats are cut, steamed, and rolled—so they’re kind of pre-cooked and take less time to prepare,” says Huber.

*Ms. HUBER is the California-based founder of Nourish Nutrition, a website devoted to helping members learn the basics of good, fresh, and nourishing food.*



## BABY BOK CHOY AND CHICKEN SALAD

### INGREDIENTS

- 1 baby bok choy
- 1 sliced pear
- ½ cup cooked brown rice
- 1 sliced chicken breast

**TO MAKE** | Combine washed and chopped baby bok choy (found in most produce sections), a sliced fresh pear, a half-cup of cooked brown rice, and sliced grilled chicken breast. For dressing, combine fresh orange juice, white vinegar, Dijon mustard, and a dusting of grated ginger.

**WHAT'S GOOD ABOUT IT** | “Baby bok choy is high in calcium, in a form that’s more readily absorbed by your body than other sources,” says Ansel. “Plus, it’s a fun change from your regular salad greens and is crunchier than spinach.” Brown rice adds fiber, B vitamins and—important for a dish otherwise made of greens—heartiness and bulk. Tip: Any time you make brown rice, double or triple the recipe, and freeze half-cup portions. The chicken is there to elevate a simple salad to a proper meal, says Ansel. “Without protein, most salads are too nutritionally thin and won’t stand by you till dinner.” Tip: Vegetarians can add any kind of beans or edamame.

*KAREN ANSEL, MS, RDN, CDN, is a Long Island, New York-based nutritionist and coauthor of The Calendar Diet: A Month-by-Month Guide to Losing Weight While Living Your Life.*



## SQUAGHETTI

### INGREDIENTS

- 1T olive oil
- 1 garlic clove, crushed
- ½ tsp crushed red pepper flakes
- ½ tsp dry sage
- 1 small onion, chopped
- 2 to 3 cups butternut or acorn squash, peeled, seeds scraped out, and shredded or grated
- ½ tsp nutmeg
- ½ tsp salt
- 1 lb whole grain pasta

**TO MAKE** | Sauté garlic, red pepper flakes, and sage in olive oil until fragrant. Add the onion and squash, and sauté until the squash softens and the mixture starts to take on the consistency of sauce. Add the nutmeg and salt, and let simmer. Bring a large pot of water to boil, and cook pasta until done to your taste. Serve the sauce over the pasta, and sprinkle with Parmesan cheese.

**WHAT'S GOOD ABOUT IT** | Hard winter squash like butternut or acorn is a nutritional homerun. “The bright orange color means it’s high in beta-carotene, which is great for vision health,” says Warren. Squash is also an excellent source of potassium, which helps regulate blood pressure by minimizing the effect of salt in your diet. Whole-grain pasta is an extra punch of fiber.

*RACHEL MELTZER WARREN, MS, RDN, is a New York City-based nutritionist and author of The Smart Girl’s Guide to Going Vegetarian.*

WHAT'S COOKIN'

