

## CHANGING COURSES

Three years ago Jennifer Iserloh was working a 9-to-5 job hunkered over a computer, wondering what's next. Iserloh, 34, answered that question by following her passion for food. Today she teaches food and wine classes, cooks in other's homes, and runs her own New York-area catering company as the Skinny Chef.

### How did you decide to change careers?

When you love something so much, it's hard to make it a career because you have a sense you'll lose your love for it. One day I read an article about Julia Child. She started cooking when she was 30 and went on to change the history of American food forever. That's the day I applied to culinary school.

### How did the Skinny Chef business start?

The name Skinny Chef came about because I am very into yoga and healthy eating—my friends make fun of me for being slender and yet so much in love with food. I wanted my company to be something that believed in healthy cooking and food as nourishment, enjoyment, and balance.

### What makes your cooking "skinny"?

I model my cooking on how Europeans cook: A little wine, a little meat, and small portions. The trick to eating tasty-low-fat-healthy is getting the freshest ingredients. It's about being clever and trying options that add flavor and nutrition.

### Are there other ways your yoga practice and cooking intersect?

If I have trouble doing a recipe and it's not coming out right, I do yoga in the morning, and the solution will come to me. I've come up with recipes while on my yoga mat. One was a lasagna that has high-protein and high-calcium. My friends who are vegan have trouble getting enough protein. So instead of using ricotta, I created a recipe that uses tofu. It came out so delicious.

—Paige Greenfield



Do get fresh.

The Skinny Chef's

### OVEN-FRIED ZUCCHINI STRIPS WITH HEART-HEALTHY MARINARA SAUCE

- 2 large zucchini, (about 1 pound), stems trimmed
  - 1 large egg's white, or 1/2 c egg-beaters
  - 1 Tbsp skim milk
  - 1 c whole-wheat crackers crushed
  - 2 Tbsp low-fat Parmesan or Romano cheese, grated
  - 1/2 tsp dried oregano
  - 1/2 tsp dried thyme
  - 1 tsp sesame seeds (optional)
- bread or cracker crumbs, grated cheese, oregano, thyme, and sesame seeds. Season with salt and pepper.
2. Slice the zucchini lengthwise into strips 1/8-inch thick. Sprinkle both sides of each piece with salt and pepper and dip in the egg wash. Coat both sides of the zucchini with breadcrumbs and transfer to the cookie sheet. Coat the top of the zucchini with a light layer of the cooking spray.
  3. Bake in a 400°F oven for 12 to 15 minutes until the zucchini is tender inside and the breadcrumb coating begins to brown.
  4. For the sauce, blend tomatoes, olive oil, and garlic in a blender or food processor. Warm, and serve immediately. Makes 2 to 4 servings.

#### SAUCE

- 1 can (28 oz) of diced tomatoes
- 2 cloves of garlic, peeled
- 1 Tbsp fresh basil, chopped
- Salt and freshly ground pepper to taste
- Nonfat cooking spray

1. In a shallow bowl, beat the egg white and milk. Cover a large cookie sheet with parchment paper or aluminum foil. On a separate piece of aluminum foil or wax paper, mix the

**Per serving (based on 2 servings):** 310 calories, 13 g protein, 48 g carbohydrates, 10 g fat (2 g saturated), 7 g fiber, 1,612 mg sodium, 105 mg cholesterol