

ELLIE KRIEGER

By Juliann Schaeffer

Host of the Food Network's *Healthy Appetite* (now airing on the Cooking Channel) and author Ellie Krieger, MS, RD, has been working as a dietitian in varying capacities since she received her RD credential almost two decades ago. For this dietitian, whose extensive work with the media has allowed her to spotlight nutrition topics for a nationwide audience, no day is ever the same. Depending on whatever project she's immersed in at the moment, Krieger might find herself on a TV set putting in 12 to 14 hour days, tweaking good-for-you recipes in her test kitchen, or on the road expounding on the basics of eating well. One thing she loves most about the work she does? "It never gets boring!" she says.

Today's Dietitian (TD): What do you enjoy most about your job or dietetics in general?

Krieger: I am constantly intrigued and energized by the way nutrition is a blend of art and science. It can be creative and sensual when working with food, but the field is also cerebral and knowledge based. I find the interplay of these facets endlessly compelling.

TD: Who or what inspires you/keeps you motivated?

Krieger: No matter how tired I am after 12 hours on set or when I am working on a cookbook with over a hundred recipes left to develop, all I have to do is remind myself how lucky I am to be able to share the food and ideas I passionately believe in with so many people. I love when people come up to me or e-mail me to tell me they love my meatloaf or that I have helped them change the way they think about food. Knowing that I am connecting with people and making a difference in their lives is incredibly motivating.

TD: If you could offer clients/patients only one piece of advice, what would it be?

Krieger: Enjoy a bounty of fresh, seasonal vegetables prepared simply but flavorfully.

TD: What's your favorite way to prepare or eat vegetables?

Krieger: Roasting in the winter, grilling in the summer. And I just love a puréed vegetable soup, like pea, carrot, broccoli-cheddar, or butternut squash. They are delicious hot or cold and are so simple but elegant. I like to serve them in shot glasses at a party.

TD: Coffee or tea?

Krieger: Definitely coffee, strong please. Just a little milk—hold the frou-frou add-ons.



TD: You saved room for dessert. What will you have?

Krieger: Dark chocolate anything. I always have some high-quality almond bark hidden away from my husband and daughter.

TD: What foods do you crave?

Krieger: Oh, that depends on the season and my mood. I got through this past long winter satisfying my craving for big steaming bowls of ramen noodle soup at a different ramen house in NYC each week. This summer I am looking forward to ripe red tomatoes, fresh sweet corn, and juicy peaches. I have a lifelong weakness for fried potatoes—French fries, home fries, hash browns—you name it. But I indulge only rarely, if they are really made well. Mainly it is good quality I crave when it comes to food.

TD: What is your preferred form of exercise?

Krieger: Yoga, biking, hiking, kayaking—I love to exercise outdoors whenever possible.

TD: You have a free Saturday. What will you do?

Krieger: Linger over coffee and a simple breakfast reading *The New York Times* in my PJs, then take a long yoga class or maybe a bike ride with my family, then lunch and a cat nap. (It's not really a weekend if I don't get a nap in!) We might hit the farmers' market for ingredients for dinner or go out to dinner.

— Juliann Schaeffer is an associate editor at Great Valley Publishing Company and a regular contributor to *Today's Dietitian*.