

Creative License



David Morales and his wife, Mayra, created this plate because they are always on the run. "Between commuting to work, walking the dogs [that belong to my daughter], maintaining the house and yard, to the classic, 'Mom, Dad I need a ride, what we need and can't have is a 25-hour day, eight days a week," David Morales says. "So we are always saying, 'GOTS2RUN.'"

If you have a creative license, send us a note about what inspired it, along with a photo of the plate, and maybe we'll use it in an upcoming LI Life. E-mail your name, phone number, hOmetown and the photo to ins.quigley@newsday.com or mail them to Iris Quigley, Library, Newsday, 2-5 Pinelawn Rd., Melville, NY 11747-42S0.



WHO'S COOKING: Linda Fiveson preJ'larsa: healthy party platter. G5'

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WHO'S COOKING

The owner of a nutrition and weight-loss counseling business in Syosset, she lives with her husband, Stan Samet, in Woodbury. She has two grown sons, Brett, 34, and Michael, 31.

How did you get started in business? Thirty years ago I started my business because I had lost 140 pounds and started speaking at PT A meetings. I had a very entrepreneurial friend, who thought I could make a business of it.

How did you get interested in food? As a fat person, I loved food - having dinner parties, doing the cooking, baking breads. I enjoyed all of it.

Did you grow up in a family where food was very important? Not really. Holiday foods were important, but everyday foods weren't. Every day of the week had specific foods. Monday was breaded baked vegetables and meats dairy; Sunday was takeout and so on. So the minute I went out and lived on my own, I indulged myself. As an adult I gave myself everything I didn't have as a child.

How did you keep the weight off? I developed my own recipes because I wanted to replicate the foods I used to really enjoy. My food doesn't have any refilled carbohydrates, so it doesn't



Linda Fiveson of Woodbury with an array of

have the effects on serotonin, which causes cravings for food that are high in sugar and flour.

Is there a restaurant you really like? I really like Matteo's in Huntington. They accommodate people who want to eat healthy food and not feel deprived.

- 2 whole eggs plus 2 egg whites 1 pound sea scallops
- 1 pound shrimp, cleaned and deveined 1 pound calamari rings
- 1 chicken cutlet, cut into thin slices
- 1 Spanish onion, sliced and separated into thin rings
- 1 zucchini, sliced lengthwise into thin sticks
- 1 box mushrooms, sliced about 1/4-inch thick
- 1 baby eggplant, peeled, sliced into 1/2-inch disks soaked in water for an hour to remove the bitter taste
- III Dry Rub Ingredients: 1 envelope of non-fat powdered milk 1 tablespoon onion powder
- 3 tablespoons minced onion
- 6 tablespoons granulated garlic powder
- 1 pinch Cajun spices (optional)

- 1 teaspoon salt
- 1 teaspoon pepper
- 3 tablespoons paprika

1. Pre-heat oven to 375 degrees.
3. Prepare 3 cookie sheets by spreading them with a thin coating of olive or sesame oil with paper towel. This will keep fat content minimal.
3. In a medium bowl, beat together whole eggs and egg whites. Set aside.
4. In another bowl, mix together all dry rub ingredients. Set aside.
5. Dip seafood, chicken and vegetable pieces into the egg mixture.
6. After pieces are coated with egg mixture, dip pieces into dry-rub mixture and place on pre-coated cookie sheets, keeping protein separate from vegetables.
7. Bake each side for 10-15 minutes.
8. Place pieces on decorative platters, keeping protein and vegetables separate, and serve. Makes 6 servings.