

BOSTON Herald

SATURDAY, JULY 9, 2011 • \$1.00 (\$1.50 30 MILES OUTSIDE BOSTON)

Low-cal cocktails? You'll drink to that!

KEY: 1 to 4 drink umbrellas, with 1 being a summer bummer and 4 being a summer stunner.



By JULIA RAPPAPORT

Is there anything better than sipping a pina coloda by the pool? Yes — drinking one that won't

make you bust the seams on your bikini. Boston bars and restaurants hear you, and are serving up a slew of low-calorie cocktails this season. We took them for test drive, and rated the most sip-worthy.

THE DRINK:

The Skinny Rita

(Patron Silver tequila and agave nectar, with squeezes of fresh lime and lemon juices)

The Place: Morton's

The Skinny: Giving Bethenny Frankel a run for her money, this steakhouse recently launched a line of spa-tinis (all under 200 cals per serving) that includes a slimmed-down margarita.

The Damage: \$14; 53.3 calories per ounce; 3.75 oz. serving.

The Rating: 3 umbrellas.

Tangy, tart and 100 percent full-flavor. Comes sans salt for heart-healthy sipping.

699 Boylston St., 617-266-5858; Two Seaport Lane, 617-526-0410

THE DRINK:

Bellini

(Peach liquor, peach puree, prosecco)

The Place: Legal Sea Foods

The Skinny: A dozen oysters paired with a low-cal bellini? This could be a match made in happy-hour heaven.

The Damage: \$9.95; 100 calories per ounce; 6 oz. serving.

The Rating: 3 umbrellas.

Like biting into a ripe peach doused in champagne. It doesn't get more summery than that.

255 State St., 617-742-5300; 26 Park Plaza, 617-426-4444; 100 Huntington Ave., 617-266-7775

THE DRINK:

Naked Pina Coloda

(Fresh sliced pineapple soaked in coconut rum for two days, strained and served as a shot)

The Place: Prezza

The Skinny: Perfection, both for taste and helping you get into a smaller bikini.

The Damage: \$12.50; 60 calories per 1 oz. shot.

The Rating: 4 umbrellas.

Cool, creative and refreshing — the perfect summer sipper. Hint: order as a martini for a classier experience.

24 Fleet St., 617-227-1577

THE DRINK:

Watermelon Fizz

(Muddled watermelon, cilantro, tequila and a splash each of soda water and lime)

The Place: Haru.Sushi

The Skinny: Fresh fruits and herbs go into cocktails that pair perfectly with raw fish.

The Damage: \$12; 95 calories per ounce; 4.3 oz. serving.

The Rating: 1 umbrella.

Who wants to worry about bits of green getting stuck in your teeth over cocktails?

55 Huntington Ave., 617-536-0770

THE DRINK:

Sexy Sailor

(Rum, unsweetened black iced tea, sugar-free syrup, fresh lemon juice and soda water)

The Place: Fleming's Prime Steakhouse & Wine Bar

The Skinny: This cold, hard drink would do Dr. Atkins proud.

The Damage: \$11.95; 99 calories per ounce; 6 oz. serving.

The Rating: 2 umbrellas.

One sip and you're in the Bahamas.

217 Stuart St., 617-292-0808

Click over to bostonherald.com to find a recipe for Fleming's Sexy Sailor.

THE DRINK:

Poe's Kitchen Caipirinha

(Cachaca, muddled lime, sugar, fresh lemon juice and soda water)

The Place: Poe's Kitchen at the Rattlesnake

The Skinny: Chef Brian Poe is married to a woman from Brazil, so you can bet this Brazilian version of the mojito is the real deal.

The Damage: \$9; 27 calories per ounce; 6 oz. serving.

The Rating: 3 umbrellas.

Made for afternoon roof deck imbibing, this is R-rated lemonade at its finest.

384 Boylston St., 617-859-7772