

Eat Great & Lose Weight in 2016

Cooking Light

JAN/FEB 2016

Chicken 25 Ways

Skillet
Dinners,
Soups,
Pastas &
More!

**YOUR
GET-
HEALTHY
GUIDE**

CURE
The Sugar
Blues

EAT
Healthier
Proteins

DIET
Like a Cook

DRINK
Smarter
Beverages

* Chicken with Carrots & Potatoes, p. 25



Want it sweet?

Check the neck to know it's ripe.

It's easy. Just use your thumb to apply gentle pressure to the neck, near the stem. If it yields slightly, your pear is ripe, sweet and juicy. If it's firm, let it ripen at room temperature for a day or two. **For monthly recipes, text RECIPES to 33733 or visit usa-pears.org.**



contents 01/16

Start Your Year Off Light

Easy cooking, shopping, and nutrition solutions to make this your best year yet

p. 82

Eat a Healthy Breakfast Every Day p. 84

Drink Healthier Beverages p. 92

Diet the Cook's Way p. 100

Become a Meal Planner p. 106

Stash Healthy Snacks p. 108

Flip Your Protein p. 110

Cut Back on Added Sugar p. 120

Shop Smarter p. 124

Streamline Your Kitchen p. 128

Get Social p. 133

ON THE COVER

PHOTOGRAPHY

Jennifer Causey

FOOD STYLING

Marian Cooper Cairns

PROP STYLING

Kira Corbin



PHOTOGRAPHY: JENNIFER CAUSEY

3 STAFF FAVES

TO COOK RIGHT NOW



HEAVENLY MATCH

Turns out smoked trout, apples, and sunchoke are made to go together. **p. 10**



NEW SNACK OBSESSION

Granola that's more savory than sweet? Yes, and you'll go nuts for it like we did. **p. 122**



PARTY TRICK

You'll amaze your guests when you reveal the star ingredient of this decadent, cheesy dip. **p. 142**



You can love food
and lose weight.
Who knew?"

p.102

THIS SPICE IS
YOUR NEW
SECRET WEAPON.

p.10



p.42
Cordon bleu
grilled cheese



p.34
Nacho salad



p.47
Beans & greens

Let's Get Cooking!

9 | *Today's Special*

Sunchoke salad with smoked trout from chef Scott Crawford

14 | *Happy Hour*

Nonalcoholic cocktails

16 | *Help Me, Kenji*

Cooking pasta: Does the amount of water matter?

Chicken Cookbook

18 | *Dinner Tonight*

Fast family recipes

33 | *Superfast!*

20-minute cooking

44 | *Slow Cooker*

Chicken tikka masala

47 | *Everyday Vegetarian*

White bean, kale, and egg stack

48 | *Kids in the Kitchen*

Chicken and Black Bean Enchiladas

50 | *Let's Cook!*

Honey-lime drumsticks

52 | *Cook Once, Eat 3x*

Roasted whole chickens

56 | *Freeze It*

Chicken-spinach-mushroom lasagna

Nutrition Made Easier

61 | *Nutrition IQ*

Anatomy of a *Cooking Light* recipe, and why we now list sugars

66 | *Recipe Makeover*

Orange Dreamsicle Smoothie

Healthy Habits

69 | *Digital Habit*

How (and why) to take a digital hiatus

75 | *Beauty Habit*

Lemon and lime products; Nigella Lawson's beauty bag

81 | *Travel Habit*

Miami in 10,000 steps and 2,000 calories

Kitchen Confidential

135 | *Technique*

Roasting vegetables

136 | *Use It Up Challenge*

Chipotle chiles in adobo sauce

138 | *Prep-Wise*

Three techniques for chicken breasts

138 | *Gear*

Centrifugal vs. cold-press juicers



the rest...

4 | *Editor's Note*

6 | *Letters*

140 | *Recipe Index*

142 | *Worc!*

Butternut queso fundido



Celery Salty Dog
mocktail
p. 15



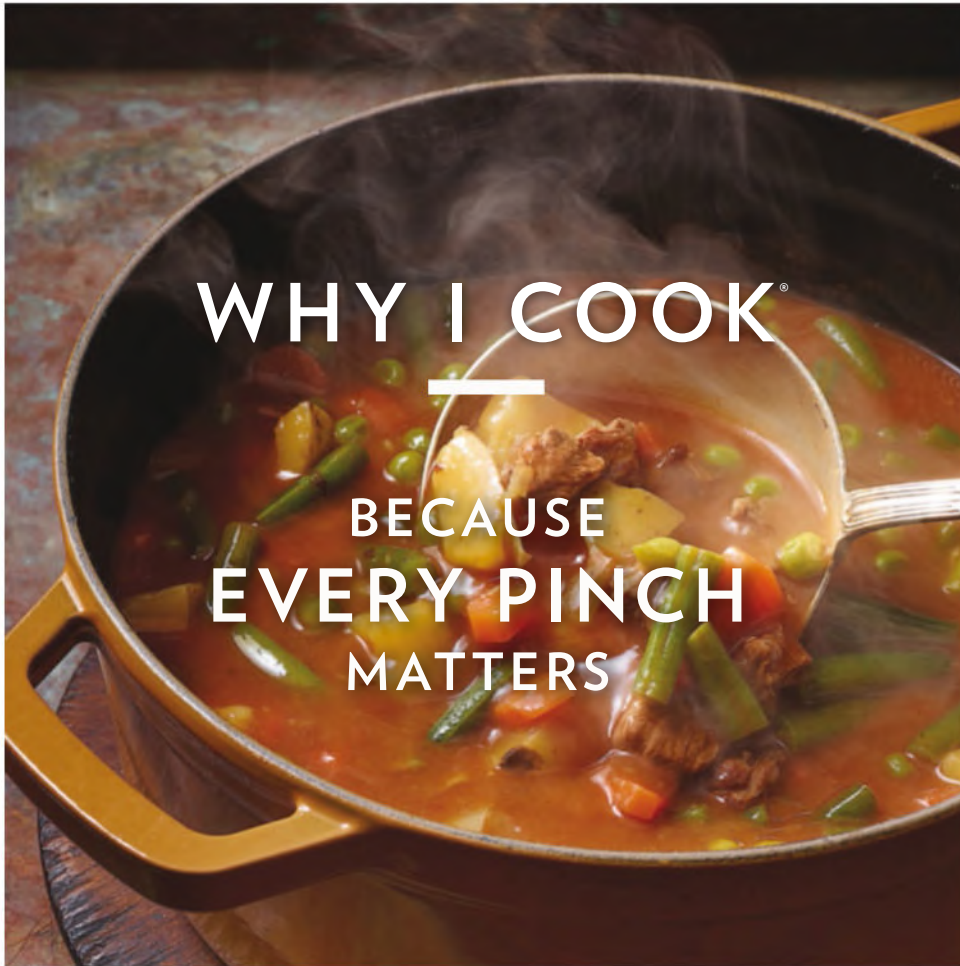
TO SEASON IT TO
MY TASTE



BECAUSE
THE INGREDIENT
IS KING



BECAUSE
SPRINKLES
DO MAGIC



WHY I COOK[®]

BECAUSE
EVERY PINCH
MATTERS



BECAUSE
SEASONING
IS A SOUP'S
SOUL



BECAUSE DIFFERENT
PEOPLE HAVE
DIFFERENT TASTES

NEW SWANSON[®] UNSALTED BROTH.
SEASON YOUR SOUPS TO TASTE.

Whatever the reason. Whatever the dish. Make it yours with Swanson.

Find recipes at SwansonWhyICook.com.



Not a sodium-free food.

note from the editor

NOW, NOT LATER

MY WIFE IS FROM EASTERN North Carolina, where people have a way with words. “Pay the grocer now or the doctor later,” Ellen, a registered dietitian, says often.

Sam Jones, an eastern North Carolina pitmaster and proprietor of a new eponymous barbecue restaurant, puts it this way: “You can’t make chicken salad out of chicken sh*t.”

I translate both sayings to mean good ingredients matter and have adopted them as healthy cooking mantras. Unless you’ve been hibernating with the bears, you’ve likely read the headlines about restaurant chains, supermarkets, and big food companies cleaning up their menus and products to catch up with consumer demand for fresher, healthier ingredients. I’m hopeful that this shift marks a turning point in our food culture, one that will eventually contribute to

a downward trend in rates of obesity and heart disease.

We’re making changes here at *Cooking Light*, too. You’ve asked, so now we’re publishing total grams of sugar and estimated added sugars, the kinds added to foods when they are processed or prepared, with every recipe. Look for our new nutrition guidelines on page 62.

You’ll also find a guide to Start Your Year Off Light—our annual franchise of the same name—on page 82. Our mission is to empower you to cook more for good health. As you look ahead to 2016, keep it simple: Use good ingredients, and just cook. These are two of the most revolutionary things you can do for your health.

HUNTER LEWIS
hunter@cookinglight.com
@NotesFromACook

Cooking Light. DIET

Thousands of subscribers use the Cooking Light Diet, our healthy meal planner, and we love hearing their success stories. Hear subscriber Katie Anderson’s at cookinglight.com/katie, and check out the Diet recipes we created just for her on page 100.



FLAXSEED OATMEAL WITH BLUEBERRIES

Hands-on: 10 min. Total: 10 min.

My wife and I make this easy whole-grain breakfast for our family many mornings a week.

- 3 cups water
- 2 cups old-fashioned rolled oats
- 3 tablespoons ground flaxseed
- 1/8 teaspoon kosher salt
- 1/4 cup whole milk
- 1 1/2 tablespoons butter
- 1 cup frozen blueberries
- 1 tablespoon blueberry preserves
- 1/2 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice

- 1 teaspoon raw sugar
- 1/4 cup coarsely chopped pecans, toasted

1. Bring 3 cups water to a boil. Stir in oats, flaxseed, and salt. Reduce heat to medium-low; cook for 6 minutes or until tender, stirring frequently. Stir in milk and butter. Meanwhile, combine blueberries and next 4 ingredients (through sugar) in a microwave-safe bowl; microwave at HIGH for 1 1/2 minutes, stirring every 30 seconds. Divide oatmeal among 4 bowls. Top with blueberries and pecans.

✓ SERVES 4 (serving size: 3/4 cup oatmeal, 2 tablespoons blueberry topping, and 1 tablespoon pecans)

CALORIES 310; **FAT** 15.2g (sat 4.2g, mono 5.5g, poly 4.3g); **PROTEIN** 7g; **CARB** 39g; **FIBER** 7g; **SUGARS** 10g (est. added sugars 4g); **CHOL** 13mg; **IRON** 2mg; **SODIUM** 69mg; **CALC** 40mg

WE'RE NOW LISTING SUGARS IN EVERY RECIPE

—Recipe by Hunter Lewis

CHRONIC MIGRAINE

DOESN'T HAVE TO DERAIL ME



Discover treatment options and ways to manage your Chronic Migraine.
If you're getting hit by migraines with 15 or more headache days a month, each lasting 4 hours
or more, talk to a headache specialist and learn how you can fight back. Visit us online.

MYCHRONICMIGRAINE.COM

@cookinglight

FYI

Starting with this issue, we're discontinuing our Digimarc service. You can find all of our recipes—including the ones in this issue—at cookinglight.com.

LETTERS



DOUBLE THE WOW!

The November issue was the most unbelievable and greatest ever! 132 recipes?!

Wow! I usually drool over many recipes and pick out one or two to put on the list for sometime to come. However, in going through this issue, there wasn't a single recipe I wouldn't make or try as something new! Incredible job on picking the lot. I'm going to use this as a "cookbook" for the next several months, trying everything from cover to cover!

CHRIS GRESHAM
PUYALLUP, WA

WHAT A WASTE

I was thrilled to see you tackle the subject of food waste in the November issue (p. 125). I was highly disappointed, however, that the second step of the very first recipe (Italian Roasted Chicken, p. 126) was "Discard necks and giblets." There are many uses for the insides of a bird, from flavoring stock to chicken livers on toast! There is no excuse in an article focused on waste to overlook these items.

ROBIN WARD MILLER
ROSWELL, GA

COOK ONCE, EAT THREE TIMES

I just wanted to tell you how thrilled I was with your November "Cook Once, Eat 3 Times" story (p. 59). As a new mom, I don't have a ton of time to cook elaborate meals,

and having my husband home on Sunday made it easy for me to make the pot roast and save the meat and sauce for the other two meals. My husband said his coworkers were jealous of his lunches (leftovers)! Especially appetizing were the enchiladas! I served them with a Spanish rice pilaf.

GRACE BAKER
VIA EMAIL

FROM INGREDIENTS TO FOOD

My (then) 16-year-old son once complained, "Why don't you ever buy food?!" All you buy is ingredients!" Tonight my (now) 18-year-old son and my husband raved about the Fast Skillet Chicken Cacciatore (November, p. 26). Two days ago they couldn't stop talking about the Pork with Chunky Applesauce

(p. 57) paired with Braised Brussels Sprouts with Cider and Bacon (p. 42).

KENDRICK KERR
WEST COLUMBIA, SC

Recipe Correction

In step 2 of the Make-Ahead Turkey Gravy (November, p. 149) recipe, after skimming away the fat, measure 8 cups of stock, and reserve any leftover stock for another use. In step 3, whisk together flour and $\frac{1}{3}$ cup water, plus $\frac{2}{3}$ cup cold stock. Bring remaining $7\frac{1}{3}$ cups stock to a boil in Dutch oven. Gradually add flour mixture, stirring with a whisk. Bring to a boil, and simmer 5 minutes.



*Members following the Cooking Light Diet lose more than half a pound per week, on average.

Cooking Light. DIET

“ I said to my sister-in-law, who's also on the Cooking Light Diet, "Who would've thought that the old tried-and-true, counting calories, is the best plan?" I mean, I've been on the liquid diet, the no-carb diet, the you-name-it—I've been on it. And this is just simple, delicious food that requires really minimum attention. And when you love food like I do, that's what you want. You don't want to deprive yourself or starve yourself.”

JOYCE VAN HUIS
SCOTTSDALE, AZ

➔ Read more of Joyce's story at cookinglight.com/joyce.

REACH US ANYTIME, ANYWHERE     

JOIN THE CONVERSATION: Email letters@cookinglight.com. Give full name, city, and state. Share your thoughts at [facebook.com/cookinglight](https://www.facebook.com/cookinglight), and follow us on social media.

SUBSCRIBERS If the Post Office alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within two years. Your bank may provide updates to the card information we have on file. You may opt-out of this service at any time. MAILING LIST We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please call 800-336-0125. CUSTOMER SERVICE For change of address, payment, and other subscription questions, call 800-336-0125 or go to cookinglight.com/custsvc. SUBSCRIPTIONS & CUSTOMER SERVICE Web: cookinglight.com/custsvc Phone: 800-336-0125. COOKING LIGHT BOOKS 800-765-6400. COPYRIGHT PERMISSION 205-445-6047. EDITORIAL OFFICE For questions or comments, go to cookinglight.com/contact-us or write to 4100 Old Montgomery Highway, Birmingham, AL 35209.



PRINTED IN THE USA



**BORN
SWEET**

SURPRIZING™

stevia sweetener

The moment you find a perfect sweet taste without a funny aftertaste, and zero calories.

Real ingredients.
Perfect sweetness.

A taste of sweet excitement.™



zingstevia.com

healthy hearts for adventures ahead

.....
Keep up with the life you love.
100% whole grain Quaker Oats can help reduce
cholesterol as part of a heart healthy diet.*
.....



off you go

*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

TRENDING
TASTES
from
COOKING
LIGHT'S
EDITORS

let's get COOKing!



TODAY'S SPECIAL

Apple-Sunchoke Salad with Smoked Trout

N.C. chef Scott Crawford
lets sunchokes shine.

BY TIM CEBULA

If you're not a big sunchoke fan, it's probably only because you haven't tried them yet. The knobby, gnarly, thin-skinned tubers, also misleadingly called Jerusalem artichokes (they're not artichokes and have nothing to do with Jerusalem), offer beguilingly nutty, sweet flavor, and they are about to hit midseason form.

"Sunchokes are one of those wonderful things home cooks aren't familiar with yet," says Scott Crawford, chef-owner of the farm-focused Standard Foods, a restaurant and grocery in Raleigh, North Carolina. "You don't see them in supermarkets a lot." But they're a darling of cold-season farmers' markets and regularly stocked by gourmet grocers as well.

*STAFF
FAVE

Huge flavor in
a light salad
Recipe p. 10

[let's get cooking!]

"They're incredibly versatile," Crawford says. Indeed, they're fantastic roasted, pickled, mashed, smashed, and twice-baked. You can enjoy them in all the same contexts you'd use for any root veggies. "A pureed soup is always a gateway," he says. "You can put an unfamiliar root vegetable like this in a simple pureed soup to explore all of its flavor possibilities."

Crawford's salad, too, can be a gateway dish that leads to a positively addictive relationship with the little knobs. He leaves the sunchokes unpeeled to take advantage of how delightfully crisp the papery skin gets when baked. He pairs them with crunchy apples, protein-packed smoked trout (he cures and smokes his own at Standard Foods), and a sweet-tart cider vinaigrette.

In the end, the components combine for a simple salad that elevates the underground sunchoke

and delivers deep pleasure. "Warming one's soul with a salad is a neat thing," he says. "You can get that with the right flavor combinations." Try Crawford's original version this month at Standard Foods.

APPLE-SUNCHOKE SALAD WITH SMOKED TROUT AND CIDER VINAIGRETTE

Hands-on: 35 min.

Total: 40 min.

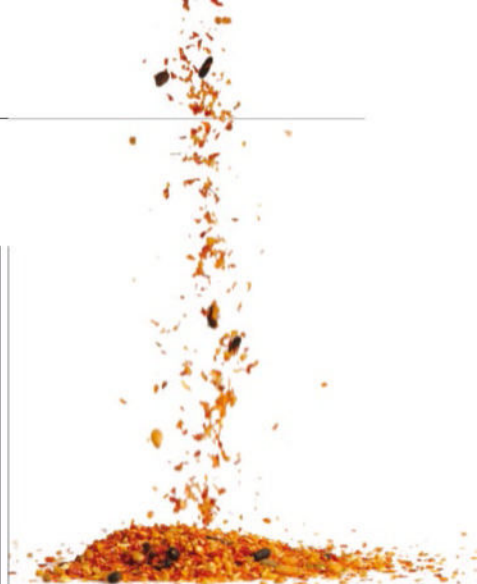
- 3 tablespoons olive oil, divided
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
- 2 pounds sunchokes, cut into $\frac{1}{2}$ -inch-thick slices
- $\frac{1}{4}$ cup chopped fresh dill
- 1 tablespoon chopped shallots
- 2 tablespoons unfiltered apple cider
- $2\frac{1}{2}$ tablespoons cider vinegar
- 1 cup halved, cored, and thinly sliced Granny Smith apples

- 1 cup halved, cored, and thinly sliced Honeycrisp apples
- 6 ounces skinned smoked trout, broken into $\frac{1}{2}$ -inch pieces
- 2 tablespoons sliced fresh basil

1. Preheat oven to 400°.
2. Combine 1 tablespoon oil, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and sunchokes in a large bowl; toss to coat. Spread sunchokes, cut sides down, on a baking sheet; bake at 400° for 25 minutes or just until tender and golden. Cool completely.
3. Combine dill, shallots, apple cider, cider vinegar, remaining 2 tablespoons oil, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in a large bowl. Add apples and sunchokes; toss gently. Place on a serving plate. Top with trout and basil.

✓ SERVES 6 (serving size: 1 cup salad and 2 ounces trout)

CALORIES 288; **FAT** 9.5g (sat 1.7g, mono 4.9g, poly 0.8g); **PROTEIN** 11g; **CARB** 42g; **FIBER** 4g; **SUGARS** 26g (est. added sugars 0g); **CHOL** 8mg; **IRON** 6mg; **SODIUM** 550mg; **CALC** 37mg



PANTRY PEOPLE

MAKE SHICHIMI YOUR NEW RAVE

When you find a spice blend with the transformative, head-turning power of, say, Gebhardt chili powder or Mexican achiote paste, you add it to your arsenal immediately. Japanese shichimi is just such a secret weapon. A mix of seven spices—including black and white sesame seeds, dried orange peel, Japanese peppers, dried ginger, and seaweed—it's spicy, but not hot; floral, but not perfumey. A light dusting turns simple roast pork loin, baked fish, poached eggs, or steamed veggies into an applause-worthy dish. From \$4.50, spicejungle.com —TIM CEBULA



NOW PEAKING

Texas Red Grapefruit

It's a boast befitting the Lone Star State: No grapefruit grown anywhere in the world is as sweet, juicy, and doggone red as the Texas Ruby Red. Texas doesn't bother growing white and pink ones anymore, since, well, they pale in comparison. Why the fuss? They have far less bitterness than other grapefruit, and the flesh is stunning. Don't let new branding—Rio Red, Rio Star, Ruby-Sweet—throw you. If it's red and from Texas, you're in for a treat. —TC

EXERCISE GOOD TASTE.



Avocados From Mexico are the perfect pre-workout snack. That's because, when you eat Avocados From Mexico, you're eating something that's both good and good for you. Packed with good fats, they're the perfect combination of nutritious and *delicioso*. Avocados From Mexico are also nutrient-dense and cholesterol-free, making them the perfect boost to your workout routine. And since they're in season all year, this workout buddy is always there for you.

avocadosfrommexico.com

[let's get cooking!]

Israeli Spring

The rise of the Israeli plate is upon us—and the timing could not be more perfect. Qualities that the food world at large currently seeks on the plate—veggie dominance, vibrancy, and a sense of authenticity—the nation's cuisine offers in abundance. Israeli-born chefs such as Michael Solomonov of Philadelphia's *Zahav*, Yotam Ottolenghi of *Nopi* in London, and Alon Shaya of New Orleans-based *Shaya* are driving the trend, in their restaurants and in their books, at a time when the national cuisine is organically defining its identity—a rare and exciting evolution to witness in 2016. The nation of Israel is geographically small, historically young, and culturally eclectic, a unique combination for developing a distinct national flavor, according to Shaya. The food, encompassing dishes such as impossibly creamy hummus piled with savory toppings, succulent roasted lamb, and chargrilled vegetables



Chef Solomonov's spiced beef and pine nut-topped hummus, featured in his recent cookbook *Zahav*

accented with fresh herbs and tahini, was born of émigrés from Greece, Poland, Yemen, Turkey, Bulgaria, Romania, and Ethiopia. "All of these cultures began cooking for each other on a small piece of land," Shaya says. "This intense cultural blend is what I consider Israeli food." He attributes the

cuisine's recent star turn largely to a proud new wave of young Israeli chefs who believe their nation's food is worth preparing passionately and progressively. "Food should have a story to tell," Shaya says, "and there are so many rich stories to tell of the cultures in Israel." —DARCY LENZ

FAVE FIND

Organize your waste, compost, and recycling all in one handy, compact system, the Totem from Joseph Joseph. From \$250, josephjoseph.com



FIT GEAR

Flip Out!

Juggling keys, cell phone, doggy waste bags, etc., while out for a jog is a pain of the past. Lightweight and providing ample storage, Flip Belt is a must-have for the outdoor activity junkie. The belt's pockets keep items secure and are roomy enough to hold large smartphones. Plus, the belt stays situated on the hips regardless of your pace. \$29, flipbelt.com —DL





MOMS DON'T TAKE SICK DAYS.



MOMS TAKE



THE THE
NON-DROWSY, NIGHTTIME,
COUGHING, SNIFFLING,
ACHING, SNEEZING,
FEVER, COUGHING,
SORE THROAT, ACHING,
STUFFY HEAD, FEVER,
CHEST CONGESTION, STUFFY HEAD,
**NO SICK DAYS, BEST SLEEP WITH A COLD,
MEDICINE. MEDICINE.**



Use as directed. Read each label. Keep out of reach of children.
© Procter & Gamble, Inc., 2015

Mocktails with Spirit

Is a cocktail without alcohol still a cocktail? Absolutely. Here are six that prove a well-crafted drink need not give the drinker a buzz to create one. The pleasure of a cocktail flows in the meticulous balance of flavors and aromas—sweet versus bitter, crisp effervescence bubbling from the glass layered against density on the tongue. Lay down the liquor and resolve to try a new breed of cocktail. It'll be an easy New Year's goal to swallow. Promise. —DARCY LENZ



BLOOD ORANGE AND GINGER SODA

Hands-on: 10 min. Total: 25 min.

- 1 cup water
- ½ cup sugar
- ⅓ cup sliced peeled fresh ginger
- 18 fresh mint leaves
- 6 (2-inch) blood orange rind strips
- 3 cups blood orange juice
- 3 cups club soda
- 6 blood orange wedges
- 6 mint sprigs

1. Combine first 3 ingredients in a saucepan over high heat. Bring to a boil, stirring until sugar dissolves. Remove from heat; let stand 15 minutes. Strain; discard solids.

2. To prepare each cocktail, muddle 3 mint leaves and 1 rind strip in a cocktail shaker using the handle of a wooden spoon. Add 2½ tablespoons ginger syrup and ½ cup orange juice to shaker; shake well. Pour

mixture into an ice-filled glass. Top with ½ cup soda; stir. Garnish with an orange wedge and a mint sprig.

▶ **SERVES 6** (serving size: about 1 cup)
CALORIES 121; **FAT** 0.3g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 30g; **FIBER** 0g; **SUGARS** 27g (est. added sugars 17g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 14mg; **CALC** 17mg

FLIGHT OF THE CONCORDS

Hands-on: 10 min. Total: 35 min.

- ½ cup water
- ⅓ cup sugar
- 2 teaspoons juniper berries, lightly crushed
- 12 ounces seedless Concord or black grapes (about 2 cups)
- 1 (2-inch) orange rind strip
- 1 (2-inch) rosemary sprig
- 2 cups tonic water
- 1 cup club soda
- ¼ cup fresh orange juice
- 4 rosemary sprigs

1. Combine first 6 ingredients in a small saucepan over medium-high heat. Bring to a boil; reduce heat to medium-low, and simmer 14 minutes or until liquid is slightly syrupy, stirring occasionally to break up



grapes. Cool completely. Remove and discard orange rind and rosemary. Place grape mixture in a blender or food processor. Pulse until coarsely chopped. Strain liquid through a fine sieve over a bowl, pressing gently to extract liquid from solids; discard solids.

2. To prepare each cocktail,

place ¼ cup grape mixture in an ice-filled glass. Add ½ cup tonic water, ¼ cup club soda, and 1 tablespoon orange juice. Garnish each drink with a rosemary sprig.

▶ **SERVES 4** (serving size: about 1 cup)
CALORIES 162; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 1g; **CARB** 42g; **FIBER** 1g; **SUGARS** 40g (est. added sugars 28g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 29mg; **CALC** 13mg



SPANISH DANCER

Hands-on: 6 min. Total: 10 min.

- 1/4 cup water
- 1/2 teaspoon saffron threads
- 1 1/2 cups fresh Cara Cara orange juice
- 2 tablespoons sherry vinegar
- 2 tablespoons light agave syrup
- 9 Cara Cara orange wedges
- 1 cup club soda

1. Combine 1/4 cup water and saffron in a small microwave-safe bowl. Microwave at HIGH for 45 seconds. Cool completely. Combine saffron water, orange juice, vinegar, and agave in a medium bowl, stirring with a whisk.

2. Place 2 orange wedges and 2 ice cubes in each of 3 highball glasses. Pour 2/3 cup saffron mixture and 1/3 cup club soda into each glass. Squeeze remaining 3 orange wedges evenly into drinks.

➤ **SERVES 3** (serving size: about 1 cup)
CALORIES 109; **FAT** 0.3g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 1g; **CARB** 26g; **FIBER** 0g; **SUGARS** 23g (est. added sugars 11g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 18mg; **CALC** 20mg



PINEAPPLE EXPRESSO

Hands-on: 8 min. Total: 8 min.

- 1 1/2 cups pineapple juice
- 1/2 cup cold-brew coffee concentrate
- 2 tablespoons orgeat (almond syrup)
- 8 pineapple cubes

1. Combine first 3 ingredients in a cocktail shaker with ice; shake vigorously for 30 seconds. Pour mixture into 2 tiki glasses. Garnish with pineapple cubes skewered with cocktail umbrellas.

➤ **SERVES 2** (serving size: 1 cup)
CALORIES 154; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 0g; **CARB** 37g; **FIBER** 1g; **SUGARS** 30g (est. added sugars 8g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 9mg; **CALC** 7mg



CELERY SALTY DOG

Hands-on: 10 min. Total: 35 min.

- 3 cups thinly sliced celery
- 1 1/2 cups water
- 1/2 cup sugar
- 3 3/4 cups red grapefruit juice
- 5 teaspoons nonalcoholic bitters (such as Bittermilk)
- 1/2 teaspoon kosher salt

1. Combine first 3 ingredients in a saucepan over medium-high heat. Bring to a boil; reduce heat to low, and simmer 15 minutes. Remove pan from heat; cool completely. Strain and discard solids.

2. To prepare each cocktail, combine 3 tablespoons celery syrup, 3/4 cup juice, and 1 teaspoon bitters in a cocktail shaker. Shake well. Rim 5 glasses with kosher salt, and fill with ice. Divide the celery mixture evenly among glasses.

➤ **SERVES 5** (serving size: about 1 cup)
CALORIES 174; **FAT** 0.2g (sat 0g, mono 0g, poly 0g); **PROTEIN** 1g; **CARB** 41g; **FIBER** 0g; **SUGARS** 36g (est. added sugars 20g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 194mg; **CALC** 17mg

CUCUMBER-FENNEL COOLER

Hands-on: 10 min. Total: 30 min.

- 3/4 cup water
- 1/2 cup sugar
- 2 tablespoons fennel seeds, lightly crushed
- 10 Meyer lemon rind strips, divided
- 2 1/2 cups fresh cucumber juice
- 5 tablespoons Meyer lemon juice
- 1 2/3 cups club soda

1. Combine 3/4 cup water, sugar, fennel, and 5 lemon rind strips in a small saucepan over medium-high heat. Heat 4 minutes or until sugar dissolves, stirring with a whisk. Remove from heat; let stand 15 minutes. Strain mixture through a fine sieve; discard solids.

2. To prepare each cocktail, combine 3 tablespoons

syrup, 1/2 cup cucumber juice, and 1 tablespoon lemon juice in a cocktail shaker; shake 30 seconds. Pour into a glass filled with ice. Top each with 1/3 cup club soda; stir. Garnish each with 1 lemon rind strip.

➤ **SERVES 5** (serving size: about 1 cup)
CALORIES 89; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 0g; **CARB** 23g; **FIBER** 1g; **SUGARS** 21g (est. added sugars 20g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 19mg; **CALC** 14mg

—Recipes by Robin Bashinsky

PRO TIP

To get fresh cucumber juice without a juicer, simply peel your cucumbers, puree them in a blender, transfer the puree to a fine sieve over a large measuring cup, and gently press to extract liquid.



For even more sip-worthy nonalcoholic cocktail recipes, visit cookinglight.com/mocktails.

[let's get cooking!]



HELP ME, KENJI

Q: Why do I need tons of water to boil pasta?

A: Spoiler alert: You don't. Before my wife and I were married, I remember seeing her standing stoveside, stirring our smallest pot. Much to my horror, she was cooking

pasta. Surely with such a small volume of water, the pasta was going to be ruined! Any chef knows you need at least a gallon of water per pound to cook pasta evenly and keep it from sticking to itself.

A few minutes later I ate my words along with the perfectly al dente, non-sticky pasta. So I headed to the kitchen immediately for some experiments.

I'd heard a large volume of water returns to a boil faster after adding pasta. So I dropped equal amounts of dry pasta side by side into a 1-quart pot of water and a 1-gallon pot of water. Guess what? The 1-quart pot returned to a boil faster than the gallon. Put simply, a small pot will heat the water more efficiently.

Next theory: A large pot keeps pasta from sticking to

itself. Once again, I tried the side-by-side experiment. Turns out the real stickage danger occurs during the first minute of cooking. Stir occasionally during that time frame, and it cooks up stick-free.

What's more, a smaller pot requires less energy to heat, which means a lower utility bill—better for the environment, and cheaper to boot—but there's a huge advantage for the finished dish: extra-concentrated pasta cooking liquid.

Whenever you toss your pasta with a sauce, add some of the pasta cooking liquid to the pan. The starchy liquid helps sauce bind to the pasta, giving it a creamier consistency and coating each piece of pasta more evenly. Using less water for the pasta yields super-starchy liquid, which means superior binding power and amazing sauce texture.

It's a testament to pasta's power that my wife and I ended up getting married after all this. Though perhaps it's even more a testament to her patience.

Kenji López-Alt is the chief creative officer of Serious Eats (seriouseats.com), where he writes The Food Lab, unraveling the science of home cooking.



Don't just drain: Starchy pasta water is liquid gold, binding sauce and melding flavors. ➔



APP-ETIZING

Scan, Eat, Repeat

For those worried about problem ingredients lurking in packaged products, iPiit is here (for iPhone and Android).

Simply set your preferences—i.e., things you want to avoid, like gluten or aspartame—and scan bar codes while you shop. Ipiit lets you know whether or not the chosen food is “okay for you” based on your parameters. If a product isn't in iPiit's database, you can opt to submit a few snapshots of its packaging through the app so it can be added for future scans.

—DARCY LENZ

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER; (TOP RIGHT) COURTESY OF IPIIT; THE FOOD AMBASSADOR; PORTRAIT: RANDY HARRIS

SUNSHINE OR SADNESS?

WHAT GOES INTO YOUR EGG?

9 out of 10 eggs come from hens who live their lives in a space no bigger than this ad. That's not Nellie's®. Check out our chicks at nelliesfreerange.com.

BETTER LIVES FOR HENS,



MEAN BETTER EGGS FOR YOU.™



STAUB



DINNER
TONIGHT

TAKEOVER

CHICKEN COOKBOOK

SUPERFAST

P. 33

SLOW COOKER

P. 44

**EVERYDAY
VEGETARIAN**

P. 47

**KIDS IN THE
KITCHEN**

P. 48

LET'S COOK

P. 50

**COOK ONCE,
EAT 3X**

P. 52

FREEZE IT

P. 56

This month, your favorite weeknight recipe collection is all about the bird. Chicken stars in all the following recipes, from 20-minute stir-fry to slow cooker stew.

PHOTOGRAPHY BY **JENNIFER CAUSEY**

flattened chicken with almond and paprika vinaigrette

Hands-on: 18 min. Total: 28 min.

While pounding the chicken breast thin and searing is a French technique, the flavor profile here is decidedly Spanish.

- 4 (6-ounce) skinless, boneless chicken breast halves
- $\frac{3}{8}$ teaspoon kosher salt, divided
- $\frac{1}{4}$ teaspoon black pepper
- 3 tablespoons olive oil, divided
- $\frac{1}{4}$ cup unsalted chicken stock (such as Swanson)
- 1 garlic clove, minced
- 2 tablespoons unsalted roasted almonds, finely chopped
- 1 tablespoon water
- $\frac{1}{4}$ teaspoon finely grated lemon rind

- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon Dijon mustard
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 ounce green olives, chopped

1. Place each chicken breast half between 2 sheets of plastic wrap; pound to $\frac{1}{4}$ -inch thickness using a meat mallet or small heavy skillet. Sprinkle evenly with $\frac{1}{4}$ teaspoon salt and pepper.
2. Heat a large nonstick skillet over medium-high heat. Add $1\frac{1}{2}$ teaspoons oil; swirl. Add 2 chicken breast halves; cook 3 minutes on each side or until done. Remove from pan. Repeat procedure with $1\frac{1}{2}$ teaspoons oil and remaining 2 chicken breast halves.
3. Reduce heat to medium. Add stock, scraping pan to loosen browned bits. Stir in

remaining 2 tablespoons oil. Add garlic; sauté 1 minute. Add remaining $\frac{1}{8}$ teaspoon salt, almonds, and next 5 ingredients (through Dijon); cook 1 minute or until heated, stirring occasionally. Spoon almond mixture over chicken. Sprinkle with parsley and olives.

✓ SERVES 4 (serving size: 1 chicken breast half and about 1 tablespoon almond mixture)
CALORIES 325; **FAT** 179g (sat 2.5g, mono 10.9g, poly 2.6g); **PROTEIN** 37g; **CARB** 2g; **FIBER** 1g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 109mg; **IRON** 1mg; **SODIUM** 515mg; **CALC** 27mg

SERVE WITH MANCHEGO POLENTA

Hands-on: 9 min. Total: 16 min.
If the polenta mixture is not quite thick enough after 8 minutes, continue microwaving at HIGH at 1-minute intervals, stirring after each minute, until thickened.

- $\frac{1}{4}$ cup finely chopped onion
- 1 teaspoon olive oil
- $2\frac{1}{4}$ cups water

- $\frac{1}{2}$ cup stone-ground polenta
- $\frac{1}{4}$ cup unsalted chicken stock (such as Swanson)
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon kosher salt
- 1 ounce Manchego cheese, grated (about $\frac{1}{4}$ cup)

1. Combine onion and olive oil in a large microwave-safe bowl, stirring to coat. Add $2\frac{1}{4}$ cups water, polenta, stock, pepper, and salt, stirring to combine. Microwave at HIGH 8 minutes, stirring after 4 minutes. Stir in Manchego cheese.

✓ SERVES 4 (serving size: about $\frac{1}{2}$ cup)
CALORIES 111; **FAT** 3.9g (sat 1.9g, mono 0.8g, poly 0.1g); **PROTEIN** 4g; **CARB** 15g; **FIBER** 1g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 8mg; **IRON** 1mg; **SODIUM** 112mg; **CALC** 95mg



grilled mango- habanero jerk chicken

You probably have all the ingredients on hand to make this quick spice rub. Water or chicken stock can be substituted for rum in the mango sauce.

- 1/4 cup golden rum (such as Bacardi)
- 1 small ripe mango, peeled and chopped
- 1/2 habanero pepper, seeded and chopped
- 2 tablespoons white vinegar
- 2 tablespoons butter
- 1/2 teaspoon kosher salt, divided
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon brown sugar
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground allspice
- 2 teaspoons canola oil
- 4 (6-ounce) skinless, boneless chicken breast halves

Cooking spray

1. Combine rum, mango, and habanero in the bowl of a food processor; process until smooth. Pour mango

mixture into a small saucepan; bring to a boil. Stir in vinegar, butter, and 1/8 teaspoon salt; reduce heat, and simmer 6 minutes or until reduced to 1 cup.

2. Combine remaining 3/8 teaspoon salt, garlic powder, and next 5 ingredients (through allspice) in a small bowl. Rub oil evenly over chicken; sprinkle evenly with spice mixture.

3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange chicken on pan; grill 5 minutes on each side or until done. Remove chicken from pan. Let stand 5 minutes. Cut across the grain into thin slices. Serve with mango sauce.

➤ **SERVES 4** (serving size: 1 chicken breast half and about 1/4 cup sauce)

CALORIES 345; **FAT** 13.1g (sat 4.9g, mono 4.4g, poly 1.6g); **PROTEIN** 37g; **CARB** 15g; **FIBER** 1.8g; **SUGARS** 13g (est. added sugars 0g); **CHOL** 124mg; **IRON** 1mg; **SODIUM** 490mg; **CALC** 27mg

SERVE WITH QUICK RED BEANS AND RICE

If you don't have Cajun seasoning, you can combine equal parts garlic powder, paprika, black pepper, ground red pepper, and dried oregano.

- 1 teaspoon canola oil
- 3 ounces kielbasa, chopped
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 4 garlic cloves, crushed
- 1 teaspoon salt-free Cajun seasoning

- 1 (16-ounce) can unsalted red kidney beans, rinsed and drained
- 1 cup precooked brown rice (such as Uncle Ben's)

1. Heat a large nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add sausage; cook 4 minutes or until well browned, stirring occasionally. Stir in onion, bell pepper, and garlic; cook 5 minutes or until vegetables are tender. Stir in Cajun seasoning; cook 1 minute. Stir in beans and rice, and cook 3 minutes or until thoroughly heated.

➤ **SERVES 4** (serving size: about 1/2 cup)
CALORIES 209; **FAT** 5.7g (sat 1.4g, mono 2.5g, poly 0.9g); **PROTEIN** 12g; **CARB** 30g; **FIBER** 10g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 15mg; **IRON** 2mg; **SODIUM** 274mg; **CALC** 56mg



**IT'S TASTIER
THAN MILK.
PEOPLE WITH
TASTE BUDS
SAID SO.**



Silk Vanilla Almondmilk is deliciously smooth and most people prefer its taste to milk. **Try for yourself.**

Silk
helps you bloom™

#silkbloom

National Taste Test 2013; Silk Vanilla Almondmilk vs. dairy milk. Character is a trademark of WhiteWave Foods.



basil, feta, and quinoa stuffed chicken breasts

Sweet piquanté peppers, also called sweet cherry or Peppadew peppers, are about the size and shape of a strawberry. Look for them at the olive bar or in the pickle section.

- 6 tablespoons water
- 2 tablespoons uncooked quinoa, rinsed and drained
- 1/4 cup thinly sliced fresh basil
- 2 tablespoons crumbled feta cheese
- 2 tablespoons finely chopped sweet piquanté red pepper
- 1 tablespoon 1/3-less-fat cream cheese, softened
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/8 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil

1. Preheat oven to 400°.
2. Bring 6 tablespoons water and quinoa to a boil in a small saucepan. Cover; reduce heat, and simmer

12 to 14 minutes or until liquid is absorbed. Spread cooked quinoa on a plate; freeze 5 minutes or until cool. Combine quinoa, basil, feta, red pepper, and cream cheese in a small bowl. Cut a horizontal slit through the thickest portion of each chicken breast half to form a deep pocket. Stuff 2 tablespoons quinoa mixture into each pocket; secure with a wooden pick. Sprinkle chicken evenly with salt and black pepper.

3. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add chicken; cook 4 minutes. Turn chicken over. Place pan in oven; bake at 400° for 7 to 8 minutes or until done. Let stand 5 minutes. Discard

wooden picks. Cut chicken diagonally into 1/2-inch-thick slices, if desired. Drizzle pan juices over each serving.

✓ SERVES 4 (serving size: 1 stuffed chicken breast half)

CALORIES 262; **FAT** 9.5g (sat 2.4g, mono 4.1g, poly 1.3g); **PROTEIN** 38g; **CARB** 4g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 114mg; **IRON** 1mg; **SODIUM** 447mg; **CALC** 41mg

SERVE WITH CARROT "TABBOULEH"

Fresh carrots stand in for bulgur in this no-cook, gluten-free side dish. You can use white wine vinegar in place of lemon juice.

- 8 ounces carrots, trimmed, peeled, and coarsely chopped (about 2 cups)
- 1/4 teaspoon whole cumin seeds
- 2 tablespoons chopped walnuts
- 3/4 cup fresh flat-leaf parsley leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup finely chopped red onion
- 1/4 cup golden raisins, coarsely chopped
- 1 1/2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1/4 teaspoon kosher salt

1. Place carrots and cumin seeds in the bowl of a food processor; pulse 3 to 4 times or until coarsely chopped. Add walnuts; pulse 3 times or until coarsely chopped. Place carrot mixture in a bowl. Add parsley and remaining ingredients; stir to combine.

✓ SERVES 4 (serving size: 1/2 cup)

CALORIES 130; **FAT** 7.8g (sat 1g, mono 4.1g, poly 2.4g); **PROTEIN** 2g; **CARB** 15g; **FIBER** 3g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 168mg; **CALC** 51mg

USE IT UP

Tuck leftover tabbouleh into a pita pocket with sliced chicken and top with a yogurt drizzle for a shawarma-style sandwich.





skillet chicken with roasted potatoes and carrots

The skillet is used in a few clever ways: Chicken and vegetables get a head start on the stove, finish in the oven, then come out briefly so a simple cream sauce can pick up all the roasted flavors in the pan.

- 1 tablespoon olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
- 8 ounces baby carrots

- 8 ounces small red potatoes, halved
- 1 tablespoon chopped fresh thyme
- 8 thin lemon slices, seeds removed
- $\frac{1}{2}$ cups whole milk, divided
- $\frac{1}{2}$ tablespoons all-purpose flour
- $\frac{1}{2}$ teaspoons grated lemon rind
- $\frac{3}{4}$ cup unsalted chicken stock (such as Swanson)
- $\frac{1}{3}$ cup fresh flat-leaf parsley

1. Preheat oven to 425°.
2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Add chicken to pan; cook 5

minutes or until golden brown. Turn and cook 2 minutes. Remove chicken from pan. Place carrots and potatoes, cut side down, in pan; sprinkle with thyme. Place pan in oven; bake at 425° for 10 minutes. Return chicken to pan; top with lemon slices. Bake at 425° for 12 minutes. Remove pan from oven. Place chicken and vegetables on a plate.

3. Combine $\frac{1}{2}$ cup milk, flour, and rind in a bowl. Return pan to medium-high heat (do not wipe out pan). Add flour mixture, remaining 1 cup milk, and stock to pan, scraping pan to loosen browned bits;

cook 3 minutes. Stir in remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Add chicken and vegetables to pan. Sprinkle with parsley.

✓ SERVES 4 (serving size: 1 chicken breast half, about $\frac{3}{4}$ cup vegetables, and $\frac{1}{2}$ cup sauce)
CALORIES 365; **FAT** 11.1g (sat 3.2g, mono 4.5g, poly 1.3g); **PROTEIN** 42g; **CARB** 23g; **FIBER** 3g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 118mg; **IRON** 2mg; **SODIUM** 673mg; **CALC** 156mg

SERVE WITH HARICOTS VERTS WITH WARM MUSTARD VINAIGRETTE

- 2 (8-ounce) packages microwave-in-bag haricots verts
- $\frac{1}{2}$ teaspoons cider vinegar
- 1 teaspoon stone-ground mustard
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 teaspoons olive oil

1. Cook beans according to package directions. Combine vinegar, mustard, salt, and pepper in a bowl. Heat oil in a large skillet over medium-high heat. Add beans; sauté 3 to 4 minutes. Add mustard mixture; toss.

✓ SERVES 4 (serving size: about $\frac{1}{2}$ cup)
CALORIES 57; **FAT** 2.5g (sat 0.4g, mono 1.7g, poly 0.4g); **PROTEIN** 2g; **CARB** 8g; **FIBER** 3g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 157mg; **CALC** 43mg



ginger chicken, shiitake, and scallion soup

A quick boil enhances the chicken stock with aromatics for a fragrant broth. Gentle poaching keeps the chicken breast juicy and tender.

- 6 green onions
- 2 teaspoons dark sesame oil
- 4 ounces shiitake mushroom caps, thinly sliced and divided
- 4 1/2 cups unsalted chicken stock (such as Swanson)
- 4 garlic cloves, peeled and crushed
- 3 star anise pods
- 1 (2-inch) piece peeled fresh ginger, crushed
- 4 (6-ounce) skinless, boneless chicken breast halves, cut into bite-sized pieces
- 2 ounces thin brown rice noodles (mai fun)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

1. Cut white parts of green onions into 1/2-inch pieces; reserve green parts. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add white parts of green onions and 2 ounces sliced mushrooms to pan; cook 3 minutes or until browned, stirring occasionally. Add stock, garlic, anise, and ginger; bring to a boil. Boil 5 minutes. Add chicken to pan; reduce heat, and simmer 5 to 6 minutes or until chicken is done.
2. Prepare noodles according to package directions; drain. Cut reserved green parts of green onions into 2-inch

pieces. Add remaining 2 ounces mushrooms, cooked noodles, green parts of green onions, salt, and pepper to soup. Divide soup evenly among 4 bowls.

SERVES 4 (serving size: about 1 1/2 cups)
CALORIES 311; **FAT** 71g (sat 14g, mono 2.2g, poly 1.7g); **PROTEIN** 44g; **CARB** 16g; **FIBER** 2g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 109mg; **IRON** 2mg; **SODIUM** 592mg; **CALC** 54mg

SERVE WITH
CHILI GARLIC BROCCOLINI
Chili garlic sauce can be found on the international aisle of most supermarkets. Add to stir-fries or marinades, stir into ketchup for a spicy kick, or top scrambled eggs.

- 2 tablespoons canola oil, divided
- 1/2 cup sliced red bell pepper
- 1 pound Broccolini
- 2 teaspoons red wine vinegar
- 1/4 teaspoon chili garlic sauce
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 small garlic cloves, grated

1. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add bell pepper and Broccolini; cook 5 minutes or until crisp-tender, stirring occasionally.
2. Combine remaining 1 tablespoon oil, vinegar, and remaining ingredients in a small bowl, stirring with a whisk. Drizzle vinegar mixture over Broccolini mixture; toss to coat. Serve immediately.

SERVES 4 (serving size: about 2/3 cup)
CALORIES 116; **FAT** 71g (sat 0.5g, mono 4.4g, poly 2g); **PROTEIN** 4g; **CARB** 9g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 161mg; **CALC** 84mg

PREP TIP

Use the side of a knife to crush the garlic and ginger. This releases natural oils so they can infuse the stock quickly.



What's your egg company feeding you?



Their cartons say farm fresh. But, there's nothing fresh about a factory farm. Pete & Gerry's eggs are USDA certified organic from small family farms. That means you actually get what you think you're getting.

Small Family Farms.
HEALTH GROWS HERE.





*STAFF FAVE!

skillet chicken with seared avocados

The tiniest bit of sugar helps the avocado halves char in the pan, adding robust toasty flavor.

- 1 tablespoon olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- ½ teaspoon kosher salt, divided
- ½ teaspoon black pepper
- ½ teaspoon ground ancho chile powder
- Cooking spray
- 2 small ripe avocados, halved and pitted
- ¼ teaspoon sugar
- 2 medium red onions, peeled and cut into ¼-inch-thick rings
- 4 green onions, trimmed
- 1 poblano pepper, sliced
- 3 tablespoons fresh lime juice
- 1 tablespoon lower-sodium soy sauce
- ⅓ cup reduced-fat sour cream
- 2 to 3 tablespoons water
- 8 cilantro sprigs
- 4 lime wedges
- 1 teaspoon aleppo or other coarse red pepper (optional)

1. Preheat oven to 450°.
2. Heat a large cast-iron

skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle chicken with ¼ teaspoon salt, black pepper, and chili powder. Add chicken to pan; cook 4 minutes. Turn chicken over; cook 1 minute. Remove chicken from pan (chicken will not be fully cooked). **3.** Wipe pan clean with paper towels. Coat pan with cooking spray. Increase heat to high. Sprinkle avocados with sugar. Add avocados, cut side down, to pan; cook 2 minutes or until charred. Remove avocados from pan. Recoat pan with cooking spray. Add red onions; cook 3 minutes or until charred. Turn red onions; add green onions and poblano. Cook 3 minutes. Separate red onions into rings; toss with

green onions and poblano. Stir in lime juice and soy sauce. Nestle chicken and avocados into onion mixture. Place pan in oven; bake at 450° for 7 minutes or until chicken is done. **4.** Remove pan from oven. Combine sour cream and water in a small bowl until thinned to a saucy consistency. Drizzle sour cream mixture over chicken and avocados. Garnish with cilantro and lime wedges. Sprinkle with remaining ¼ teaspoon salt and aleppo pepper, if desired.

▶ SERVES 4 (serving size: 1 chicken breast half, 1 avocado half, 2 tablespoons sauce, and ⅔ cup onion mixture)
CALORIES 417; **FAT** 21g (sat 4.5g, mono 11g, poly 2.4g); **PROTEIN** 40g; **CARB** 19g; **FIBER** 7g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 119mg; **IRON** 2mg; **SODIUM** 610mg; **CALC** 78mg

SERVE WITH ORANGE-JICAMA SALAD

- 1½ tablespoons lime juice
- 1½ tablespoons olive oil
- 1 teaspoon honey
- ¼ teaspoon kosher salt
- 1½ cups orange sections
- 1½ cups julienne-cut peeled jicama
- ¼ cup fresh cilantro leaves
- 2 tablespoons pepitas (toasted pumpkinseed kernels)

1. Combine first 4 ingredients in a large bowl. Add orange and jicama; toss. Top with cilantro and pepitas.

▶ SERVES 4 (serving size: about ¾ cup)
CALORIES 120; **FAT** 6.8g (sat 1g, mono 4.2g, poly 1.3g); **PROTEIN** 2g; **CARB** 14g; **FIBER** 4g; **SUGARS** 9g (est. added sugars 1g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 146mg; **CALC** 33mg

—Recipes by Maureen Callahan;
additional recipes by
Robin Bashinsky

Beet, Goat Cheese & Walnut Salad



Arugula, Strawberry & Walnut Salad



CALIFORNIA WALNUTS

FOR THE BEST SIMPLE SALADS EVER

A SPRINKLE OF CRUNCHY CALIFORNIA WALNUTS ADDS FLAVOR, TEXTURE AND HEART-HEALTHY* GOODNESS TO ALL YOUR FAVORITE RECIPES. FOR THESE RECIPES AND MORE GO TO WALNUTS.ORG.

ENJOY HEART-HEALTHY CALIFORNIA WALNUTS DURING AMERICAN HEART MONTH THIS FEBRUARY



Per one ounce serving.



So Simple. So Good.™

Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines.

walnuts.org   

Garden Salad with Walnut Vinaigrette



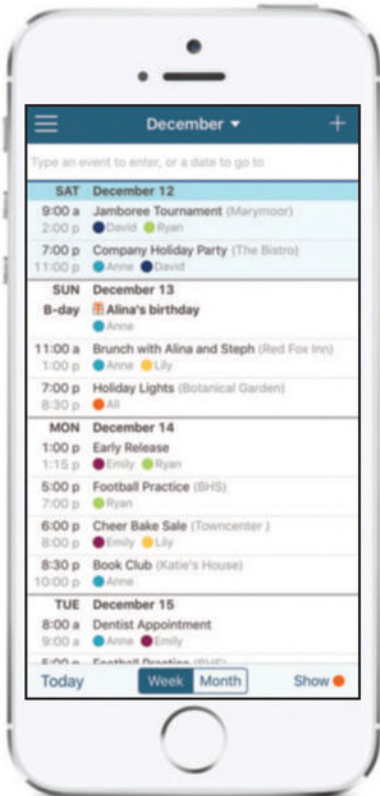
Wilted Spinach Salad with Grilled Onions, Walnuts, Avocado & Apples



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid, the plant based omega-3.



Cozi is a 3-time
**Mom's Choice
Award® Winner**



More holiday. Less madness.

Enjoy more holiday magic and less household chaos this season with **Cozi**, the must-have app for your family.

- Keep track of everyone's schedules, activities, and festivities, all in one place
- Create and share lists in real time, from holiday to-do's to grocery lists and gift ideas
- Access and update from any mobile device or computer



★★★★★ in iTunes® and Google Play™

GET IT FOR FREE AT COZI.COM



CHICKEN
COOKBOOK

SUPERFAST!

20

MINUTES

**Chicken
Sausage and
Broccoli Rabe
Penne**
Recipe p. 34

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: LINDSEY LOWER



CHICKEN SAUSAGE AND BROCCOLI RABE PENNE

If broccoli rabe is a bit bitter for your family or if you have trouble finding it, chopped broccoli would be a delicious substitute. Serve with extra lemon for more zip.

- 2 quarts water
- 8 ounces uncooked multigrain penne pasta
- 1 pound broccoli rabe, trimmed and coarsely chopped
- 1 tablespoon olive oil
- 2 (3-ounce) smoked chicken sausages, each diagonally cut into 8 pieces
- ½ teaspoon freshly ground black pepper
- ⅛ teaspoon kosher salt
- 1½ tablespoons fresh lemon juice
- 2 ounces pecorino Romano cheese, grated (about ½ cup)

1. Bring 2 quarts water to a boil in a large saucepan. Add pasta; cook 7 minutes. Add broccoli rabe; cook 2 minutes. Drain pasta mixture, reserving ⅓ cup cooking liquid; keep pasta warm.

2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add sausage to pan; cook 6 minutes or until browned, stirring occasionally. Add ⅔ cup reserved pasta water, pasta mixture, pepper, and salt to pan; bring to a boil. Cook 2 minutes or until slightly reduced. Stir in juice, and sprinkle with cheese.

➤ **SERVES 4** (serving size: 1½ cups)

CALORIES 374; **FAT** 12g (sat 4.1g, mono 3.7g, poly 0.5g); **PROTEIN** 25g; **CARB** 48g; **FIBER** 6g; **SUGARS** 4g (est. added sugars 1g); **CHOL** 58mg; **IRON** 6mg; **SODIUM** 539mg; **CALC** 264mg



shredded chicken and avocado nacho salad

Dinner doesn't get any easier than this five-ingredient salad. And it's bursting with Super Bowl Sunday potential.

- ¾ cup pico de gallo, divided
- 4 teaspoons extra-virgin olive oil
- 6 cups coarsely chopped iceberg lettuce

- 2 cups shredded skinless, boneless rotisserie chicken breast
- 2 ripe peeled avocados, sliced
- 2 ounces multigrain tortilla chips (about 20 chips)
- ¼ teaspoon freshly ground black pepper

1. Combine ½ cup pico de gallo and oil in a mini food processor; process until smooth. Set aside.

2. Spread lettuce evenly over a large platter; top with chicken and avocado. Drizzle evenly with blended pico de gallo and remaining ¼ cup pico de gallo. Sprinkle with tortilla chips and pepper.

➤ **SERVES 4** (serving size: about 2 cups)

CALORIES 412; **FAT** 25.5g (sat 3.9g, mono 16.7g, poly 3.2g); **PROTEIN** 26g; **CARB** 25g; **FIBER** 9g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 66mg; **IRON** 2mg; **SODIUM** 547mg; **CALC** 73mg

DAISY VEGETABLE QUESADILLAS

© 2015 Dairy Brand



S I M P L E I N G R E D I E N T S . S I M P L Y P U R E .



SUPERFAST!



MINUTES

skillet chicken with escarole and pecorino

Escarole is amped up with a salty kick from fish sauce and pecorino and is brightened with sweet, crunchy carrots.

- 1 pound escarole, cut into wide ribbons
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided

- 4 (4-ounce) chicken breast cutlets
- $\frac{3}{8}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 4 large garlic cloves, crushed
- $\frac{1}{4}$ teaspoon crushed red pepper
- $\frac{1}{2}$ medium red onion, thinly sliced
- 2 teaspoons fish sauce
- $\frac{1}{4}$ cup julienne-cut carrot
- $\frac{1}{2}$ ounce pecorino Romano cheese, shaved

1. Bring a saucepan of water to a boil over high heat. Add escarole; cook 1 minute. Drain.
2. Heat 2 teaspoons oil in a skillet over medium-

high heat. Sprinkle chicken evenly with salt and pepper. Add chicken; cook 2 minutes on each side or until done. Transfer to a plate.

3. Reduce heat. Add remaining 2 tablespoons oil and garlic; cook 1 minute. Stir in red pepper and onion; cook 1 minute. Remove garlic from pan; discard. Add escarole; cook 1 minute. Stir in fish sauce. Divide chicken among 4 plates; top with escarole, carrot, and cheese.

Y **SERVES 4** (serving size: 1 cutlet, $\frac{3}{4}$ cup escarole, 1 tablespoon carrot, and 2 tablespoons cheese)
CALORIES 258; **FAT** 13.2g (sat 2.6g, mono 7.8g, poly 1.6g); **PROTEIN** 27g; **CARB** 7g; **FIBER** 4g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 75mg; **IRON** 2mg; **SODIUM** 639mg; **CALC** 122mg



TANGY CHICKEN-FARRO BOWL

If you have trouble finding lingonberry, cranberry preserves are a fine substitute.

- 5 tablespoons white vinegar, divided
- 2 tablespoons sugar, divided
- $\frac{5}{8}$ teaspoon kosher salt, divided
- $\frac{1}{8}$ teaspoon ground allspice
- 2 Persian cucumbers, thinly sliced
- 2 tablespoons Dijon mustard
- $\frac{1}{2}$ teaspoon dry mustard
- 1 tablespoon canola oil
- 2 teaspoons finely chopped fresh dill
- 2 (8.5-ounce) packages precooked farro
- 2 (6-ounce) skinless, boneless rotisserie chicken breasts, sliced
- $\frac{1}{4}$ cup lingonberry preserves

1. Combine $\frac{1}{4}$ cup vinegar, 4 teaspoons sugar, $\frac{1}{4}$ teaspoon salt, and allspice in a dish; stir with a whisk. Add cucumbers; toss. Let stand 12 minutes, tossing once. Drain.
2. Combine Dijon, dry mustard, oil, remaining 1 tablespoon vinegar, and remaining 2 teaspoons sugar in a bowl, stirring with a whisk. Stir in dill and $\frac{1}{2}$ teaspoons water.
3. Heat farro according to package directions. Divide among 4 bowls. Arrange chicken, cucumbers, and preserves over farro. Drizzle with mustard sauce; sprinkle with remaining $\frac{3}{8}$ teaspoon salt.

Y **SERVES 4** (serving size: $\frac{3}{4}$ cup farro, 3 ounces chicken, 3 tablespoons pickles, 1 tablespoon preserves, and 1 tablespoon dressing)

CALORIES 406; **FAT** 7.6g (sat 1.2g, mono 3.3g, poly 1.6g); **PROTEIN** 31g; **CARB** 53g; **FIBER** 4g; **SUGARS** 16g (est. added sugars 15g); **CHOL** 72mg; **IRON** 3mg; **SODIUM** 371mg; **CALC** 44mg



Chronic Idiopathic Constipation (CIC)

“IT’S THE SAME OLD STORY.
I’VE TRIED LAXATIVES, BUT THE
CONSTIPATION STILL COMES BACK
LIKE A HEAVY WEIGHT.”



Proactively manage your recurring symptoms with LINZESS®

If you're more than occasionally constipated, you may need something other than laxatives. Maybe it's time to talk to your doctor about your chronic constipation symptoms, and ask about LINZESS, a once-daily capsule approved for adults to help manage Chronic Idiopathic Constipation. "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your symptoms by allowing you to have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your chronic constipation symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with CIC.

It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.



Actavis™ and its design are trademarks of Actavis, Inc. or its affiliates. Ironwood™ and the three-leaf design are trademarks of Ironwood Pharmaceuticals, Inc.

LINZESS® and its logo are registered trademarks of Ironwood Pharmaceuticals, Inc. and are used herein under license. © Actavis and Ironwood Pharmaceuticals, Inc. 2015. All rights reserved. LIN26546-b 03/15

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Linzess®
(linaclotide) capsules
145 mcg • 290 mcg

**Brief Summary of
Important Risk Information
LINZESS® (lin-ZESS)
Capsules**

LinZess[®]
(linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). “Idiopathic” means the cause of the constipation is unknown.

It is not known if LINZESS is safe and effective in children.

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

Actavis

Ironwood
IRONWOOD PHARMACEUTICALS
CAMBRIDGE MA 02142

LINZESS® and its logo are registered trademarks of Ironwood Pharmaceuticals, Inc. and are used herein under license.

©Actavis and Ironwood Pharmaceuticals, Inc. 2015. All rights reserved.

Based on PI LIN19696-F-RMC18356-07/14

LIN27145 07/14



chicken kofte with zucchini

A hit under the broiler leaves zucchini perfectly tender.

- 1/2 cup purchased tzatziki, divided
- 1/4 cup dry breadcrumbs
- 1/4 cup grated onion
- 5 tablespoons chopped fresh mint, divided
- 1 teaspoon ground cumin
- 5/8 teaspoon kosher salt, divided
- 3/8 teaspoon black pepper, divided
- 1/8 teaspoon ground red pepper
- 1 pound ground chicken
- 4 teaspoons olive oil, divided
- 4 zucchini, halved lengthwise

Cooking spray

1. Preheat broiler to high.
2. Combine 1/4 cup tzatziki, breadcrumbs, onion, 3 tablespoons mint, cumin, 1/2 teaspoon salt, 1/4 teaspoon black pepper, and red pepper in a bowl, stirring with a whisk. Add chicken; mix with hands. Shape chicken mixture into 8 patties. Heat 2 teaspoons olive oil in a nonstick skillet over medium heat. Add patties; cook 4 minutes on each side or until done.
3. While kofte cook, arrange zucchini, cut side up, on a jelly-roll pan coated with cooking spray. Brush with remaining 2 teaspoons oil; sprinkle with the remaining 1/8 teaspoon salt and 1/8 teaspoon

CHICKEN COOKBOOK
SUPERFAST!



MINUTES

black pepper. Broil 5 minutes or just until tender. Divide kofte and zucchini among 4 plates. Sprinkle with remaining 2 tablespoons mint. Serve with remaining 1/4 cup tzatziki.

▶ SERVES 4 (serving size: 2 kofte, 2 zucchini halves, and 1 tablespoon tzatziki)
CALORIES 301; **FAT** 16.9g (sat 4.5g, mono 7.6g, poly 2.5g); **PROTEIN** 24g; **CARB** 15g; **FIBER** 3g; **SUGARS** 7g (est. added sugars 2g); **CHOL** 103mg; **IRON** 3mg; **SODIUM** 555mg; **CALC** 84mg

CHICKEN YAKITORI



Kids will love swapping forks for skewers to build their own kebab bites. The sweet-savory glazed chicken is perfect served with basmati rice and crisp steamed veggies.

Cooking spray

- 3 1/2 tablespoons lower-sodium soy sauce
- 2 tablespoons mirin
- 2 tablespoons sake
- 1 tablespoon canola oil
- 1 tablespoon brown sugar
- 1 tablespoon minced peeled fresh ginger
- 2 garlic cloves, minced
- 1 pound skinless, boneless chicken thighs, cut into 1-inch pieces
- 8 green onions, cut into 1-inch pieces
- 2 teaspoons toasted sesame seeds

1. Preheat broiler to high. Line a jelly-roll pan with aluminum foil; lightly coat with cooking spray.

2. Combine soy, mirin, sake, oil, brown sugar, ginger, and garlic in a saucepan over medium-high heat; bring to a simmer. Reduce heat; cook 5 minutes or until thickened. Place chicken in a bowl. Pour soy sauce mixture over top; toss. Add green onions; toss. Spread mixture in an even layer on prepared pan.

3. Broil chicken 4 to 5 minutes; turn chicken. Broil 4 to 5 minutes or until chicken is done. Transfer to a serving platter. Sprinkle evenly with sesame seeds, and serve with toothpicks or skewers.

▶ SERVES 4 (serving size: 1/2 cup)

CALORIES 234; **FAT** 9g (sat 1.5g, mono 4.1g, poly 2.3g); **PROTEIN** 24g; **CARB** 11g; **FIBER** 1g; **SUGARS** 7g (est. added sugars 5g); **CHOL** 108mg; **IRON** 2mg; **SODIUM** 574mg; **CALC** 43mg





SUPERFAST!



MINUTES

sweet and sour chicken

Our take saves 446 calories, 22 grams of fat, and 1,260 milligrams of sodium over one serving of a leading chain's sweet and sour chicken.

- 2 large egg whites
- 4 teaspoons cornstarch, divided
- 1 pound skinless, boneless chicken breasts, cut into 1-inch pieces
- 6 tablespoons unsalted ketchup
- ¼ cup water

- 3 tablespoons cider vinegar
- 2 tablespoons brown sugar
- 1½ tablespoons lower-sodium soy sauce
- 2 tablespoons canola oil, divided
- 1 red bell pepper, cut into 1-inch pieces
- 1½ cups fresh pineapple chunks
- 2 teaspoons grated fresh ginger
- 3 green onions, cut into 1-inch pieces
- ¾ teaspoon kosher salt

1. Combine egg whites and 1 tablespoon cornstarch in a large bowl, stirring with a whisk. Add chicken to bowl; toss to coat.
2. Combine remaining 1 teaspoon cornstarch, ketchup, and next 4 ingredients (through soy sauce) in a bowl, stirring with a whisk.
3. Heat a large nonstick skillet over medium-high

heat. Add 1 tablespoon oil to pan; swirl to coat. Add bell pepper to pan; cook 2 minutes, stirring frequently. Add pineapple, ginger, and onions to pan; cook 2 minutes, stirring occasionally. Transfer bell pepper mixture to a plate.

4. Add remaining 1 tablespoon oil to pan. Add chicken mixture, allowing any excess egg white mixture to drip back into bowl. Stir-fry 6 minutes or until chicken is browned and done. Add ketchup mixture and bell pepper mixture to pan. Bring to a simmer; simmer 1 minute or until slightly thickened. Sprinkle with salt; serve immediately.

✓ SERVES 4 (serving size: 1 cup)
CALORIES 324; **FAT** 10.2g (sat 1.2g, mono 5.3g, poly 2.5g); **PROTEIN** 27g; **CARB** 30g; **FIBER** 2g; **SUGARS** 18g (est. added sugars 11g); **CHOL** 73mg; **IRON** 1mg; **SODIUM** 561mg; **CALC** 32mg



GRILLED CHICKEN THIGHS WITH GINGER SAUCE

Flavorful chicken thighs might just be our favorite cut. Here we dress them up with a simple ginger-scallion sauce.

- 1 (8.8-ounce) package precooked brown rice (such as Uncle Ben's)
- 8 teaspoons peanut oil, divided
- 4 bone-in chicken thighs, skinned (about 1½ pounds)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1¼ cups thinly sliced green onions, green and white parts separated
- 1½ tablespoons grated peeled fresh ginger
- 3 tablespoons sweet sherry
- 3 tablespoons unsalted chicken stock
- 1 tablespoon oyster sauce
- 2 teaspoons rice vinegar

1. Heat rice according to package.
2. Heat a grill pan over medium-high heat; brush with 2 teaspoons oil. Sprinkle chicken with salt and pepper. Add to pan; cook 8 to 10 minutes on each side.
3. Heat remaining 2 tablespoons oil in a skillet over medium-high. Add 1 cup onion whites and ginger; cook 2 minutes. Add sherry, stock, and oyster sauce; cook 1 minute. Stir in vinegar. Top rice with thighs, sauce, and onion greens.

✓ SERVES 4 (serving size: 1 thigh, ½ cup rice, and 2 tablespoons sauce)
CALORIES 316; **FAT** 14.6g (sat 2.6g, mono 5.5g, poly 3.8g); **PROTEIN** 23g; **CARB** 21g; **FIBER** 2g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 97mg; **IRON** 2mg; **SODIUM** 472mg; **CALC** 35mg



Naturally light and fresh taste



be more tea

Lipton Pure Green tea is delicately blended from freshly picked, young leaves for a naturally light and fresh taste. Add a little uplift to your day.



taste good, feel good

RAINBOW POTATO PANCAKES



With a combination of russet and purple potatoes, you can create this savory treat at home in under 20 minutes!

Ingredients

Russet Pancakes

- 1-2 cups vegetable oil to fill fry pan to ½" deep
 - 3 cups russet potatoes, washed, scrubbed and grated (older potatoes work best because there is less moisture)
 - 3 tablespoons yellow onion, grated
 - 2 eggs, beaten
 - 5 tablespoons potato starch
 - 1½ teaspoons kosher salt
 - ¼ teaspoon white pepper
- Salt, as needed to taste

Purple Pancakes

- 1-2 cups vegetable oil to fill fry pan to ½" deep
 - 4 cups purple potatoes, washed, scrubbed and grated (older potatoes work best because there is less moisture)
 - 3 tablespoons red onion, grated
 - 2 eggs, beaten
 - 5 tablespoons potato starch
 - ¼ teaspoon black pepper
 - 1 teaspoon balsamic vinegar (to preserve purple color)
 - 1½ teaspoons kosher salt
- Salt, as needed to taste

Directions (Russet Pancakes)

1. Preheat vegetable oil in a skillet until it reaches 350°F.
2. Place potatoes and onion into a clean bar towel. Squeeze out as much moisture as possible.
3. Whisk eggs and whisk in potato starch, kosher salt and white pepper until smooth.
4. Quickly fold onion and potatoes into the egg mixture.
5. Use a ¼-cup measuring cup to portion out a potato pancake. Place into hot oil and flatten with a spatula.
6. Fry until golden brown and flip with a slotted spatula (about 4 minutes per side). Fry until the second side is golden brown.
7. Use a slotted spatula to remove the pancake to a drain pan or rack. Sprinkle with fine salt. For a healthier option, bake in the oven for 15 to 20 minutes at 350°F.

Repeat process for Purple Pancakes. Add balsamic vinegar with step 3.



SEE MORE INCREDIBLE RECIPES AT
PotatoGoodness.com

CHICKEN
COOKBOOK

SUPERFAST!



MINUTES

chicken cordon bleu grilled cheese sandwiches

The flavors of classic cordon bleu translate delectably as a raveworthy grilled cheese. Serve with a side of wilted spinach or a salad.

- 1½ teaspoons olive oil
- 8 (1-ounce) slices multigrain country bread
- 2 ounces Gruyère cheese, shredded (about ½ cup)
- 2 ounces very thinly sliced prosciutto
- 1⅓ cups shredded skinless, boneless rotisserie chicken breast
- 2 tablespoons reduced-fat sour cream
- 1 teaspoon Dijon mustard
- 2 teaspoons unsalted butter, softened
- 1 teaspoon fresh thyme leaves

1. Heat a nonstick skillet over medium heat. Add oil to pan. Arrange 4 bread slices

in pan. Layer cheese, prosciutto, and chicken over slices.

2. Combine sour cream and mustard in a bowl; spread over remaining 4 slices. Top sandwiches in pan with bread slices, sour cream side down.

3. Cook 3 minutes. Turn over; cook 2 to 3 minutes. Transfer to a cutting board. Spread butter evenly over tops of sandwiches; sprinkle evenly with thyme.

✓ SERVES 4 (serving size: 1 sandwich)
CALORIES 348; **FAT** 14g (sat 5.7g, mono 3.7g, poly 2g); **PROTEIN** 29g; **CARB** 28g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 4g); **CHOL** 75mg; **IRON** 2mg; **SODIUM** 691mg; **CALC** 338mg

—Recipes by Laraine Perri, Christine Burns Rudalevige, and Katie Workman



For extra-crispy sandwiches, weigh them down in the pan by placing a heavy skillet on top while they sizzle.

*The French
fried them.
The Irish
boiled them.*

SURELY YOU HAVE
BETTER IDEAS.



© 2016 United States Potato Board. All rights reserved.



Step right up and get the recipe for Rainbow Potato Pancakes and thousands of other incredible dishes at PotatoGoodness.com





slow cooker chicken tikka masala



Hands-on: 17 min.

Total: 8 hr. 10 min.

We love the heat level in this slow cooker take on tikka masala to fend off winter chill. If the spice kick is too much for your family, you can cut the red pepper down by half without losing any of the dynamic flavor layers.

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 1 tablespoon minced peeled fresh ginger
- 6 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 (14.5-ounce) cans unsalted diced tomatoes
- 1/3 cup water
- 3 tablespoons all-purpose flour
- 1 tablespoon garam masala
- 1 1/2 teaspoons paprika
- 1 teaspoon curry powder
- 1 teaspoon kosher salt
- 1/2 teaspoon ground red pepper
- 4 (6-ounce) skinless, bone-in chicken thighs
- Cooking spray**
- 1 cup light coconut milk
- 3 tablespoons chopped fresh cilantro
- 2 cups cooked brown basmati rice
- 1/4 cup plain Greek yogurt

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion, ginger,

and garlic to pan; cook 6 to 7 minutes or until starting to brown, stirring occasionally. Stir in tomato paste and tomatoes; bring to a simmer, and cook 3 minutes. Combine 1/3 cup water and flour in a small bowl, stirring with a whisk until smooth. Add flour mixture, garam masala, paprika, curry powder, salt, and pepper to pan; stir well. Bring to a boil; cook 1 minute.

2. Place chicken thighs in a 6-quart slow cooker coated with cooking spray. Add tomato mixture to slow cooker. Cover and cook on LOW 7 hours or until chicken is very tender and sauce has thickened. Turn slow cooker to HIGH; uncover and add coconut milk, stirring with a whisk. Cook, uncovered, 15 minutes. Turn cooker off; stir in cilantro. Let stand 10 minutes. Serve over rice. Top each serving with 1 tablespoon yogurt.

▶ SERVES 4 (serving size: 1/2 cup rice, 1 chicken thigh, 1 1/4 cups sauce mixture, and 1 tablespoon yogurt)

CALORIES 406; **FAT** 13.5g (sat 5g, mono 4g, poly 1.4g); **PROTEIN** 26g; **CARB** 46g; **FIBER** 5g; **SUGARS** 12g (est. added sugars 0g); **CHOL** 99mg; **IRON** 3mg; **SODIUM** 686mg; **CALC** 80mg

—Recipe by David Bonom



make it
Maru..
licious



peppered white bean, kale, and egg stack

Hands-on: 30 min.

Total: 30 min.

Which came first, the chicken or the egg? We say the egg, hence this tasty vegetarian twist in our chicken cookbook.

- 1 (14.5-ounce) can unsalted Great Northern beans, rinsed and drained
- 1/2 cup water
- 1/2 teaspoon grated lemon rind
- 3/8 teaspoon black pepper, divided
- 1 ounce vegetarian Parmesan cheese, grated (about 1/4 cup)
- 2 teaspoons olive oil, divided
- 5 cups chopped kale
- 1/2 teaspoon kosher salt, divided
- 2 tablespoons white vinegar
- 4 large eggs

- 1/4 cup chopped onion
- 2 teaspoons fresh lemon juice
- 1 teaspoon minced fresh cilantro
- 1 teaspoon minced fresh flat-leaf parsley
- 1 plum tomato, seeded and finely chopped
- 1 garlic clove, minced

1. Combine beans and 1/2 cup water in a saucepan; bring to a boil. Cook 4 minutes; remove from heat. Stir in rind, 1/8 teaspoon pepper, and cheese; coarsely mash.
2. Heat a Dutch oven over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add kale and 1/4 teaspoon salt. Cook 3 minutes or until kale wilts, stirring frequently. Remove kale from pan; keep warm.
3. Wipe Dutch oven clean with a paper towel; return pan to medium-high heat. Add water to pan, filling two-thirds

full; bring to a boil. Reduce heat; simmer. Add vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs using a slotted spoon; place on a paper towel-lined plate.

4. Combine remaining 1 teaspoon oil, remaining 1/4 teaspoon pepper, remaining 1/4 teaspoon salt, onion, and remaining ingredients in a medium bowl. Divide bean mixture evenly among 4 plates. Top evenly with kale, eggs, and tomato mixture.

👉 SERVES 4 (serving size: 1/3 cup bean mixture, 2/3 cup kale, 3 tablespoons salsa, and 1 egg)

CALORIES 264; **FAT** 10.5g (sat 3.2g, mono 4.1g, poly 1.6g); **PROTEIN** 16g; **CARB** 28g; **FIBER** 9g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 192mg; **IRON** 4mg; **SODIUM** 493mg; **CALC** 286mg

—Recipe by
Tiffany Vickers Davis



Wake-up the flavor of all your healthy dishes with Marukan rice vinegar. Slow-brewed to perfection using non-GMO verified rice, it makes all your favorite foods simply delicious.

make it with
Marukan

Find this recipe and more at
[Facebook.com/MarukanVinegar](https://www.facebook.com/MarukanVinegar)



chicken and black bean enchiladas

Hands-on: 23 min.

Total: 1 hr. 45 min.

Chipotles can be a touch spicy, but you can use only half of what's called for to decrease heat and still get great smoky flavor.

Cooking spray

- 1 tablespoon canola oil
- 1½ cups chopped onion
- 1 cup chopped poblano chile
- 5 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- 1 cup unsalted chicken stock
- 1 tablespoon pureed canned chipotle chiles in adobo sauce
- 2 (8-ounce) cans unsalted tomato sauce
- 3 cups shredded cooked skinless chicken breast
- 1 (15.5-ounce) can unsalted black beans, rinsed and drained
- 4 ounces shredded reduced-fat cheddar cheese (about 1 cup)
- 4 ounces shredded part-skim mozzarella cheese (about 1 cup)
- 16 (6-inch) corn tortillas
- 1 cup prepared salsa
- ½ cup reduced-fat sour cream

Fresh cilantro leaves (optional)

1. Preheat oven to 350°. Coat a 13 x 9-inch baking dish with cooking spray.
2. Heat oil in a large skillet

over medium heat. Add onion, poblano, and garlic; sauté 4 minutes or until onion and poblano are tender. Stir in chili powder, cumin, and oregano. Add stock, chipotles, and tomato sauce, and bring to a gentle simmer; cook 5 minutes or until slightly thickened.

3. Combine chicken and black beans in a medium bowl; add half of sauce mixture. Combine cheeses in a bowl; add ½ cup cheese mixture to chicken mixture. Toss to combine.

4. Place 8 tortillas on a microwave-safe plate; cover with a slightly damp paper towel. Microwave at HIGH for 45 seconds or until warm. Working with 1 tortilla at a time, place tortilla on a flat work surface; spoon ¼ cup chicken mixture onto 1 end of tortilla. Roll up, jelly-roll style. Repeat procedure with remaining tortillas, heating up second batch of tortillas when first batch is used up. Arrange enchiladas, seam side down, in prepared dish. Pour remaining sauce over enchiladas; sprinkle with remaining cheese mixture. Bake, uncovered, at 350° for 30 minutes or until sauce is bubbly and cheese is melted and golden brown. Serve enchiladas with salsa, sour cream, and cilantro, if desired.

👉 **SERVES 8** (serving size: 2 enchiladas, 2 tablespoons salsa, and 1 tablespoon sour cream)
CALORIES 406; **FAT** 13.1g (sat 5.4g, mono 2.9g, poly 1.8g); **PROTEIN** 32g; **CARB** 42g; **FIBER** 8g; **SUGARS** 7g (est. added sugars 1g); **CHOL** 70mg; **IRON** 3mg; **SODIUM** 531mg; **CALC** 435mg

—Recipe by Katie Workman



THE KIDS' GUIDE TO ENCHILADAS



1 PREPARE THE TORTILLAS

Warm tortillas are pliable and less likely to crack or tear while they are being rolled up with filling. To warm, stack tortillas on a plate, and heat them in the microwave. Keep warmed tortillas covered: A damp paper towel does the trick and keeps the tortillas moist.



2 FILL, TUCK, AND ROLL

Rolling is easiest if you make sure not to go overboard with the filling. Begin by placing filling at the edge rather than in the middle of the tortilla. Tuck the edge under the filling, and then start rolling for a compact enchilada that won't easily fall apart after it is baked.

Lunchables
WITH 100% JUICE



CHICKEN POPPER
KAROBIBLES™

MADE WITH
CAPRI SUN
100% JUICE



Lunchables
WITH
100% JUICE



lunchables.com

NOW WITH CAPRI SUN 100% JUICE

© 2015 Kraft Foods



honey-lime drumsticks with snow peas and brown rice

Hands-on: 30 min. Total: 30 min.

- 3 tablespoons lower-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons hot water
- 2 tablespoons fresh lime juice
- 1 tablespoon canola oil
- 1 tablespoon grated peeled fresh ginger
- 2 garlic cloves, grated
- 8 chicken drumsticks (about 2 pounds), skinned
- $\frac{3}{4}$ teaspoon freshly ground black pepper, divided
- Cooking spray
- 2 (6-ounce) packages microwave-in-bag snow peas
- 1 (8.5-ounce) pouch precooked brown rice (such as Uncle Ben's)
- 1 teaspoon grated lime rind
- $\frac{1}{8}$ teaspoon salt



\$9.60 for FOUR SERVINGS



PREHEAT oven to 375°. Combine soy sauce and next 6 ingredients (through garlic) in a small bowl, stirring with a whisk.



CUT a $\frac{1}{2}$ -inch-deep slit in meaty end of each drumstick. Sprinkle with $\frac{1}{2}$ teaspoon pepper. Heat an ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add drumsticks; cook 4 minutes, browning on all sides. Add sauce; turn to coat. Place pan in oven. Bake at 375° for 15 minutes, turning occasionally.



PREPARE snow peas according to package directions. Prepare rice according to package directions. Combine snow peas, rice, remaining $\frac{1}{4}$ teaspoon pepper, rind, and salt in a bowl. Drizzle any remaining soy sauce mixture over drumsticks. Serve with snow pea mixture.

Let's
COOK!

**\$12 OR LESS.
30 MIN. OR LESS.**
Download the full curriculum in English or Spanish at cookinglight.com/letscook.

✓ SERVES 4 (serving size: 2 drumsticks and about 1 cup snow pea mixture)
CALORIES 349; **FAT** 10.8g (sat 1.8g, mono 4.4g, poly 2.2g); **PROTEIN** 30g; **CARB** 35g; **FIBER** 4g; **SUGARS** 12g (est. added sugars 9g); **CHOL** 134mg; **IRON** 4mg; **SODIUM** 607mg; **CALC** 57mg

—Recipe by
Christine Burns Rudalevige



BASMATI

**AUTHENTIC AROMAS OF INDIA
UNLIMITED POSSIBILITIES
IN YOUR KITCHEN**



Royal® Basmati Rice is the #1 selling Basmati brand in the country.

Why? It's harvested in the foothills of the Himalayas. It carries the authentic flavor and aroma of the region that just can't be replicated. It goes through a 12-month natural aging process that makes each grain longer, fluffier and non-sticky. But of all the reasons, we think it's because our Basmati is one of the most delicious and versatile ingredients on Earth. It's the culinary secret to unlimited possibilities in your kitchen.

With Royal® Basmati Rice, quality is ingrained.

www.authenticroyal.com



For a full list of Non-GMO Verified products, please contact customer service at 1-800-550-RICE.





**CHICKEN
COOKBOOK**

**WEEKEND
WARRIOR**

**GET-AHEAD
COOKING**



COOK ONCE, EAT 3X

CHICKEN

Two juicy, crispy birds cook in just 45 minutes and yield enough for 3 nights of meals.



GARLIC-SAGE ROASTED CHICKEN WITH KALE AND RADICCHIO CAESAR SALAD

Hands-on: 30 min.

Total: 1 hr. 25 min.

Cooking spray

- 2 (3.5-pound) whole chickens
- 1½ tablespoons olive oil
- 2 tablespoons minced fresh sage
- 1 tablespoon grated lemon rind
- 1¼ teaspoons freshly ground black pepper, divided
- 1 teaspoon kosher salt, divided
- 3 garlic cloves, minced
- ¾ cup plus 2 tablespoons hot water, divided
- 2 tablespoons canola mayonnaise
- 1 tablespoon lemon juice
- ½ teaspoon anchovy paste
- ½ cup very thinly sliced radicchio
- 5 ounces fresh baby kale
- 1 ounce Parmesan cheese, shaved (about ¼ cup)

1. Preheat oven to 450°.
2. Line a rimmed baking sheet with foil; place a wire rack on pan. Coat rack with cooking spray. Place 1 chicken, breast side down, on a cutting board. Using kitchen shears, cut along either side of backbone; discard bone. Turn chicken over; press down on the thighs and wings with the heel of your hand. Arrange chicken, breast side up, on

rack. Repeat procedure with remaining chicken.

3. Starting at the neck of 1 chicken, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat. Combine oil, sage, rind, ½ teaspoon pepper, ½ teaspoon salt, and garlic in a bowl. Rub sage mixture under loosened skin, over flesh. (Do not season other chicken.) Add ¾ cup water to pan. Bake chickens at 450° for 40 minutes or until a thermometer inserted into thickest part of thigh registers 165°. Let stand 10 minutes. Remove skin from both chickens; discard skin. Sprinkle the unseasoned chicken with ½ teaspoon pepper and remaining ½ teaspoon salt. Carve both chickens. When cool, shred the unseasoned chicken, keeping light and dark meat separate. Reserve shredded chicken for Recipes 2 and 3.
4. Combine remaining ¼ teaspoon pepper, remaining 2 tablespoons hot water, mayonnaise, juice, and anchovy paste in a large bowl. Add radicchio and kale; toss. Sprinkle with Parmesan. Serve with garlic-sage chicken.

✓ SERVES 4 (serving size: 1 breast half or 1 leg quarter and about 1½ cups salad)

CALORIES 412; **FAT** 21g (sat 5.1g, mono 9.5g, poly 4g); **PROTEIN** 48g; **CARB** 6g; **SUGARS** 0g (est. added sugars 0g); **FIBER** 1g; **CHOL** 144mg; **IRON** 3mg; **SODIUM** 589mg; **CALC** 164mg



2 THAI GREEN CURRY CHICKEN

Hands-on: 16 min.

Total: 28 min.

- 2 tablespoons green curry paste
- 1 tablespoon grated peeled fresh ginger
- 2 teaspoons fish sauce
- 1 (14-ounce) can light coconut milk
- ¾ cup shredded dark meat chicken
- ½ cup shredded chicken breast
- 1 tablespoon lime juice
- 1 tablespoon sesame oil
- 3 cups sliced baby bok choy
- 1 cup sliced red bell pepper
- 1 garlic clove, minced
- 5 ounces uncooked wide brown rice noodles
- ½ cup cilantro leaves
- 4 lime wedges

1. Combine first 4 ingredients in a saucepan over medium-high heat. Bring to a boil; reduce heat, and simmer 15 minutes. Stir in chicken; cook 5 minutes. Remove pan from heat; stir in lime juice. Heat oil in a skillet over medium-high heat. Add bok choy and bell pepper; sauté 2 minutes. Add garlic; cook 30 seconds. Prepare rice noodles according to the package directions; drain. Place 4 ounces noodles in each of 4 bowls; top each with ½ cup chicken mixture and ½ cup vegetables. Sprinkle with cilantro, and serve with lime wedges.

✓ SERVES 4
CALORIES 254; **FAT** 7.6g (sat 2.5g, mono 2.3g, poly 1.9g); **PROTEIN** 13g; **CARB** 34g; **FIBER** 4g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 41mg; **IRON** 1mg; **SODIUM** 431mg; **CALC** 53mg



Introducing
SHEBA® PERFECT PORTIONS™



Two fresh meals.
One fresh idea.
Zero leftovers.



®/™ Trademarks © Mars, Incorporated 2015. US Patents Pending.



3 CHICKEN TINGA TACOS

Hands-on: 18 min.
Total: 24 min.

- 1/4 cup unsalted chicken stock
 - 1 tablespoon adobo sauce
 - 2 cups shredded chicken breast
 - 1 cup shredded dark meat chicken
 - 1/4 teaspoon kosher salt
 - 8 (6-inch) corn tortillas, warmed
 - 1/4 cup reduced-fat sour cream
 - 1/2 cup cilantro
 - 1 ripe peeled avocado, sliced
 - 1 ounce queso fresco, crumbled
 - 4 lime wedges
1. Heat oil in a large skillet over medium heat. Add onion and garlic; sauté 4 minutes. Add oregano, cumin, and chipotle chile; cook 1 minute. Add tomato,

stock, and adobo; bring to a simmer. Cook 7 minutes. Place tomato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Cover opening with a kitchen towel (to avoid splatters); blend until smooth. Return sauce to pan over low heat. Add chicken and salt; cook 1 minute. Divide mixture among tortillas. Top evenly with sour cream, cilantro, avocado, and cheese. Serve with lime.

✓ SERVES 4 (serving size: 2 tacos)
CALORIES 402; **FAT** 18g (sat 4.6g, mono 8.8g, poly 2.6g); **PROTEIN** 30g;
CARB 33g; **FIBER** 8g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 99mg; **IRON** 2mg; **SODIUM** 502mg;
CALC 131mg

—Recipes by Hannah Klinger





Irresistible taste starts with the first ingredient.



SHEBA® is meat-first and filler-free. That's why real beef, poultry or seafood is the first ingredient in every SHEBA® recipe. Why feed your cat artificial flavors and fillers? Give her the taste she desires most. **SHEBA® Pure Cat Appeal.™** sheba.com



FREEZE IT

Layer up and bake in two pans tonight, then freeze one for last-minute company.

chicken, spinach, and mushroom lasagna

Hands-on: 60 min.

Total: 1 hr. 45 min.

Chicken thighs poach until tender in stock, which becomes the base for a creamy béchamel sauce.

No-boil noodles absorb more liquid during baking for a sturdy slice after freezing and reheating.

- 3 cups unsalted chicken stock (such as Swanson)
- 1½ pounds skinless, boneless chicken thighs, trimmed
- 2½ tablespoons olive oil
- 1½ cups chopped onion
- 3 tablespoons minced garlic
- 1½ teaspoons kosher salt, divided

- ½ teaspoon chopped fresh thyme
- ½ teaspoon crushed red pepper
- 10 ounces sliced cremini mushrooms
- 3 (6-ounce) packages fresh spinach
- Cooking spray
- 1½ cups 2% reduced-fat milk
- ½ cup all-purpose flour
- ¼ teaspoon ground nutmeg
- 2 ounces Parmigiano-Reggiano cheese, grated (about ½ cup)
- 12 no-boil lasagna noodles
- 5 ounces part-skim mozzarella cheese, shredded (about 1¼ cups)

1. Bring stock to a boil in a large saucepan over medium-high heat. Add chicken; reduce heat, and simmer 18 to 20 minutes or until chicken is done. Remove

chicken from pan; reserve stock. When cool enough to handle, shred with 2 forks.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion, garlic, ½ teaspoon salt, thyme, pepper, and mushrooms; sauté 8 minutes. Stir in spinach, 1 package at a time, cooking 2 minutes after each addition or until spinach wilts before adding more. Remove pan from heat; stir in chicken.

3. Preheat oven to 375°.

4. Coat 2 (8-inch) square baking dishes with cooking spray. Combine milk, flour, and nutmeg, stirring with a whisk until smooth. Bring reserved stock to a boil over medium-high heat. Gradually add milk mixture to stock mixture, stirring

HOW-TO

FREEZE

Cool pan completely. Cover with foil; freeze up to 2 months.

THAW

In metal pan: Thaw overnight in refrigerator. In glass or ceramic: Uncover and microwave at HIGH 15 minutes or until thawed.

REHEAT

Cover; bake at 375° for 25 minutes. Uncover and bake 5 minutes.

constantly with a whisk. Stir in remaining 1 teaspoon salt. Cook 5 minutes or until thickened, stirring occasionally. Remove pan from heat; stir in Parmigiano-Reggiano. Pour ½ cup sauce into bottom of each baking dish. Top each with 2 noodles, 1 cup chicken mixture, 1 cup sauce, and ¼ cup mozzarella, making sure noodles are covered with sauce. Repeat layers once with noodles, chicken mixture, and sauce. Top dishes evenly with remaining 4 noodles, remaining sauce, and remaining ¾ cup mozzarella.

5. Cover dishes tightly with foil coated with cooking spray. Bake at 375° for 25 minutes. Uncover and bake at 375° for 10 to 15 minutes or until browned and bubbly, or follow freezing instructions. Let stand 5 minutes before serving.

✓ SERVES 12

CALORIES 286; **FAT** 10.2g (sat 3.5g, mono 4g, poly 1.3g); **PROTEIN** 23g; **CARB** 25g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 67mg; **IRON** 3mg; **SODIUM** 523mg; **CALC** 238mg

—Recipe by David Bonom



Healthfull. BREAD.

NUTRITION THAT'S TRULY DELICIOUS.™



Arnold® Healthfull® Bread.

- ✓ 100% whole grain bread
- ✓ No high-fructose corn syrup
- ✓ No artificial colors, flavors or preservatives

#LOVEYOURBREAD



QUANTITIES
ARE LIMITED.

**RESERVE YOUR
ESSENCE®
BEAUTYBOX™
TODAY!**

INTRODUCING ESSENCE BEAUTY BOX

Soulful. Colorful. Beautiful.

Your beauty is unique. Your beauty products should be too.

Introducing the first-ever collection of beauty products curated just for women of color by the experts at ESSENCE® and delivered right to your door every month.

From hair and nail care to makeup and fragrance, finally a get-gorgeous tool kit that celebrates everything that's unique about you. Featuring top prestige favorites and independent beauty brands we love—each month brings the very best in beauty.

To join, visit **essencebeautybox.com**



@essencebeautybox



@essencebeautybox



@essencebox

#EssenceBeauty

©2015 Time Inc. ESSENCE is a registered trademark and ESSENCE BEAUTYBOX is a trademark of Essence Communications Inc., in the U.S. and other countries.

15AEBIAE

nutrition

(*Making sense of all that science*) made ~~easy~~

EASIER

The anatomy of a *Cooking Light* recipe, and why you'll now find sugar listed with every one of them.

BY SIDNEY FRY, MS, RD

[PART 1] HOW IT WORKS

MORE THAN EVER, consumers want to know the truth about how producers in the food industry create the products they sell. Now it's our turn to pull back the curtain on our recipes.

At *Cooking Light*, our team of food editors, experienced cooks, and dietitians builds recipes with whole foods and whole grains, and bigger portions of plants and seafood than meat. We emphasize oil-based fats more than saturated, and we promote a balanced diet low in processed foods and added sugars.

Whenever we call for ingredients that are high in saturated fat (think butter), sodium (soy sauce), or both (bacon), we use them in small amounts as flavor-boosting solutions in quicker-cooking dishes rather than the focal point of the plate. Our no-no list is short: We don't cook with any products containing artificial sweeteners or trans fats, aka partially hydrogenated oils.

Most important, each recipe must deliver the same pleasures—all the creaminess, crunch, richness, comfort, and satisfaction—as its heavier counterpart. Recipes are retested in the *Cooking Light Kitchen* if they fall short of delivering these joys, and we constantly reevaluate them to see if the nutrition would allow for, say, a sprinkle of Parmesan, a dash of kosher salt, or a splash of olive oil to help meet our high standards for taste.

Quinoa with Toasted Pine Nuts

Amount	Measure
1.00	cup
3.00	tblsp
2.00	tblsp
2.00	ea
1.25	cup
1/4	tblsp
4.00	tblsp
1/4	tblsp
1/4	tblsp
2.00	tblsp

April 2013
40 Under 40 - Sides
SF / A/E
TK Tester: AH
Rating: 2

Quinoa with Fresh Herbs and Toasted Pine Nuts

Hands-on time: 15 minutes

Total time: 25 minutes

- 1 cup uncooked quinoa
- 2 tablespoons extra virgin olive oil, divided
- 3 tablespoons chopped shallots
- 1/4 cup unsalted chicken stock, such as
- 1/4 teaspoon kosher salt
- 1/4 cup pine nuts
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh chives

1. Rinse and drain quinoa. Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add shallots to pan; sauté 1 minute or until tender. Add garlic; cook 1 minute. Add quinoa; cook 2 minutes. Add stock and salt to pan; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; set aside and cool slightly.
2. While quinoa cooks, heat a large nonstick skillet over medium heat.

[PART 2] THE PORTIONS

EACH RECIPE that comes through the Cooking Light Kitchen is evaluated visually, too, to ensure that we're providing a satisfying, realistic portion (no one-bite brownies here) that fulfills its role as part of a balanced plate. Per person, we consider the following when portioning.

THE PROTEIN

Our aim is to shift the focus of the plate to more plant-based proteins. See our Flip, page 110.

SEAFOOD

5 ounces cooked. Try to eat twice per week.

BEEF AND PORK

3 ounces cooked

CHICKEN

4½ ounces cooked breast; 3 ounces cooked thigh (based on super-market portions)

SAUSAGE & BACON

Used in small amounts, to boost flavor

THE GRAINS

Preferably whole, to fill a quarter of the plate (about ½ cup)

ALCOHOL

1 drink per day for women, 2 for men. A drink is defined as 1.5 ounces liquor, 5 ounces wine, or 12 ounces beer.

See page 64 for these recipes.



THE FRUITS & VEGGIES

These should fill half your plate. Our servings start at ½ cup; more is encouraged.

[PART 3] THE NUMBERS

COOKING LIGHT RECIPES adhere to a rigorous set of nutrition guidelines that govern calories, saturated fat, sodium, and sugar based on various recipe categories. The numbers in each category are derived from the most recent set of USDA Dietary Guidelines for Americans:

Calories: 1,600–2,000 calories per day. We break this down into three meals that range from 350 to 550 calories, plus two (100- to 150-calorie) snacks.

Sodium: Less than 2,300mg per day.

Saturated Fat: Less than 20g per day.

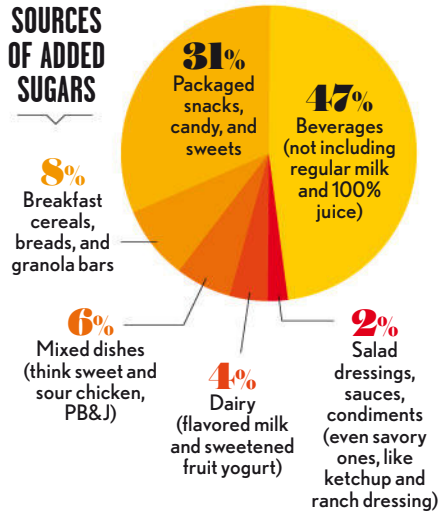
Sugars: Less than 38g *added* sugars per day (as recommended by the American Heart Association).

A word about sugars: Starting with this issue, we're listing sugars with each recipe, and we are taking our stats a step

further by calculating and including estimated added sugars (those added during processing).

Why should you care? Naturally occurring sugars, like those found in fruit and dairy, contain essential vitamins, minerals, protein, water, and fiber—nutrients that boost health and keep us full. But added sugars have little to no added benefit, only empty calories, of which the average American consumes 350 a day—the equivalent

SOURCES OF ADDED SUGARS



of 88g. The cumulative effect of these added calories has been linked to heart disease, weight gain, and diabetes.

Why list them now? The American Heart Association recommends no more than 25g (that's only 100 calories, or about 6 teaspoons) of added sugars a day for women, and 38g (146 calories, or about 9 teaspoons) for men, roughly the same amount as in half a 20-ounce bottle of soda. One caveat: The FDA doesn't yet require food manufacturers to list added sugars, only total sugars, so it's impossible to know how much of a food's sugar is added and how much occurs naturally.



















We expect the USDA to set new nutrition standards this year, so we're proactively setting our guidelines for added sugars to 38g now.

As cooks, we know a little bit of indulgence can be part of a balanced diet, and we value the role sugar—in moderation—plays in a healthy kitchen: It has the unique ability to balance acidity, add texture to baked goods, and preserve foods. Lowering sugar intake becomes easier when you control the amount you use in your kitchen. Our new nutrition stats will help you do just that.

As we wait for the FDA to require added-sugar totals for manufactured foods, here's a guide to help you identify where added sugars tend to hide.

Sugar, Sugar Everywhere

Not all sources of added sugars are obvious, nor are they necessarily sweet. Here are a few unusual suspects, and a few suggestions for how to eat less.

NATURAL	ADDED	TOTAL	TRY THIS
 8 ounces 2% reduced-fat milk 12g natural sugars	 13g added sugars	 8 ounces low-fat chocolate milk 25g total sugars	Store vanilla bean pods in regular milk to infuse it with a hint of flavor.
 1 packet plain unsweetened oatmeal 0g natural sugars	 12g added sugars	 1 packet maple-brown sugar oatmeal 12g total sugars	A savory take on oatmeal: Top quick-cooking steel-cut oats with a poached egg and diced avocado.
 1 cup fresh tomato puree 6g natural sugars	 9g added sugars	 1 cup marinara sauce 15g total sugars	Tomatoes are a fruit, slightly sweet on their own. Choose tomato products without any sugars on the ingredient list, and stir in a splash of naturally sweet balsamic vinegar.
 1/2 cup pinto beans 2g natural sugars	 30g added sugars	 1 cup canned maple-bacon baked beans 32g total sugars	Try our recipe on page 122, where we emphasize smoky flavors like chipotle, bacon, and smoked paprika for a bowl of comfort-filled baked beans with only 4g added sugars per cup.
 12 ounces nonfat plain latte 18g natural sugars	 17g added sugars	 12 ounces nonfat flavored latte 35g total sugars	Spice up your espresso with cinnamon, vanilla bean, cardamom, or a surprisingly tasty splash of pomegranate juice.
 6 ounces 2% reduced-fat plain Greek yogurt 6g natural sugars + 1/4 cup fresh blueberries 4g natural sugars	 19g added sugars	 6 ounces blueberry-flavored yogurt 29g total sugars	Stir in 2 teaspoons of natural nut butter, and top with toasted nuts for crunch.



**KALE AND SPINACH SALAD
WITH BEETS AND ROASTED
GARLIC-CITRUS VINAIGRETTE**

Hands-on: 20 min. Total: 1 hr. 20 min.

Filling half the plate with plants isn't as hard as you think. We make it easier with salty, crispy bacon—one piece is all it takes to elevate this bountiful bowl of fruits and vegetables.

- 1 whole garlic head
- 12 ounces baby red beets
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon water
- 2 teaspoons fresh orange juice
- 1 teaspoon red wine vinegar
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 cups baby spinach
- 4 cups torn Lacinato kale
- 1 thick applewood-smoked bacon slice, chopped
- 1 cup fresh orange segments

1. Preheat oven to 350°.
2. Remove white papery skin from garlic head (do not peel or separate cloves). Wrap head in foil. Arrange beets on a large sheet of foil; wrap tightly. Bake garlic and beets at 350° for 1 hour or until beets are tender; cool 10 minutes. Separate garlic cloves; squeeze to extract garlic pulp. Discard skins. Combine garlic pulp, oil, and next 5 ingredients (through pepper) in a small bowl, stirring with a whisk. Place spinach and kale in a large bowl.
3. Heat a medium skillet over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Increase heat to high. Stir in garlic mixture; remove from heat. Pour hot bacon mixture over kale mixture, tossing to coat.
4. Peel beets; discard skins. Cut beets in half. Arrange beets and oranges over kale mixture.

➤ **SERVES 6** (serving size: 1 cup)

CALORIES 144; **FAT** 8.1g (sat 1.3g, mono 5g, poly 1g); **PROTEIN** 4g; **CARB** 16g; **FIBER** 4g; **SUGAR** 7g (est. added sugars 0g); **CHOL** 2mg; **IRON** 2mg; **SODIUM** 197mg; **CALC** 113mg

**QUINOA WITH
TOASTED WALNUTS**

Hands-on: 25 min. Total: 25 min.

The USDA recommends making half your grains whole, but we say go all in. Make them in batches, and eat all week long. A toasty nut topper adds just the right crunch.

- 1 cup uncooked quinoa
- 2 teaspoons extra-virgin olive oil
- 2 tablespoons finely chopped shallots
- 1 tablespoon minced garlic
- 1¼ cups organic vegetable stock
- 1 teaspoon fresh thyme
- ¼ teaspoon kosher salt
- ¼ cup walnuts, toasted
- 2 tablespoons chopped fresh chives
- 1 tablespoon toasted walnut oil
- ¼ teaspoon freshly ground black pepper

1. Rinse and drain quinoa. Heat a large saucepan over medium-high heat. Add 2 teaspoons olive oil to pan; swirl to coat. Add shallots; sauté 1 minute or until tender. Add garlic; cook 1 minute, stirring constantly. Add quinoa; cook 2 minutes, stirring frequently. Add vegetable stock, thyme, and kosher salt; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until the liquid is absorbed and quinoa is tender.
2. Combine quinoa mixture, walnuts, chives, walnut oil, and pepper; toss.

➤ **SERVES 6** (serving size: ½ cup)

CALORIES 178; **FAT** 8.8g (sat 0.9g, mono 2.5g, poly 5.1g); **PROTEIN** 5g; **CARB** 21g; **FIBER** 3g; **SUGAR** 2g (est. added sugars 0g); **CHOL** 7mg; **IRON** 2mg; **SODIUM** 197mg; **CALC** 24mg

PAN-SEARED HERB SHRIMP

Hands-on: 30 min. Total: 45 min.

The size of meat portions is shrinking, leaving more room on the plate for heart-healthy seafood. Eat fish more often, and make it pop with this herb- and lemon-packed dressing.

- 3½ tablespoons olive oil, divided
- ¾ cup fresh cilantro leaves
- ¾ cup fresh parsley leaves
- ½ cup fresh basil leaves
- 2 tablespoons chopped green onions
- 2 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 garlic cloves
- 24 jumbo shrimp (about 1½ pounds), peeled and deveined

1. Combine 2 tablespoons olive oil and next 10 ingredients (through garlic) in a food processor; process until smooth. Set aside 2 tablespoons marinade. Place remaining marinade in a bowl; add shrimp, tossing to coat. Marinate in refrigerator for 30 minutes, stirring occasionally.
2. Heat a large skillet over medium-high heat. Add remaining 1½ tablespoons oil to pan; swirl to coat. Remove shrimp from marinade. Add shrimp to pan; sauté 3 minutes or until thoroughly cooked. Drizzle remaining 2 tablespoons marinade over shrimp.

➤ **SERVES 4** (serving size: 6 shrimp and 1½ teaspoons marinade)

CALORIES 228; **FAT** 12.2g (sat 1.6g, mono 7.6g, poly 1.3g); **PROTEIN** 24g; **CARB** 5g; **FIBER** 1g; **SUGAR** 1g (est. added sugars 0g); **CHOL** 214mg; **IRON** 1mg; **SODIUM** 434mg; **CALC** 124mg



EMERGE AND SEE



One Emergen-C every day and you'll emerge restored, fortified and replenished. A super fresh formula packed with B vitamins, electrolytes, antioxidants† and more vitamin C than ten oranges.* Why not feel this good every day?

†Antioxidants include Vitamin C, Zinc and Manganese. *Based on using the USDA.gov nutrient database value for a large, raw orange. ©Alacer 2015

[PART 4]

THE RECIPE MAKEOVER

Naturally Sweet Citrus Smoothie

ORANGE DREAMSICLE packs a creamy, citrusy kick in the pants, a better alternative to that carb-loaded breakfast bagel, right? Not so fast. An orange smoothie is a great way to add a few servings of fruit into the diet, but it's also packed with sugar—more than 70g total. That's a milk shake in disguise with nearly 18 teaspoons of sugar.

But wait—smoothies are the perfect example of why we need to better understand the difference between natural and added sugars. Most of the sugars in smoothies come naturally in the form of fruit or dairy,

along with the fiber, protein, and calcium that are inherently tied to these foods. The rest is added in the form of honey, turbinado, or agave—all sweeteners with little nutritive value other than calories.

To lighten, we use creamy Greek yogurt as the protein-packed base, then sweeten with fresh oranges and ripe mango. We drop all added sugars, cutting out 25g, and allow the naturally sweet fruit to shine. A creamy, dreamy, portable, sunshine-filled sip with half the calories and 70% less sugar? Now that's a resolution revolution.



OUR DREAMSICLE SMOOTHIE

saves 183 calories, adds 5g protein, and cuts 49g sugar from the classic orange-cream smoothie. Bonus: Double the fiber.

Swap out sugar for a sweet evening



Home Sweet Hummus



Citrus Glazed Chicken

ORANGE DREAMSICLE SMOOTHIE

Hands-on: 10 min. Total: 10 min.

Segment the orange over a bowl to catch all of those tasty juices, and add them to the blender before processing. You can buy frozen mangoes, but for the creamiest sip, start with fresh, and freeze overnight.

- 1 cup 2% reduced-fat Greek yogurt
- $\frac{2}{3}$ cup ice cubes
- $\frac{1}{2}$ cup chopped peeled ripe mango, frozen
- $\frac{1}{2}$ cup fresh orange juice
- 1 medium orange, peeled and sliced into segments
- 1 teaspoon vanilla extract

1. Place all ingredients in a blender; process 1 minute or until completely smooth. Divide mixture evenly between 2 glasses.

✓ SERVES 2 (serving size: about $1\frac{1}{4}$ cups)

CALORIES 164; **FAT** 2.6g (sat 1.6g, mono 0.1g, poly 0.1g); **PROTEIN** 11g; **CARB** 25g; **FIBER** 2g; **SUGARS** 22g (est. added sugars 0g); **CHOL** 8mg; **IRON** 0mg; **SODIUM** 39mg; **CALC** 113mg

FOOD STYLING: KELLIE GERBER KELLEY

BUILD A BETTER BLEND

The smallest smoothie-shop smoothies start around 16 ounces, making more room in the cup for added sugars. We downsize the portion by a third but pack heartier, more filling ingredients like a whole orange, fresh mango, and Greek yogurt into the blender for a smarter on-the-go weekday breakfast solution.



Greek Yogurt

We use 2% Greek yogurt in place of whole milk, adding a whopping 10g protein per serving (6 more than milk) and a pleasantly tangy, creamy flavor and texture to our smoothie.



Fresh Orange Juice and Whole Orange

Fresh-squeezed juice and a whole, segmented orange sub in for frozen concentrate to cut sugar by 29g per serving. Whole fruit adds more fiber, too.



Fresh Mango

Mango adds a rich, creamy texture and naturally sweet, juicy goodness for only 25 calories and 5.5g natural sugars per serving. Pop fresh peeled mango into the freezer for a few hours or overnight.



Peanut Butter Cookies



SWEET SWAPS

Splenda™

Enjoy a sweet life without all the calories from added sugar. Follow us for hundreds of tips, tricks & recipes that swap full sugar for SWEETENERS® Sweeteners.

SweetSwaps.com

Think sugar,
say

Splenda



RISE
»— and —«
SHINE ON
AND ON AND ON AND ON.

**PACKED WITH PROTEIN AND
MADE WITH REAL INGREDIENTS.**

More power to your morning.



Jimmy Dean



Shine On

healthy habits

+ Beauty: Lemon & Lime p. 75 + Travel: Miami p. 81

Put Your DIGITAL HABITS on a DIET

Taking a technology break can be a huge boost to your quality of life. Try these simple steps.

BY KAREN ASP

If you were to compare your digital habits to a diet, most of us could say we're consuming the equivalent of a drive-through meal plan. That's because the average American consumes five to six hours of non-work- and non-school-related digital technology a day, which translates to about 25% to 35% of your day spent in front of a screen, says David Greenfield, PhD, founder of The Center for Internet and Technology Addiction and assistant clinical professor of psychiatry at the University of Connecticut School of Medicine in West Hartford. "These are empty digital calories," Greenfield says.



This constant need to be “on” boosts anxiety, which in turn increases levels of the stress hormone cortisol. In fact, when people checked their email only about five times a day versus whenever they wanted, they felt less

stressed, according to a study from the journal *Computers in Human Behavior*. “Digital technology keeps us in a hyperaroused state, which works against our biological nature,” Greenfield says. “By staying in this constant

state of arousal, you activate your adrenals and produce stress hormones, which affects immune function and exhausts you, reducing productivity and interrupting sleep patterns.”

While frittering away time is certainly one pitfall of digital technology, loss of

“View devices as you would ice cream—consume in moderation.”

personal connections may be the most alarming, and kids may be in bigger danger than adults, says Larry Rosen, PhD, professor of psychology at California State University in Dominguez Hills and author of *iDisorder* and *The Distracted Mind*. “By being plugged in 24-7, kids are losing the ability to converse with others, can’t interpret their emotions correctly, and aren’t willing to communicate their emotions with people,” he says. Without possessing these communication skills, no matter your age, you lessen the quality of every relationship in your life.

Fortunately, you don’t have to sever all ties with digital devices to benefit from a break, not even for a day. Going dark would be an improbable task for most people, and these devices do have benefits, namely connecting with people and providing information, Rosen says.

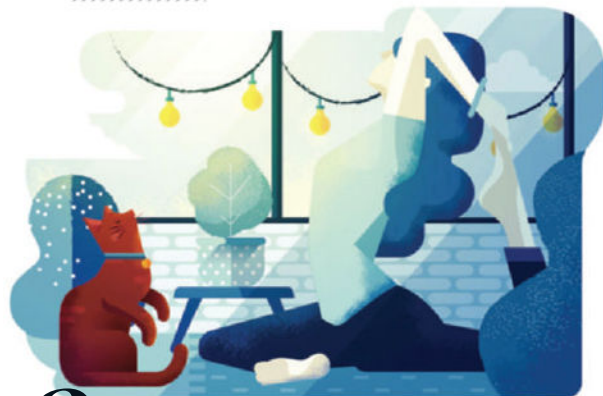
The key—to continue the dietary metaphor—lies in viewing them as you would pizza or ice cream and consuming them in moderation. You’ll then sleep better, be happier and less stressed, improve your relationships, and have more time to devote to things you’ve always wanted to do. With a few moderate behavior tweaks, you can learn how to better incorporate a healthy dose of digital “calories” into your diet.

3 Easy Ways to Unplug

1

SET LIMITS

Retrain your brain to check things like email and Facebook less by gradually increasing the amount of time you go without, Rosen says. Start with 15 minutes, turning your phone and other devices off and setting an alarm. When the alarm rings, allow yourself a one-minute check-in. Repeat this every 15 minutes, and keep lengthening the time by five-minute increments until you hit 30 minutes. Then, for every 90 minutes that you use technology, take 10 minutes to give your brain a break by going for a walk outside, calling a friend, or meditating.



2

ABIDE BY THE TWO-HOUR RULE

Limit non-school- and non-work-related digital time to no more than two hours daily. “Anything over that is too much,” Greenfield says. To fill the extra time you’ll now have, create a list of 100 nondigital activities you love doing just for the sake of it—like playing games, practicing yoga, and reading a book—and refer to this list whenever you need to fill nondigital time. “You’re essentially reestablishing a perception of how to engage in life without technology,” Greenfield says.

3

DETACH AT NIGHT

If you’re having trouble unplugging during the day, do it at night so you can slumber more soundly. Since digital screens emit blue light that messes with melatonin, put away all of your LED-based technology an hour before bed, Rosen says. Then dim the lights and read a print book or magazine (or use an e-reader that doesn’t have LED), listen to music you’re familiar with so it doesn’t tax your brain, or watch a TV show you know. Remove your smartphone from the room or, if that’s not possible, turn it off and flip it over so you can’t see it.



Reconsider Your Alarm Clock

Your next step after banishing the smartphone from your bedroom? Try reverting to an old-fashioned alarm clock. That way you’re less tempted to check your email in the middle of the night or waste time scrolling Facebook when you rise.

— YOUR *Best Dog Ever* —
MIGHT COME FROM CHINA.
BUT THEIR FOOD SHOULDN'T.



MADE IN OUR OWN *Texas Kitchen* WITH NO INGREDIENTS FROM CHINA.

THE BEST DOG EVER *Deserves* THE BEST FOOD EVER.™

MERRICKPETCARE.COM

© 2015 Merrick Pet Care, Inc.

FROM THE EDITORS OF
MONEY MAGAZINE

Where should my kid go to college?

Get the answers with the *MONEY College Planner™*.



The right school. The right price. The best value.

Value-focused
rankings

Customizable search
of 700+ schools

One-on-one
expert advice

Financial
tools

For \$24.95 a year, the *MONEY College Planner™* will help you find the schools that your child will love and your finances can handle. Stress averted.

Visit money.com/collegeplanning to learn more.

Powered by
UNIGO
Go. Find.You.

Pucker Up to Lemon and Lime

Brighten up your complexion with these sunny citrus fruits. **BY CINDY HATCHER**

VASELINE

INTENSIVE CARE HEALING SERUM

Concentrated healing ingredients, including both lemon and lime peel, go deep to help protect and prevent moisture loss.

\$8, vaseline.com



SONIA KASHUK EAU DE TOILETTE IN WHITE ETHERIANA

Spritz on this refreshing mist for a hint of springtime freshness, even in the dead of winter. Top notes of Sicilian lemon and tulip add a delightful brightness.

\$20, target.com

FARMAESTHETICS

SWEET SOY OIL

A soothing, 100% natural herbal mixture—chamomile, lemon balm, calendula—that helps even out skin tone. And its benefits go beyond personal: This line was developed without animal testing.

\$26, farmaesthetics.com



Lemons are natural bacteria fighters and can help clear acne.



BURT'S BEES

LEMON BUTTER CUTICLE CREAM

Give cuticles the VIP treatment with a delightful lemony scent. Leave on overnight for deeper moisture.

\$6, burtsbees.com

TATA HARPER

SOOTHING MUSCLE GEL

Apply this balm post-gym to naturally soothe sore muscles. Arnica extract, lemon peel, and turmeric are just some of the time-tested ingredients you'll find here.

\$40, tataharperskincare.com

PURITY OF ELEMENTS

RENEWING EYE CREAM

Brightens under-eye area with lemon peel extract and hydrates to fight fine lines, puffiness, and dark circles. Apply morning and night after cleansing.

\$45, purityofelements.com

Revive Post-Gym Hair

These 3 steps help take you from hot mess to fresh tressed.

STEP 1: WASH SANS WATER

Dry shampoo absorbs oil and moisture. **Living Proof Perfect Hair Day** (\$22, livingproof.com) is designed to target and remove sweat and odor. Spray along hairline and at roots, wait 30 seconds, and then massage into scalp to feel instantly fresher.



STEP 2: BRUSH IT OUT

After your sweat sesh, brush out tresses—we like **Goody's QuikStyle Paddle Brush** (\$12, target.com), which has microfiber bristles to absorb moisture. Use a blow-dryer to reset your style, recommends celeb stylist Kim Kimble.

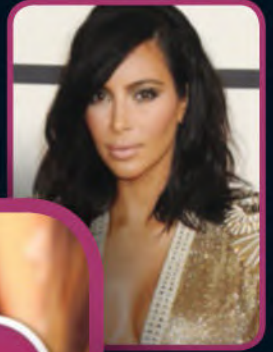


STEP 3: SET AND GO

Finish by spraying on a flexible, alcohol-free hairspray, like **Pantene's Pro-V Style Series Airspray** (\$7, pantene.com), to add softness and shine. Leave shorter hair down, or twist longer manes into a chic topknot that looks (and feels) cooler.



People love **Hollywood**



People love **People**



Pick up a copy in store today or subscribe at People.com

What's in Your Bag, **NIGELLA LAWSON?**

The British culinary queen dishes on her recipe for beauty.



You've likely seen this saucy chef on one of her cooking shows or in the pages of her nine cookbooks. Her latest, *Simply Nigella: Food to Nourish Body & Soul*, shares lighter recipes, such as her Wild Alaskan Salmon, Avocado, Watercress, and Pumpkin Seed Salad. "It's quick and makes me feel fabulously calm. Plus it's lusciously good!" she says. When she's out of the kitchen, Lawson relies on a steady consumption of yoga and water to keep herself looking as good as she feels. We asked her to share some of her picks for feeling pretty.



1 CHANEL COCO MADEMOISELLE MOISTURIZING BODY LOTION Even products you can't see make you feel better, and wearing this body lotion in my favorite scent is much subtler and more beguiling than spraying on perfume. \$52, chanel.com

2 LAURA MERCIER SHIMMER BLOCK IN PINK MOSAIC If you're pale skinned, it's difficult to find a blush that doesn't make you look like a painted doll, but this brushes on to give a rosy glow and de-ghouls my pallor. \$44, lauramercier.com

3 BOBBI BROWN TINTED EYE BRIGHTENER IN BISQUE A few dabs of this make me look like I'm well rested even when I haven't had any sleep. \$31, bobbibrown.com

4 CHARLOTTE TILBURY FULL FAT LASHES Apart from having a great name, this gives lashes length, curl, and volume. It is the holy grail of mascaras. \$29, charlottetilbury.com

5 EVE LOM MUSLIN CLEANSING CLOTHS For 30 years I've washed my face every night with a muslin cloth. The ritual remains. I can't go to bed without a clean face. \$22, nordstrom.com

→ Visit cookinglight.com to read more of our chat with Lawson.

**CINDY
HATCHER**
BEAUTY
EDITOR



WHAT I LOVE THIS MONTH

My favorite beauty category of 2015 was definitely primer, and this is yet another superb one I've added to my collection: **Elizabeth Arden's Flawless Start Instant Perfecting Primer** (\$34, elizabetharden.com). It has the lightest, sheerest application that sets up my skin perfectly for foundation, powder, and the rest of the fun stuff.



WHAT ABOUT YOU?

Cindy Hatcher is *Cooking Light's* beauty editor. Tell her what products you're loving right now at cindy_hatcher@timeinc.com. We'll feature your top picks on our blog.

Miami

In about 2,000 calories and 10,000 steps*

*A unique guide to good eating and great exercise for hungry travelers

See the
exercise math
at [cooking
light.com/
math](http://cookinglight.com/math).

MORNING

Sunrise over the Bay

Coconut Grove may be one of the oldest areas of Miami, but it has many young, athletic residents. You'll find them with their bike helmets slung over chairs at **1 GreenStreet Café** (greenstreetcafe.net). Ask for a bowl of the toasty granola with cranberries, cashews, and raisins with local honey.

Now you're ready to join the Grovites on the shores of **2 David T. Kennedy Park**, where a steady parade of runners, bikers, and strollers line the 29-acre waterfront.

After all that activity, stop for lunch at **3 Harry's Pizzeria** (harryspizzeria.com), a recent addition by Miami's James Beard Award-winning chef Michael Schwartz. Savor the pie topped with caramelized onions, potato, cave-aged Gruyère, and arugula.

Burn: 398 calories
Eat: 968 calories

WATER BREAK

Miami Beach

Take a scenic drive to **South Beach**, home to sherbet-colored Art Deco buildings and gorgeous beaches. It's time to view Miami from the perch of a paddleboard, which you can rent at **4 Miami Beach Paddleboard** (miamibeachpaddleboard.com). Plan at least an hour to tour the mansions and mangroves along the calm waters with the Miami skyline as your backdrop.

Once you've towed off, walk two blocks south to **5 C.V.I.C.H.E 105** (ceviche105.com) for Peruvian seafood. Sample their classic ceviche: tender pieces of corvina fish marinated in lime juice with garlic, onion, cilantro, and hearty chunks of sweet potato.

Burn: 525 calories
Eat: 346 calories



AFTERNOON

Wynwood

View the city's artistic side in **Wynwood**. Stunning murals have transformed a warehouse district into a vibrant canvas of street art, galleries, and restaurants. Grab a quick bite at the neighborhood's kosher bakery, **6 Zak the Baker** (zakthebaker.com, closed Saturdays). The roasted beet toast with a sprinkling of feta and za'atar spices is a stellar snack.

Burn: 41 calories
Eat: 508 calories

DINNER

West Doretown

Head downtown to the **Arts & Entertainment District**. At **7 Fooq's** (fooqsmiami.com), try the Persian chicken, organic chicken thighs braised with local peaches and served in a golden sauce fragrant with turmeric, cinnamon, cardamom, dill, and tarragon. It's served over toasty brown rice spiked with tiny cubes of dried apricot.

Eat: 611 calories



From top:
Beet toast at Zak the Baker, biking in South Beach, the vibrant murals of Wynwood

MOON OVER MIAMI

Little Havana

When it opened its doors in the mid-1930s, **8 Ball & Chain** (ballandchainmiami.com) was the Little Havana club where jazz legends like Billie Holiday and Chet Baker crooned for socialites.

Shuttered for decades, this gem reopened recently with live music and Cuban cocktails reminiscent of the good old days. Order a drink, and then go ahead and

have some tapas, too. You'll dance it off on the club's patio, which hosts a lively crowd into the wee hours. Nibble the crispy Mariquitas de Maduros, sweet plantains served with garlic sauce. They go best with a minty iced mojito. The drink is, like Miami, a classic.

Burn: 281 calories
Eat: 513 calories

—Victoria Pesce Elliott





RESOLVE TO MAKE 2016 YOUR HEALTHIEST YEAR EVER.

We're here to help, with easy cooking, shopping, and nutrition solutions from *Cooking Light's* expert team of editors. From produce-packed breakfasts to ways to cut back on sugar, this is your guide to your best year yet.

PHOTOGRAPHY BY JENNIFER CAUSEY

Start Your Y



Table of Contents

- Eat a Healthy Breakfast Every Day *p. 84*
- Drink Healthier Beverages *p. 92*
- Diet the Cook's Way *p. 100*
- Become a Meal Planner *p. 106*
- Stash Healthy Snacks *p. 108*
- Flip Your Protein *p. 110*
- Cut Back on Added Sugar *p. 120*
- Shop Smarter *p. 124*
- Streamline Your Kitchen *p. 128*
- Get Social *p. 133*



Pomegranate-Farro Breakfast Salad with Honey Ricotta

Recipe p. 85

ear Off Light

EAT A HEALTHY BREAKFAST EVERY DAY

I Instead of thinking of breakfast as an obligation, consider it an opportunity, one that sets you up for healthy success the rest of the day. Studies show that people who eat breakfast are more focused and alert and better able to maintain a healthy weight (perhaps because those who don't eat a morning meal tend to overcompensate, calorie-wise, later in the day). Aim for a balanced plate, one that contains satiating protein and heart-healthy fats, fresh fruits and/or vegetables, and whole grains whenever possible. To help you do so, here we offer five fast, delicious breakfast salads to kick off the day. New to the idea of breakfast salads? See our tips for building a great one on page 86.



MAKE A BREAKFAST SALAD

A well-composed one can deliver 20% of your daily protein, 2 to 3 servings of fruits or veggies, a serving of whole grains, and as much as 10 grams of fiber—all before 9 a.m.

FRIED EGG AND CRUNCHY BREADCRUMB BREAKFAST SALAD

Hands-on: 11 min. Total: 11 min.
If you have access to whole-grain rye bread, definitely give it a try here; it's so flavorful on its own and adds a special lift to this salad. You can make the toasted breadcrumbs up to two days ahead; just store in an airtight container or zip-top bag until you're ready for them.

- 1 ounce whole-grain bread
 - 1 tablespoon extra-virgin olive oil, divided
 - 1 large egg
 - 1½ teaspoons white wine vinegar
 - ⅛ teaspoon kosher salt
 - ⅛ teaspoon freshly ground black pepper
 - 1½ cups salad greens
 - 4 radishes, halved
1. Tear bread into small pieces. Heat 1 teaspoon oil in a small skillet over medium-high heat. Add breadcrumbs to pan; cook 3 minutes or until toasted, stirring occasionally. Remove from pan.
 2. Reduce heat to medium. Add ½ teaspoon oil to pan. Crack egg into pan; cover and cook for 1½ to 2 minutes or until desired degree of doneness.
 3. Combine remaining 1½ teaspoons oil, vinegar, salt, and pepper in a medium bowl. Add greens and radishes; toss to coat. Top with egg and breadcrumbs.

➤ **SERVES 1**
CALORIES 250; **FAT** 18.9g (sat 3.5g, mono 11.7g, poly 2.5g); **PROTEIN** 9g; **CARB** 14g; **FIBER** 5g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 186mg; **IRON** 2mg; **SODIUM** 389mg; **CALC** 163mg



POMEGRANATE-FARRO BREAKFAST SALAD WITH HONEY RICOTTA

Hands-on: 7 min. Total: 7 min.
For a tangier citrus flavor, go with lemon; for more floral, sweet notes, try tangerine. To keep prep simple, use purchased pomegranate arils from the produce section, or pre-prepare a fresh pomegranate the night before.

- 3 tablespoons part-skim ricotta cheese
- ½ teaspoon grated lemon or tangerine rind
- ½ teaspoon honey
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon fresh lemon or tangerine juice
- ⅛ teaspoon kosher salt
- 2 cups fresh mâche or baby spinach
- ⅓ cup cooked whole-grain farro
- ⅓ cup pomegranate arils
- 1 tablespoon coarsely chopped roasted almonds

1. Combine first 3 ingredients in a small bowl.
2. Combine oil, juice, and salt in a medium bowl. Add greens and farro; toss to coat. Arrange greens mixture in a shallow bowl; top with pomegranate, almonds, and ricotta mixture.

➤ **SERVES 1**
CALORIES 294; **FAT** 13.3g (sat 3.2g, mono 6.6g, poly 1.5g); **PROTEIN** 12g; **CARB** 41g; **FIBER** 8g; **SUGARS** 11g (est. added sugars 3g); **CHOL** 14mg; **IRON** 2mg; **SODIUM** 387mg; **CALC** 189mg

Healthy Breakfasts to Buy

Because some days, there's just no time to make breakfast



FROM THE FREEZER CASE

Amy's Tofu Scramble: Hefty, delicious serving of veggie-tofu scramble and hash browns.
CALORIES 320; **FAT** 19g (sat 3g); **PROTEIN** 22g; **SUGARS** 4g; **FIBER** 4g; **SODIUM** 580mg



FROM THE CEREAL AISLE

Grape-Nuts Original:

Four simple ingredients to enjoy hot or cold.
CALORIES 210; **FAT** 1g (sat 0g); **PROTEIN** 6g; **SUGARS** 5g; **FIBER** 7g; **SODIUM** 270mg



FROM THE DRIVE-THROUGH

Starbucks Egg and Cheddar Breakfast Sandwich:

Whole-wheat English muffin with egg and cheese.
CALORIES 280; **FAT** 13g (sat 5g); **PROTEIN** 12g; **SUGARS** 2g; **FIBER** 2g; **SODIUM** 460mg



FROM THE SNACK-FOOD SHELF

Nature Valley Protein Chewy Bars (Peanut Butter Dark Chocolate): Dominated by roasted peanuts, with more protein than sugar.

CALORIES 190; **FAT** 12g (sat 3.5g); **PROTEIN** 10g; **SUGARS** 6g; **FIBER** 5g; **SODIUM** 180mg

▶ For more of our healthy breakfast picks, visit cookinglight.com/newyear.

“

WHAT'S YOUR GO-TO HEALTHY BREAKFAST?
“Yogurt with crisp farro (from the night before), roasted apple, chia seeds, and maple syrup. Or butter lettuce, kale, chopped tomatoes, capers, and olives over an over-easy egg.”

—HUGH ACHESON, CHEF AND RESTAURATEUR



GRAPEFRUIT, AVOCADO, AND PROSCIUTTO BREAKFAST SALAD

Hands-on: 10 min. Total: 10 min.

Bright, refreshing grapefruit pairs surprisingly well with nutty-earthy toasted sesame oil. This meal is full of satiating heart-healthy fats that will keep you full for a long time.

- 1 small ruby red grapefruit
- $\frac{3}{4}$ teaspoon dark sesame oil
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- Dash of kosher salt
- 1 cup microgreens, baby arugula, or torn lettuce
- $\frac{1}{2}$ ripe peeled avocado, thinly sliced
- 1 very thin slice prosciutto

1. Peel grapefruit; cut sections from grapefruit over a medium bowl. Squeeze membranes to extract about 1 tablespoon juice. Set sections aside. Add oil, pepper, and salt to juice, stirring with a whisk. Add greens; toss to coat. Arrange greens on a plate; top with grapefruit sections, avocado, and prosciutto.

👉 SERVES 1

CALORIES 245; **FAT** 15.8g (sat 2.5g, mono 8.2g, poly 2.9g); **PROTEIN** 7g; **CARB** 24g; **FIBER** 8g; **SUGARS** 15g (est. added sugars 0g); **CHOL** 11mg; **IRON** 1mg; **SODIUM** 503mg; **CALC** 53mg

How to Build a Breakfast Salad

We love breakfast salads. They're light, fresh, and balanced, preventing that all-too-familiar carb/sugar overload. Here are some tips for building a great one.

Avoid overly strong flavors. Raw garlic doesn't suit most folks first thing in the morning.

Include protein and fat for satiety. That protein can come from an egg,

a little cheese, left-over bacon, nuts, canned beans, or whole grains. Unsaturated fats (olive and nut oils, avocado, or nuts) are ideal for keeping you satisfied longer.

Keep it simple. This is breakfast, after all; on weekdays you don't have time to fuss with a lot of prep.

Pay attention to texture. Try to include something

crispy-crunchy, creamy-silky, juicy-fresh, and/or meaty-chewy.

Vary the base. Sometimes, go with greens. Other days, try beans, whole grains, or veggies.

GREEK CUCUMBER AND CHICKPEA BREAKFAST BOWL

Hands-on: 10 min. Total: 10 min.

Dill absolutely makes this salad, offering a fresh, herbaceous boost that livens up the canned chickpeas. It's a satisfying bowl of crunchy, creamy, chewy textures.

- 1½ teaspoons extra-virgin olive oil
- 1½ teaspoons red wine vinegar
- ⅛ teaspoon freshly ground black pepper
- Dash of kosher salt
- ½ cup unsalted canned chickpeas, drained
- 2 tablespoons slivered roasted red bell peppers
- 2 pitted kalamata olives, finely chopped
- ½ cup thinly sliced cucumber
- 2 tablespoons crumbled feta cheese
- 2 teaspoons chopped fresh dill

1. Combine first 4 ingredients in a medium bowl, stirring with a fork or whisk. Add chickpeas, bell peppers, and olives; toss to combine. Arrange cucumber slices and chickpea mixture in a bowl; top with cheese and dill.

✓ SERVES 1

CALORIES 255; **FAT** 11.6g (sat 3.1g, mono 5.6g, poly 0.8g); **PROTEIN** 9g; **CARB** 28g; **FIBER** 6g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 13mg; **IRON** 2mg; **SODIUM** 467mg; **CALC** 160mg

BACON, EGG, AND KALE BREAKFAST SALAD

Hands-on: 12 min. Total: 12 min. *Based loosely on the flavors of a BLT, this salad is hearty and light at the same time. Don't worry if it feels like you don't have a lot of dressing; the luscious golden yolk makes a creamy sauce in the bowl.*

- 1 large egg (refrigerator-cold)
- 2 cups chopped Lacinato kale
- ½ cup halved grape tomatoes
- 1½ teaspoons extra-virgin olive oil

- 1½ teaspoons cider vinegar
- ⅛ teaspoon kosher salt
- 1 bacon slice, cooked and crumbled
- ⅛ teaspoon freshly ground black pepper

1. Bring a small saucepan of water to a boil. Add cold egg; reduce heat until water is simmering, and cook for 6 minutes. Drain and rinse with cold water. Peel egg, and set aside.

2. Combine kale and tomatoes in a bowl. Drizzle

with oil and vinegar, and sprinkle with salt; toss to coat. Top with bacon. Carefully cut egg in half. Top salad with egg; sprinkle with pepper.

✓ SERVES 1

CALORIES 257; **FAT** 15.9g (sat 3.7g, mono 8.3g, poly 2.6g); **PROTEIN** 14g; **CARB** 17g; **FIBER** 4g; **SUGARS** 11g (est. added sugars 0g); **CHOL** 195mg; **IRON** 4mg; **SODIUM** 558mg; **CALC** 219mg

—Recipes by Ann Taylor Pittman



“

WHAT'S YOUR GO-TO HEALTHY BREAKFAST?
“A mix of berries, other fresh fruits, whole-grain cereal, and nonfat, plain Greek yogurt to hold it together...with no added sweetener.”

—DAVID KATZ, DIRECTOR, YALE UNIVERSITY PREVENTION RESEARCH CENTER



I TEACH A CLASS OF 4TH GRADERS

With my RA Pain

IT'S **NOT** OK TO
JUST GET BY
WITH RA PAIN.

Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

Visit RethinkRA.com to order your free **RethinKit** today.



Copyright © 2014 Pfizer Inc.

All rights reserved.

April 2014

TRA563107-01



nly

Eggland's Best
gives your family the
best in taste & nutrition.

THINK ALL EGGS ARE THE SAME? Then you haven't experienced Eggland's Best.



Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

Hungry for better taste? EBs deliver more of the farm-fresh flavor you and your family love. Any way you cook them!

So why give your family ordinary when they can enjoy the best? **Eggland's Best.**

**Voted Most Trusted Egg Brand by American shoppers. Based on the 2015 BrandSpark/Better Homes and Gardens American Shopper Study*



egglandsbest.com



Better Taste. Better Nutrition.
Better Eggs.®

DRINK HEALTHIER BEVERAGES

O Only 57% of adults drink more than 4 cups of water a day—that's a serious drought. On average, women need 9 glasses and men need 13. But there's more than hydration at stake: People who drink more water eat more fruits and veggies, exercise more, and eat less fast food. Aim for water to make up 75% of your fluid consumption, if not more. Here are ways to up your total.



1

ORANGE + GRAPE + BASIL
4 orange slices + 10 grapes, halved
+ 4 fresh basil sprigs



2

APPLE + GINGER + LEMONGRASS
8 Granny Smith apple slices + 5 fresh
ginger slices + 2 (1-inch) lemongrass sticks



3

CUCUMBER + THYME + TANGERINE
5 cucumber slices + 2 thyme
sprigs + 4 tangerine slices

“

WHY WE INFUSE?

“I drink more when I add herbs or fruit. It's not just plain old water anymore. It's delicious and adds a slight flavor so every single day is different, and I never get bored with the endless combinations.”

—TERESA SABGA,
CL DIGITAL FELLOW

4

GRAPEFRUIT + ROSEMARY + JALAPEÑO

4 grapefruit slices + 2 rosemary sprigs
+ 3 small jalapeño slices, seeded

5

PEAR + CINNAMON + VANILLA BEAN

8 pear slices + 1 cinnamon stick
+ ½ vanilla bean

6

GREEN TEA + MINT + POMEGRANATE

1 green tea bag + 2 fresh mint sprigs
+ 20 pomegranate arils, crushed

TIME-SAVER

For easy cleanup, line the juicer's pulp receptacle with a resealable plastic bag. Seal and refrigerate until ready to use. (See our suggestions with the recipes.) If composting the pulp, use a small biodegradable bag that can go directly into the compost pile.

▼
Afternoon
Pick-Me-Up



◀
Hangover
Cure



▶
Everyday
Green



▲
Workout
Recovery



Get into a Juice-a-Day Habit

Juicing is a great way to get a huge dose of plant-based nutrients in one single glass. But don't just take a cleansing approach—this can leave you unsatisfied and hungry, as there's often not enough protein, fat, or fiber in juices to keep your belly full for long. Instead, drink your fruit-and-veggie-filled beverage either as a snack or to supplement a lighter meal. Bonus: When you juice at home, it costs less than the juice bar. Plus, you control what goes into the juicer, and your body.

EVERYDAY GREEN

Hands-on: 10 min. Total: 10 min.

Crisp, tart, earthy, bright—and powerful, too, with a whopping 7g protein from the parsley and kale. For extra sweetness, choose a sweeter variety of apple, such as Fuji or Gala.

- 6 ounces chopped sweet-tart apple, such as Braeburn (1½ cups)
- 3 ounces coarsely chopped parsley leaves and stems (1 bunch)
- 4 ounces stemmed chopped kale (6 packed cups)
- 2 ounces peeled lemon

1. Juice in an electric juicer, alternating the dry (kale and parsley) and juicy (apple and lemon) ingredients. Serve immediately.

👉 **SERVES 1** (serving size: about 8 ounces)
PULP 1½ cups

CALORIES 157; **FAT** 19g (sat 0.3g, mono 0.3g, poly 0.6g); **PROTEIN** 7g; **CARB** 37g; **FIBER** 2g; **SUGARS** 19g (est. added sugars 0g); **CHOL** 0mg; **IRON** 8mg; **SODIUM** 98mg; **CALC** 294mg

Pulp Fix: Mix into potato pancake or latke batter for a green, zesty boost.

AFTERNOON PICK-ME-UP

Hands-on: 7 min. Total: 7 min.

Starting to slump? Snap out of it with this craveable combo of invigorating jalapeño, refreshing pineapple, and sweet beets, which naturally increase blood flow to the brain.

- 6 ounces chopped peeled beet (1 cup)
- 4 ounces chopped pineapple (½ cup)
- ½ ounce seeded jalapeño pepper

1. Juice in an electric juicer. Serve immediately for the best quality, or within 24 hours.

👉 **SERVES 1** (serving size: about 6 ounces)
PULP ¾ cup

CALORIES 114; **FAT** 0.5g (sat 0.1g, mono 0.1g, poly 0.2g); **PROTEIN** 3g; **CARB** 27g; **FIBER** 2g; **SUGARS** 23g (est. added sugars 0g); **CHOL** 0mg; **IRON** 2mg; **SODIUM** 134mg; **CALC** 44mg

Pulp Fix: Stir into ground turkey or pork for a meaty beet burger with island flair.

HANGOVER CURE

Hands-on: 5 min. Total: 5 min.

The grapes that did you in last night do you good this morning. Potassium-rich grapes replenish electrolytes, magnesium-packed celery calms headaches, and diuretic melon flushes out toxins.

- 6 ounces chopped cantaloupe (about 1 cup)
- 5 ounces spinach (about 3 packed cups)
- 5 ounces red grapes (about ¾ cup)
- 3 ounces celery (2 small stalks)

1. Juice in an electric juicer. Serve immediately for the best quality, or within 24 hours.

👉 **SERVES 1** (serving size: about 8 ounces)
PULP ⅔ cup

CALORIES 178; **FAT** 1.3g (sat 0.3g, mono 0.1g, poly 0.5g); **PROTEIN** 7g; **CARB** 41g; **FIBER** 1g; **SUGARS** 36g (est. added sugars 0g); **CHOL** 0mg; **IRON** 5mg; **SODIUM** 210mg; **CALC** 204mg

Pulp Fix: Jazz up your plain ⅓-less-fat cream cheese with the pulp from this juice for a sweet-and-savory blend that's delicious schmear over whole-grain bagels, pizza crust, or in place of mayo on a sandwich.

WORKOUT RECOVERY

Hands-on: 7 min. Total: 7 min.

STAFF FAVE We were amazed at how delectably creamy the sweet potato becomes in the juicer, plus it's a bit higher in calories and loaded with potassium to balance and replenish your electrolytes after exercise.

- 8 ounces chopped peeled sweet potato (2 cups)
- 4 ounces peeled orange
- 3 ounces coarsely chopped carrot (2 small carrots)

1. Juice in an electric juicer. Serve immediately for the best quality, or within 24 hours.

👉 **SERVES 1** (serving size: about 8 ounces)
PULP 1 cup

CALORIES 245; **FAT** 0.5g (sat 0.1g, mono 0.1g, poly 0.2g); **PROTEIN** 5g; **CARB** 58g; **FIBER** 2g; **SUGARS** 23g (est. added sugars 0g); **CHOL** 0mg; **IRON** 2mg; **SODIUM** 185mg; **CALC** 145mg

Pulp Fix: Stir this bright, citrusy mix into zucchini or banana bread batter for a sunny, fiber-filled twist.

—Recipes by Katie Barreira

3

CAVEATS TO JUICING

1. Juice lacks the fiber found in the whole fruit or vegetable, which will cause your blood sugar to spike more rapidly and leave you hungry.

2. There's no chewing—and no sense of being sated to start the metabolic process.

3. Juices have the potential to be high in calories, mostly from natural sugars.

BOTTOM LINE

Juicing shouldn't replace whole fruits and veggies. Instead, drink juice to supplement a healthy diet.



The Buzz on Caffeine

According to the FDA, 80% of American adults drink caffeine every day, averaging about 200mg a day—the amount in about 2 cups of coffee. But food manufacturers aren't required

to include caffeine on labels, so it's difficult to know how much we are getting.

Here's a handy guide—complete with calories and sugar, too—for those who like their caffeinated beverages beyond just black.

BEVERAGE	CAFFEINE (MG)	CALORIES	SUGAR (G)
Starbucks Grande Coffee (16 fluid ounces; each sugar packet adds about 10 calories and 3g sugar)	330	0	0
5-Hour Energy (2-ounce shot; artificially sweetened)	208	4	0
Monster Energy (16 fluid ounces)	160	210	54
Starbucks Grande Pumpkin Spice Latte with nonfat milk (16 fluid ounces)	150	260	49
Folgers instant coffee (2 teaspoons/12 fluid ounces)	148	0	0
K-cup (8 fluid ounces)	75-150	0	0
Starbucks Tall Caffè Mocha with 2% milk (12 fluid ounces)	95	230	26
V8 V-Fusion + Energy Pomegranate Blueberry (8 fluid ounces)	80	50	10
Red Bull (8.4 fluid ounces)	80	110	27
Shot of espresso (1.5-2 fluid ounces)	75	0	0
Starbucks Tall Chai Latte with nonfat milk (12 fluid ounces)	50	120	21
Green tea, brewed for 3 minutes (8 fluid ounces)	30-65	0	0
Diet cola (12 fluid ounces; artificially sweetened)	47	0	0
Cola (12 fluid ounces)	35	140	39
Hot chocolate with nonfat milk (12 fluid ounces)	15	180	17



HOW MUCH IS TOO MUCH?

Limit caffeine to no more than 400mg a day. That's about 3 K-cups, or one Starbucks Venti. Sound unbearable?

Try this: Enjoy 1 to 2 cups of coffee in the a.m., and switch to green tea with a splash of milk, a dash of ginger, and cinnamon.

A WORD ON ALCOHOL

▶ When it comes to alcohol, women get the shaft. Dietary guidelines recommend we have no more than one drink per day, or seven over a week (men get double). People: No one is more disappointed than I—because I know it means my nightly tittle is limited to 1.5 ounces of my beloved bourbon. Or I can enjoy one 5-ounce glass of wine, or a 12-ounce beer. *One.* I've made my peace with this, though, and certainly don't want to jeopardize my health. So I have devised strategies for making that one drink as enjoyable as possible:

▶ **Go for quality.** Don't waste your one precious serving on something "meh." Instead, enjoy a full-bodied beer, robust cabernet, or slow sipper (such as the drink at right).

▶ **Time it right.** Enjoy your drink when you can truly savor it: during dinner, after the kids go to bed, or during a bath.

▶ **Be mindful.** Fully appreciate your drink—breathe in its aroma, relish its mouthfeel, let it linger on your palate.

—Ann Taylor Pittman, Executive Editor and bourbon lover



THE WHISKEY DONNA

This is not a guzzler; the Campari slows you down. Combine 1 ounce **bourbon**, ½ ounce **Campari**, and 1 teaspoon **fresh lemon juice** in a highball glass with ice. Top with 2 ounces **club soda**.
Calories: 107

Now, cleaning your dog's teeth
is a treat for you both



Tastes like a treat. Cleans like a toothbrush.*

Nothing says "Love that smile" like Milk-Bone® Brushing Chews®. They're a treat that's clinically proven as effective as brushing*, with a unique twist and nub design that helps clean all the way down to your pup's gumline.



*When fed daily, Milk-Bone® Brushing Chews® are as effective as brushing a dog's teeth twice a week based on the reduction of tartar build-up.

EAT YOUR HEART OUT

Keeping your heart healthy is as easy as making a few smart and delicious changes to your everyday meals. Registered dietitian **CHEF ANNA BULLETT** suggests starting with simple swaps: Replace ingredients that are high in saturated fat with items like cholesterol-free Mazola® Corn Oil. She showed us the heart-healthy way to make her favorite recipes.

SEARED SALMON FILLETS WITH ORZO PILAF

5 teaspoons Mazola® Corn Oil, divided
 2 tablespoons chopped fresh dill
 ¼ cup uncooked orzo
 2 tablespoons fresh lemon juice
 1 ½ cups unsalted chicken stock
 1 ounce chopped pitted kalamata olives
 ½ teaspoon salt, divided
 4 (6-ounce) salmon fillets
 ¼ cup bottled roasted red bell peppers, thinly sliced
 ½ teaspoon black pepper

1. Heat a medium-sized saucepan over medium-high heat. Add 2 teaspoons oil; swirl. Add orzo; sauté two minutes or until toasted. Add stock and ¼ teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in bell peppers, dill, juice, and olives; keep warm.

2. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl. Sprinkle fish with remaining ¼ teaspoon salt and black pepper. Cook three minutes on each side or until desired degree of doneness. Serve with orzo mixture.



A recent study found that Mazola® Corn Oil helps lower cholesterol more than extra virgin olive oil.*



SMART & VERSATILE

Mazola® Corn Oil has a high smoke point, making it the optimal oil for grilling, sautéing, and baking. With cholesterol-blocking plant sterols and a neutral taste, it is a heart-healthy choice for salad dressings and marinades.**

Mazola

Get more recipe ideas for heart-healthy favorites. Watch the videos at cookinglight.com/simpleswaps

* Maki KC, Lawless AI, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. J. Clin. Lipidol. January/February 2015 issue. Study sponsored in part by ACH Food Companies, Inc.

** Based on USDA Nutrient Database SR-27, 2015. USDA and USDHHS 2010; FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008; Ellegard et al. 2008; Mensink et al. 2010.



Grilled pork with
avocado salsa

HEART HEALTHY IS ON THE TABLE.

A recent study found that Mazola[®] Corn Oil helps
lower cholesterol more than extra virgin olive oil.*

Perfect for sautéing, stir-frying, grilling, and baking! Find delicious recipes at Mazola.com



Corn oil is a cholesterol free food that contains 14g of total fat per serving. See nutrition information on package for fat and saturated fat content. Very limited and preliminary scientific evidence suggests that eating about 1tbsp (16g) of corn oil daily may reduce the risk of heart disease due to the unsaturated fat content in corn oil. FDA concludes there is little scientific evidence supporting this claim. To achieve this possible benefit, corn oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains 14g of corn oil. For more information visit Mazola.com.

* Maki KC, Lawless AJ, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. J. Clin. Lipidol. January/February 2015 issue. Study sponsored in part by ACH Food Companies, Inc.



◀
**Veggie Egg
Scramble**
Recipe p. 102

DIET THE COOK'S WAY

T The Cooking Light Diet is a subscription-based, calorie-driven meal-planning service that provides easy, delicious weekly menus for people looking to turn weight-loss aspirations into reality. It offers recipe options based on dietary preferences, the ability to reschedule favorite meals, an editable shopping list feature, an option to plug in leftovers, and more. “Through this diet, I have learned how not to deprive myself of my favorite foods, and instead how to incorporate them in a smarter way,” says subscriber Katie Anderson (see page 102). The Diet inspires people to channel their love for cooking into meals that bring the family together and offers a sustainable lifestyle alternative to the usual quick-fix approach of other dieting services. Here’s what a day on the Diet looks like.



◀
**Greek Slaw and
Chicken Pitas**
Recipe p. 102



▶
**Easy Thai Steak
Noodle Bowl**
Recipe p. 104

CookingLight.
DIET

Sign up for the Cooking Light Diet
and save 20% as a new member!
Use code JUMPSTART at
[diet.cookinglight.com/
jumpstart](https://diet.cookinglight.com/jumpstart).

Katie's Ultimate Day

We created a breakfast, lunch, and dinner specifically for Katie and her family, with each recipe using six ingredients or fewer and repeating ingredients throughout the day for less waste.

Learn more about
Katie's Cooking Light
Diet adventure at
cookinglight.com/katie.



KATIE ANDERSON,
NEWMAN, GA

“Mealtime has become easier, happier, and more fun—for my whole family. My relationship with food has completely changed for the better, and as a result, I feel better, look better, and am a happier person. I've lost 14 pounds.*

I've gone down a belt notch. I'm wearing dresses again. I'm exercising with renewed energy. I never thought I could lose weight, but I did it. You can love food and lose weight. Who knew?”

*Members following the Cooking Light Diet lose more than half a pound per week, on average.



VEGGIE EGGY SCRAMBLE

Hands-on: 8 min. Total: 8 min. Katie admits that she and her family “aren't big morning people.” They rush through and typically grab what's convenient. We like the idea of getting them to incorporate veggies into the morning meal, and it's not hard or time-consuming to do. Katie can spend a few minutes prepping everything the night before (including beating the egg-cheese mixture) to make the next morning

Breakfast

a breeze. When they need this to be grab and go, they can stuff the scramble into a whole-wheat pita.

- 5 large eggs
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 ounce feta cheese, crumbled (about 1/4 cup)
- 1 tablespoon canola oil
- 1/4 cup chopped green onions
- 1/2 cup halved grape tomatoes
- 1 (5-ounce) package fresh baby spinach
- 4 (1 1/2-ounce) slices 100% whole-grain bread, toasted

1. Place eggs in a medium bowl; stir with a whisk until lightly beaten. Add salt,

pepper, and feta cheese; whisk to combine.

2. Heat a large nonstick skillet over medium heat. Add oil; swirl to coat. Add onions and tomatoes; cook 1 minute, stirring occasionally. Add spinach; cover and cook 1 minute or until spinach starts to wilt. Stir mixture. Pour egg mixture into pan; cook 1 1/2 minutes or until eggs are soft-scrambled, gently stirring to incorporate vegetables. Serve over toast.

✓ SERVES 4 (serving size: 1 toast slice and 1/2 cup egg mixture)

CALORIES 228; **FAT** 11.7g (sat 3.3g, mono 4.8g, poly 2.3g); **PROTEIN** 13g; **CARB** 21g; **FIBER** 8g; **SUGARS** 3g (est. added sugars 1g); **CHOL** 239mg; **IRON** 3mg; **SODIUM** 419mg; **CALC** 239mg

Lunch



GREEK SLAW AND CHICKEN PITAS

Hands-on: 15 min. Total: 15 min. Salads are a favorite lunch option for the Andersons, and Katie is particularly fond of Greek salads. This quick-to-assemble sandwich is basically a salad in a pita, one that's full of crunchy lemon-feta Greek slaw and filling, convenient rotisserie chicken.

- 2 tablespoons fresh lemon juice
- 1 1/2 tablespoons canola oil
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 3 cups very thinly sliced green cabbage
- 1/2 cup thinly sliced green onions
- 2 ounces feta cheese, crumbled (about 1/2 cup)
- 8 ounces skinless, boneless rotisserie chicken breast, thinly sliced
- 4 ounces skinless, boneless rotisserie chicken thigh, thinly sliced
- 4 (6-inch) whole-wheat pitas, cut in half

1. Combine first 4 ingredients in a medium bowl, stirring well. Add cabbage, onions, and cheese; toss well to combine.

2. Divide chicken evenly among pita halves; spoon about 1/2 cup slaw into each pita half.

✓ SERVES 4 (serving size: 2 stuffed pita halves)

CALORIES 384; **FAT** 13.5g (sat 3.8g, mono 6.2g, poly 2.3g); **PROTEIN** 32g; **CARB** 36g; **FIBER** 5g; **SUGARS** 4g (est. added sugars 1g); **CHOL** 100mg; **IRON** 3mg; **SODIUM** 712mg; **CALC** 154mg

Cooking Light **DIET**

Achieve your weight loss goals in 2016 ...
the simple & delicious way!

SAVE
20%*

Sign up with code:
JUMPSTART



➔ Sign up at
diet.cookinglight.com/jumpstart.

Short Rib and
Tomato Ragout over
Pappardelle

* For new Cooking Light Diet subscribers only.

Dinner



EASY THAI STEAK NOODLE BOWL

Hands-on: 21 min. Total: 21 min.

The Anderson family loves Thai food, but they don't have many options to satisfy cravings in their small town. This recipe gives them the flavors they love with supermarket ingredients.

- 2½ cups very thinly sliced green cabbage
- 1 tablespoon fresh lime juice, divided
- 2 teaspoons sugar, divided

- 1 teaspoon kosher salt, divided
 - 8 ounces uncooked flat brown rice noodles (pad Thai noodles, such as Annie Chun's)
 - 12 ounces top sirloin steak, trimmed and thinly sliced
 - 1½ teaspoons canola oil
 - ½ cup water
 - 2 tablespoons red curry paste (such as Thai Kitchen)
 - 1 (13.5-ounce) can light coconut milk
 - 4 lime wedges (optional)
1. Combine cabbage, 1 teaspoon lime juice, ½ teaspoon sugar, and ¼ teaspoon salt; toss well to combine. Set aside at room

temperature for 15 minutes.

- 2. Prepare rice noodles according to package directions. Drain and rinse with cold water; drain.
- 3. Toss steak with ½ teaspoon sugar. Heat a large skillet over high heat. Add oil; swirl to coat. Add steak to pan; cook 2 minutes. Turn steak over; cook an additional 30 seconds or just until browned. Remove from pan; keep warm.
- 4. Add ½ cup water to pan, scraping pan to loosen browned bits. Add curry paste and coconut milk, stirring well to combine; bring to a simmer. Reduce heat to low; simmer for

5 minutes. Stir in remaining 2 teaspoons lime juice, remaining 1 teaspoon sugar, and ½ teaspoon salt. Arrange about 1 cup noodles in each of 4 bowls; divide steak evenly over servings. Ladle about ½ cup broth over each serving; top each with about ½ cup cabbage mixture. Sprinkle remaining ¼ teaspoon salt evenly over servings. Serve with lime wedges, if desired.

▶ SERVES 4 (serving size: 1 bowl)

CALORIES 395; **FAT** 10.6g (sat 6.1g, mono 2.4g, poly 0.6g); **PROTEIN** 22g; **CARB** 54g; **FIBER** 5g; **SUGARS** 4g (est. added sugars 2g); **CHOL** 45mg; **IRON** 2mg; **SODIUM** 690mg; **CALC** 29mg

—Recipes by Ann Taylor Pittman

“

More Success Stories from the CL Diet Community

KENNAN HESTER RALEIGH, NC

Kennan has used the Cooking Light Diet to overcome genetic hurdles on her way to weight-loss success. (To date, she has lost 20 pounds.*) Kennan says the Diet is helping her dine out a lot less, too: “We’re social birds, and we have a lot of friends in the neighborhood who regularly want to go do things. But since we’ve started the Diet, we tend to say, ‘Oh, yeah, sure! We’ll meet you after dinner.’ It’s easier to be sure we’re eating healthy if we do it at home.”

**Members following the Cooking Light Diet lose more than half a pound per week, on average.*

KATHY SEILER ESSEX JUNCTION, VT

“My cholesterol’s been borderline high,” says Kathy. “I’ve been on the Diet for three months ... I had a physical and had my cholesterol tested. My doctor said, ‘Your LDL went down. What are you doing?’ So I told her I’d started this diet that’s very much about cooking and whole food. She said that’s amazing because it’s really hard to move those numbers much with diet alone. A month later, my husband had his physical, and his LDL level had gone down, too.”

GAI DORAN NEW HAVEN, CT

Gai already loved to cook, so her menus have inspired her to think beyond the kitchen. “The recipes take advantage of what’s in season, or I can make those choices myself,” she says. “[Since] so many of the recipes use fresh herbs, it has inspired me to start my own garden! I’m having a lot of fun watching these plants growing. I’ve never had a garden or grown vegetables before, so this is very cool.”



Bagel Thins[®]

A little goes a long way.

For me, every morning is a chance to start fresh and set the tone for the whole day. That's why I reach for Thomas'[®] Bagel Thins[®] bagels.

*Packing the crunchy-on-the-outside, soft-and-chewy-on-the-inside taste I love into a **110-calorie** option I can't resist, Thomas' Bagel Thins bagels start my day right.*



breakfast
**LIKE NO
OTHER[™]**



Spinach, egg whites and low-fat Swiss cheese on Thomas'[®] Everything Bagel Thins[®] bagel is 180 calories.

© Bimbo Bakeries USA, Inc. All Rights Reserved.



@THOMASBREAKFAST #BAGELTHINS

BECOME A MEAL PLANNER

▶ Meal planning isn't just for the über organized. No matter your shopping or cooking style, these smart strategies will help you save money (up to \$185 per week), limit food waste, and eat well all week long.

WE'LL PLAN FOR YOU

Each Sunday, we publish a week of healthy menus to help you plan for the week ahead. Head to cookinglight.com/sundaystrategist, or try the drag-and-drop meal planner at cookinglight.com/weeknight-meal-planner.



I'LL MAKE AHEAD PLANNER



DIAGNOSIS

A true weekend warrior, you cook on Sunday for the week ahead. While leftovers aren't a big deal, they can get a bit boring. By Friday, you're stuck with odds and ends of recipes that don't really have a home, so they end up getting tossed.

WHAT TO DO

- 1. Stagger meals:** Instead of soldiering through a double batch every night, stagger a couple of favorite recipes during the week to avoid back-to-back repeats.
- 2. Embrace "kitchen sink" dishes:** Stir-fries, frittatas, loaded baked potatoes, pasta bakes, and spinach salads can revamp leftovers with little effort.
- 3. Know what can be revived:** Saucy items (stews, chilis, marinara) and layered items (meat loaf, casseroles) hold up well to freezing and reheating.
- 4. And what can't:** Plain cooked pastas and rice can be gummy or gritty; cooked proteins can overcook or dry out when reheated alone. Better to revamp these.



I HATE LEFTOVERS PLANNER



DIAGNOSIS

You like to plan ahead but don't want dinner déjà vu. Recipes go half eaten, and meals become a strange mashup—a scoop of chicken curry, some avocado, a cheese stick—not unlike your preschooler's plate.

WHAT TO DO

- 1. Be honest:** You may have the best intentions to cook recipes ahead, but if you know that last night's dinner won't be appealing come mealtime, it'll be a waste.
- 2. Prep components, not meals:** Cook and store items that can be combined differently during the week, from rock star toppers like caramelized onions and roasted tomatoes to basics like cooked wheat berries and fresh chopped, stemmed kale.
- 3. Shake up your proteins:** Try a little crisped bacon, prosciutto, or cured chorizo instead of a centerpiece protein. Eggs should also be part of your weeknight rotation.
- 4. Shake up your starches:** Break up the classic combos (sauce and pasta, stir-fry and rice, steak and potatoes) and try something new: spaghetti squash, cauliflower "rice," or quick-cooking lentils.



I'LL WING IT (NON-) PLANNER



DIAGNOSIS

You let your culinary mood inspire dinner daily. Store cashiers know you by name (you pop in for this or that several times a week). Your fridge and pantry are full of forgotten items that you'll need to purge soon to make room for more.

WHAT TO DO

- 1. Play "use it or lose it":** If you can't think of at least three reasonable uses for an ingredient at the store, put it back on the shelf.
- 2. Shop less:** More trips mean impulse buys and wasted food. Challenge yourself to go less, or pick up just one or two ingredients and make a meal with what you have.
- 3. Stock your pantry:** Keep building-block items such as unsalted canned beans, canned whole tomatoes, and quick-cooking whole grains like quinoa and farro on hand as the base for any meal.
- 4. Stock your fridge:** Fresh ingredients like parsley, lemon, shallots, and Parmesan make any dish sing. Add a pantry staple and a main ingredient, and dinner is done.



Mascarpone has
1/2 the calories of butter



The perfect
70 calorie snack



Eat Well

For a protein boost,
dip veggies in
Ricotta con Latte®



rBST Free* | Gluten Free | Vegetarian
*No significant difference has been found in milk from cows treated with artificial hormones.

Cheese is part of a healthy lifestyle.
Try these cheeses that are both nutritious and delicious.

belgioioso.com



BELGIOIOSO
Quality Never Stops™



“An ideal snack consists of protein, healthy fat, and fiber. I always recommend two snacks to help folks keep their energy levels up and blood sugar steady during the day.”

—FRANCES LARGEMAN-ROTH, RDN

Smart Portion Packing

Instead of toting the entire package of almonds to the office, keep between-meal munching in check by measuring out snacks before you're ready to devour them. Savvy packing can help:

- ▶ Use “snack size” plastic bags for crackers, pita chips, or other addictively salty/crunchy items.

- ▶ Layer yogurt, fruit, and nuts into 8-ounce jars with screw-top lids for parfaits to go.

- ▶ Reach for muffin cup liners for portioning items that call for a “small handful” serving size, like nuts and dried fruit.

- ▶ We love OXO Mini LockTop Containers for packing creamy yogurt dips and hummus. \$10, oxo.com



ILLUSTRATION: DRUE WAGNER

STASH HEALTHY SNACKS

▶ Here are six simple, protein-rich snack combos to provide satisfaction and fuel as soon as hunger strikes, all with about 125 calories or less. Which ones will you pack this week?

1. BANANA-GRAHAMS

½ medium banana + 2 honey graham cracker sticks + 1 tablespoon roasted, unsalted peanuts

▶ **CALORIES** 126; **FAT** 5.2g (sat 0.8g); **PROTEIN** 3g; **FIBER** 2g; **SUGARS** 8g (est. added sugars 1g); **SODIUM** 25mg

2. BALSAMIC TOMATO TOAST

1 (1-ounce) slice multigrain toast + 2 tomato slices + ½ ounce fresh mozzarella cheese + ¼ teaspoon balsamic vinegar

▶ **CALORIES** 116; **FAT** 4.3g (sat 2.2g); **PROTEIN** 6g; **FIBER** 2g; **SUGARS** 3g (est. added sugars 2g); **SODIUM** 144mg

3. BERRY-PISTACHIO YOGURT

½ cup nonfat Greek yogurt + 2 tablespoons blueberries + 1 tablespoon chopped unsalted pistachios + ½ teaspoon honey

▶ **CALORIES** 124; **FAT** 3.6g (sat 0.4g); **PROTEIN** 12g; **FIBER** 1g; **SUGARS** 10g (est. added sugars 3g); **SODIUM** 45mg

4. SALMON-CUKE STACKS

¾ ounce smoked salmon + ½ ounce ⅓-less-fat cream cheese + ½ cup cucumber slices

▶ **CALORIES** 69; **FAT** 4.2g (sat 2g); **PROTEIN** 6g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **SODIUM** 215mg

5. CHOCOLATE-ALMOND STRAWBERRIES

⅓ cup strawberries + 5 almonds + ½ ounce dark chocolate

▶ **CALORIES** 123; **FAT** 7.9g (sat 2.9g); **PROTEIN** 2g; **FIBER** 3g; **SUGARS** 10g (est. added sugars 7g); **SODIUM** 1mg

6. MAPLE-RICOTTA WAFFLE

1 toasted multigrain waffle + 1 tablespoon part-skim ricotta cheese + 1½ teaspoons maple syrup + cinnamon

▶ **CALORIES** 120; **FAT** 4.7g (sat 1g); **PROTEIN** 3g; **FIBER** 3g; **SUGARS** 4g (est. added sugars 4g); **SODIUM** 180mg



- NO ARTIFICIAL INGREDIENTS
- NO ARTIFICIAL PRESERVATIVES
- NO ADDED HORMONES+
- NO ARTIFICIAL FLAVORS
- NO ARTIFICIAL COLORS
- NO GLUTEN
- NO BY-PRODUCTS

Great taste is in our nature.



FLIP YOUR PROTEIN

Protein is an essential component of the diet, necessary for everyday growth and cell functions. The thing is, most of us get more than enough—more than 100 grams each day, twice the recommended amount. Most of that protein (about 85%) comes from animal sources. Meanwhile, only 14% of Americans are eating enough plants, which not only have vitamins and satiating fiber but also lots of protein—and far less saturated fat than most animal proteins. So let's shift our plates to focus more on plant-based proteins. We don't have to give up meat, but we can use it as more of a flavor booster than the star of the plate. Eating plant-based proteins is associated with a lower risk of disease, and they have a smaller carbon footprint, too. But the best part? Vegetables are downright tasty. Read on to find out how to flip your protein.



Before

Steak and Potatoes

The average New York strip is no less than a half-pound on the plate, and typically serves one. That's practically a day's worth of protein, plus a hefty 12 grams of sat fat—before the addition of buttered potatoes and beans.

After the Flip

STEAK SALAD NIÇOISE

Hands-on: 25 min. Total: 40 min. We take a single 8-ounce steak, thinly slice it, and use it to flavor 4 entrée-sized salads, each filled with more than 2 cups of veggies.

- 2 large eggs (refrigerator-cold)
- 10 ounces red potatoes
- 12 ounces haricots verts (French green beans)
- Cooking spray
- 8 ounces trimmed New York strip steak
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- ¼ cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh thyme leaves
- 2½ tablespoons olive oil
- 2 tablespoons white wine vinegar

- 1 teaspoon Dijon mustard
- 1 small garlic clove, grated
- 3 cups chopped romaine lettuce
- 1 cup halved cherry tomatoes
- 20 niçoise olives

1. Place eggs and potatoes in a large saucepan; cover with cold water to 2 inches above eggs. Bring to a boil; reduce heat to medium-low, and cook 7 minutes. Remove eggs from pan; place in a large ice water-filled bowl. Continue cooking potatoes 13 more minutes or until tender. Remove potatoes with a slotted spoon. Cool slightly; cut into quarters. Add beans to boiling water; cook 4 minutes or until crisp-tender; drain and place in ice water. Drain well; place potatoes and beans in a large bowl. Peel eggs; cut into quarters, and set aside.

2. Heat a cast-iron skillet over medium-high heat. Coat pan with cooking

spray. Add steak to pan; cook 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 5 minutes. Cut across grain into thin slices; sprinkle with ½ teaspoon salt and ½ teaspoon pepper.

3. Combine remaining ¾ teaspoon salt, remaining ¾ teaspoon pepper, parsley, and next 5 ingredients (through garlic) in a small bowl or jar; stir with a whisk or shake until well blended. Drizzle half of dressing over potato mixture; toss to coat. Divide potatoes, beans, steak, lettuce, tomatoes, olives, and eggs evenly among 4 plates. Drizzle remaining dressing over servings.


▶ SERVES 4 (serving size: 1½ ounces beef, ¼ cup tomatoes, 5 olives, about ¾ cup beans, about ¾ cup romaine, and 2 egg quarters)
CALORIES 303; **FAT** 16.2g (sat 3.6g, mono 8.7g, poly 1.8g); **PROTEIN** 19g; **CARB** 22g; **FIBER** 5g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 128mg; **IRON** 4mg; **SODIUM** 540mg; **CALC** 86mg





LESS IS MORE

When meat packs big flavor, it's easier to use less and still make an impact. Some of our favorites for less-meat meals: smoked meats or fish, sardines, spice-rubbed steak, center-cut bacon, duck, or a spicy cured sausage (just watch sodium).





Before

Classic Chicken Marsala

Notice our recipe has mushroom before chicken in the title. The classic recipe has a meat to veggie ratio of about 3:1, while ours is quite the opposite. We skip the white pasta and spoon this saucy goodness over whole-grain quinoa.

After the Flip

MUSHROOM AND CHICKEN MARSALA BOWLS

Hands-on: 35 min. Total: 35 min.
Rich chicken thighs are supremely satisfying when paired with lots of buttery browned mushrooms.

- 2½ tablespoons butter, divided
- 1 cup uncooked quinoa, rinsed and drained
- 1½ cups unsalted chicken stock, divided
- ¾ teaspoon kosher salt, divided
- 1½ tablespoons canola oil, divided
- 1 (6-ounce) package fresh baby spinach
- 1 pound mushrooms, quartered
- 8 ounces skinless, boneless chicken thighs, cut into bite-sized pieces
- ¼ cup minced shallots
- 1½ tablespoons chopped fresh thyme

- 4 garlic cloves, thinly sliced
- ½ cup dry Marsala wine
- 1 teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper

1. Melt 1½ teaspoons butter in a small saucepan over medium-high heat. Add quinoa to pan; sauté 3 minutes or until toasted and fragrant. Add 1¼ cups stock; bring to a boil. Cover, reduce heat, and simmer for 12 minutes. Remove from heat; let stand 10 minutes. Stir in ¼ teaspoon salt.
2. Heat a large skillet over medium-high heat. Add 1½ teaspoons oil to pan; swirl to coat. Add spinach; cook 1½ minutes or until beginning to wilt. Remove spinach from pan.
3. Melt 1½ teaspoons butter in pan. Add 1½ teaspoons oil; swirl to coat. Add mushrooms; cook 8 minutes, turning to brown on all sides. Remove mushroom mixture from pan.

4. Add remaining 1½ teaspoons oil to pan; swirl to coat. Add chicken to pan; sauté 4 minutes, browning on all sides. Add shallots, thyme, and garlic; sauté 1½ minutes. Add wine and remaining ¼ cup stock, scraping pan to loosen browned bits. Cook 2 minutes or until liquid is reduced by two-thirds and becomes slightly syrupy. Remove from heat. Add remaining 1½ tablespoons butter, mustard, pepper, and remaining ½ teaspoon salt, stirring constantly until butter melts. Stir in mushrooms and spinach. Serve over quinoa.

🍴 SERVES 4 (serving size: about ¾ cup quinoa mixture and 1 cup chicken mixture)
CALORIES 432; **FAT** 18g (sat 5.9g, mono 6.7g, poly 3.9g); **PROTEIN** 24g; **CARB** 36g; **FIBER** 6g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 73mg; **IRON** 5mg; **SODIUM** 596mg; **CALC** 94mg



“For overall human health, there are many benefits to moving away from our animal-based to a more plant-based diet. The protein flip keeps the animal foods on the plate, but moves them to the edges, and moves vegetables, beans, and grains to the center. Let’s do the flip! Less meat, better meat, and more of a plant-based diet. Eat well, be well.”

—CHRISTOPHER GARDNER, PROFESSOR OF MEDICINE, STANFORD PREVENTION RESEARCH CENTER, STANFORD SCHOOL OF MEDICINE



Before

Pork Carnitas Plate

Carnitas are a labor of love, as pork simmers in fat for hours until tender, then gets piled onto a plate with refried beans and rice. Very few veggies find their way into this classic dish.

After the Flip

SHREDDED PORK AND PINTO TACOS WITH PEPITA SLAW

Hands-on: 25 min. Total: 40 min. A half-pound of pork is a gracious plenty for these tacos, which are beefed up with pinto beans, Greek yogurt—amped avocado crema, and a crunchy slaw topped with pumpkinseeds. The plant protein sources make up about half the total amount.

- 2/3 cup sliced shallots
- 1/2 cup unsalted chicken stock
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon ground cumin, divided

- 1/2 teaspoon smoked paprika
- 8 ounces pork tenderloin, trimmed and cut in half crosswise
- 5 garlic cloves, thinly sliced
- 1 (15-ounce) can unsalted pinto beans, rinsed and drained
- 1 1/2 cups thinly sliced red cabbage
- 1/4 cup coarsely chopped fresh cilantro leaves
- 2 tablespoons fresh lime juice, divided
- 1 teaspoon canola oil
- 2 tablespoons pepitas (toasted pumpkinseeds)
- 1/3 cup plain fat-free Greek yogurt
- 1 ripe avocado, peeled
- 8 corn tortillas

1. Combine shallots, stock, 1/2 teaspoon salt, 1/2 teaspoon cumin, paprika, pork, and garlic in a small saucepan; bring to a simmer. Reduce heat to low; cover and simmer 25 minutes. Remove pork from pan; set aside. Increase heat to medium; cook 8 minutes or until liquid is reduced to about 2 to 3 tablespoons. Shred pork with 2 forks; stir pork and beans into cooking liquid. Mash some of the beans to thicken and bind the mixture.

- 2. While pork cooks, combine cabbage, cilantro, 1 1/2 tablespoons lime juice, oil, and 1/4 teaspoon salt; toss well to combine. Sprinkle with pepitas.
- 3. Combine yogurt, avocado, remaining 1 1/2 teaspoons lime juice, 1/4 teaspoon cumin, and 1/4 teaspoon salt in a small bowl; mash to desired consistency.
- 4. Heat tortillas directly over a gas flame or in a hot cast-iron skillet for 20 seconds on each side or until lightly charred. Divide pork mixture, slaw, and avocado mixture evenly among tortillas.

▶ SERVES 4 (serving size: 2 tacos)
CALORIES 386; **FAT** 11.2g (sat 1.8g, mono 5.5g, poly 2.7g); **PROTEIN** 25g; **CARB** 49g; **FIBER** 12g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 37mg; **IRON** 4mg; **SODIUM** 580mg; **CALC** 144mg

SHREDDED CHICKEN TACO VARIATION

In place of pork tenderloin, use 2 (4-ounce) skinless, boneless chicken thighs. Decrease simmering time from 25 to 15 minutes, and increase smoked paprika to 5/8 teaspoon.




▶ SERVES 4 (serving size: 2 tacos)
CALORIES 392; **FAT** 12.3g (sat 2g, mono 5.9g, poly 3g); **PROTEIN** 24g; **CARB** 49g; **FIBER** 12g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 54mg; **IRON** 4mg; **SODIUM** 600mg; **CALC** 146mg









ILLUSTRATIONS: DRUE WAGNER

Top 8 Supercharged Plant Proteins

Animals may be the gold standard when it comes to protein, but plants don't fall far behind. And when you only need 50 grams in a day, plants will add up quickly. They're also full of fiber and have less saturated fat than their animal counterparts.

	 3 ounces 85% lean ground beef	 1 cup cooked lentils	 1 cup canned chickpeas
PROTEIN	22g	18g	12g
CALORIES	213	230	211
FIBER	0g	16g	11g
SATURATED FAT	5g	0.1g	0.5g



 1 cup cooked quinoa	 1 ounce dry-roasted shelled pistachios	 1 cup cooked spinach	 2 tablespoons peanut butter	 1 cup edamame	 1 cup white beans
8g	6g	5g	8g	17g	19g
222	160	41	188	189	299
5g	3g	4g	2g	8g	13g
0.4g	1.6g	0.1g	3.4g	1g	0.2g

presenting **TRAVEL+LEISURE**
journeysTM
// WE PLAN, YOU PACK. //

ISLAND HOPPING BY YACHT IN
croatia



CULTURAL IMMERSION IN
cuba



20
unique itineraries + experiences
expertly curated by **T+L** editors,
and **Black Tomato**,
the award-winning luxury
travel company.



AN ADVENTURE TOUR THROUGH
iceland



DESERT CAMPING IN
oman
[AND MORE]

**BOOK
TODAY**

FOR TRIP DETAILS AND TO **BOOK**, GO TO TRAVELANDLEISURE.COM/JOURNEYS OR CALL 844.284.0205.



Before

Pasta Bolognese

More meat than actual sauce, Bolognese sings with fatty cuts of beef and pork, then sits atop a mountain of white pasta. To flip, we “beef up” just 6 ounces of sirloin with loads of mushrooms, aromatics, and walnuts.

After the Flip

VEGGIE-PACKED BOLOGNESE

Hands-on: 35 min. Total: 48 min.

Just when you think there isn't enough veggie goodness, we pack even more into the base disguised as “boodles” (butternut noodles), intertwined with whole-grain pasta. You'll need a spiralizer or julienne peeler to make the veggie noodles. The meaty texture and nutty flavor from the walnuts is downright addictive.

- $\frac{2}{3}$ cup boiling water
- $\frac{1}{2}$ ounce dried porcini mushrooms
- 1 tablespoon canola oil
- $1\frac{1}{2}$ cups chopped onion
- $\frac{3}{4}$ cup finely chopped carrot
- $\frac{2}{3}$ cup finely chopped celery
- 8 ounces cremini mushrooms, finely chopped
- 6 garlic cloves, minced
- 6 ounces 90% lean ground sirloin
- 3 tablespoons unsalted tomato paste
- 1 teaspoon dried oregano
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon crushed red pepper

- 2 (8-ounce) cans unsalted tomato sauce
- 12 ounces peeled butternut squash
- 4 ounces whole-grain spaghetti (such as Barilla)
- $\frac{1}{3}$ cup finely chopped walnuts, toasted
- 1 ounce Parmigiano-Reggiano cheese, shaved (about $\frac{1}{4}$ cup)

1. Pour boiling water over porcini in a small bowl; let stand 15 minutes. Remove porcini with a slotted spoon; finely chop porcini, and reserve soaking liquid.
2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion, carrot, and celery; cook 5 minutes, stirring occasionally. Add cremini mushrooms and garlic; cook 6 minutes or until mushroom liquid evaporates, stirring occasionally. Add beef; cook 3 minutes, stirring frequently. Add

tomato paste; cook 1 minute, stirring constantly. Stir in porcini, oregano, salt, pepper, and tomato sauce; pour in porcini liquid, stopping before grit at bottom of bowl reaches sauce. Bring to a boil; reduce heat, and simmer, uncovered, 12 minutes or until thickened, stirring occasionally to keep sauce from sticking.

3. Run squash through a spiralizer to create noodles, or cut into long noodles with a julienne peeler; set aside. Cook pasta according to package directions, omitting salt and fat, and adding butternut noodles during last 2 minutes of cooking time. Drain.

4. Stir walnuts into sauce; spoon over pasta mixture. Sprinkle with cheese.

Y **SERVES 4** (serving size: about $\frac{1}{4}$ cups pasta mixture, 1 cup sauce, and 1 tablespoon cheese)

CALORIES 448; **FAT** 17.5g (sat 3.9g, mono 5.5g, poly 6g); **PROTEIN** 24g; **CARB** 54g; **FIBER** 10g; **SUGARS** 14g (est. added sugars 2g); **CHOL** 32mg; **IRON** 12mg; **SODIUM** 573mg; **CALC** 210mg

—Recipes by Ann Taylor Pittman




CUT BACK ON ADDED SUGAR

Sugar is everywhere in the American diet, though largely invisible. We consume more than 70 pounds of it per person per year, very little from naturally occurring sugars such as those found in fruit and milk. Added sugars (those put in during processing) are one of the main reasons packaged foods—even savory foods like marinara sauce, salad dressing, and breads—can be calorically dense. A sugar-laden diet could not only increase your risk of heart disease (see page 61 for details) but also lead to weight gain and diabetes. Our consumption of added sugars has increased by more than 30% over the past three decades, so it's no surprise that for the first time, the USDA's Dietary Guidelines committee is proposing a limit on added sugars: no more than 10% of total daily calories. That's about 50 grams (or 200 calories) in a 2,000-calorie-

per-day diet. But this is difficult to calculate when our current labeling system doesn't require added sugars to be listed on packaging. The good news is that there's a pending FDA proposal that would require food companies to list added sugars as a subset of total sugars. Here and on page 61 are information, tips, recipes, and resources to help you cut back.



 Savory Granola
Recipe p. 122



4
**Chocolate Stout
Brownies**
Recipe p. 123

▶
**Tangy Lemon
Cheesecake Bars**
Recipe p. 123

NATURAL VS. ADDED

Added sugars are sweeteners that are added either by food manufacturers during processing or in the home kitchen while cooking or baking. Naturally occurring sugars are those inherent to the food, such as fructose in fruit or lactose in milk.



SMOKY CHIPOTLE BAKED BEANS

Hands-on: 23 min.

Total: 1 hr. 10 min.

You might be surprised to learn that baked beans often contain a good bit of sugar—usually from brown sugar, molasses, and/or ketchup. A classic recipe might have 15g total sugars per ½-cup serving; ours contains just 5g (only 2g added from a little maple syrup), allowing the smoky flavors of bacon, chipotle, and smoked paprika to pop.

- 4 center-cut bacon slices, chopped
- 1 cup finely chopped onion
- 2 tablespoons white miso (soybean paste)

- 4 garlic cloves, minced
- ½ cup unsalted chicken stock
- 1½ tablespoons maple syrup
- 1 tablespoon chopped canned chipotle chiles in adobo sauce
- 1½ teaspoons cider vinegar
- ½ teaspoon smoked paprika
- 3 (15-ounce) cans unsalted navy beans or Great Northern beans
- 1 (8-ounce) can unsalted tomato sauce

1. Preheat oven to 350°.
2. Cook bacon in a 10-inch cast-iron skillet or other ovenproof skillet over medium heat 5 minutes

or until crisp, stirring occasionally. Remove bacon from pan with a slotted spoon, reserving drippings. **3.** Add onion to drippings in pan; cook 4 minutes, stirring occasionally. Add miso and garlic; cook 2 minutes, stirring frequently. Stir in stock and remaining ingredients; bring to a simmer. Place pan in oven; bake at 350° for 45 minutes or until sauce is thick. Remove pan from oven; sprinkle beans with bacon.

YIELDS 8 (serving size: about ½ cup)
CALORIES 184; **FAT** 1.4g (sat 0.3g, mono 0g, poly 0g); **PROTEIN** 11g; **CARB** 33g; **FIBER** 10g; **SUGARS** 5g (est. added sugars 2g); **CHOL** 3mg; **IRON** 4mg; **SODIUM** 230mg; **CALC** 115mg



SAVORY GRANOLA

Hands-on: 8 min. Total: 30 min.



Meet your new granola, which has two-thirds less sugar than most store-bought varieties.

We like it with a little extra kick, but knock the red pepper back for less heat. Stir into yogurt, sprinkle over fresh fruit, or toss into salads.

- 1¼ cups old-fashioned rolled oats
- ½ cup pecan halves
- ½ cup coarsely chopped walnut halves
- ½ cup dry-roasted sunflower seed kernels
- 2 tablespoons uncooked quinoa
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh thyme
- 1 teaspoon kosher salt
- ¾ teaspoon ground red pepper
- ¼ teaspoon ground cinnamon
- 1 large egg white

Cooking spray

1. Preheat oven to 325°.
2. Combine oats, pecans, walnuts, sunflower seeds, and quinoa in a large bowl.
3. Combine olive oil and next 6 ingredients (through egg white) in a bowl, stirring well with a whisk. Pour olive oil mixture over oat mixture; toss to coat. Spread mixture on a jelly-roll pan coated with cooking spray. Bake at 325° for 20 minutes or until browned, stirring occasionally. Cool completely.

YIELDS 12 (serving size: about ⅓ cup)
CALORIES 162; **FAT** 11.7g (sat 1.3g, mono 4.5g, poly 5.4g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 166mg; **CALC** 18mg

NEW NUMBERS Starting with this issue, you'll see total sugars and estimated added sugars in the nutrition stats located at the end of each recipe to help you keep added sugars in check.



TANGY LEMON CHEESECAKE BARS

Hands-on: 25 min.

Total: 3 hr. 30 min.



Classic lemon squares can contain 36g sugar per piece. We put a puckery cheesecake

spin on ours—cutting sugar to just 6g per bar—which allows the bright citrus to shine.

Crust:

- 4 ounces whole-wheat pastry flour (about 1 cup)
- 1/3 cup sliced almonds, toasted
- 3 tablespoons powdered sugar
- 1 tablespoon canola oil
- 1/4 teaspoon kosher salt
- 1/4 cup cold butter, cut into small pieces

Cooking spray

Filling:

- 3/4 cup fat-free Greek yogurt
- 1/3 cup granulated sugar
- 1 tablespoon grated lemon rind
- 1/3 cup plus 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 1 (8-ounce) package 1/3-less-fat cream cheese
- 2 large eggs

1. Preheat oven to 350°.
2. To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, almonds, powdered sugar, oil, and 1/4 teaspoon salt in a food processor; pulse until almonds are finely ground. Add butter; pulse until mixture resembles coarse meal. Pour mixture into an 11 x 7-inch glass baking dish coated with cooking spray. Pat mixture down into an even layer, patting firmly without compacting too tightly (which will make crust tough). Bake at 350° for 23 minutes or until lightly browned. Remove from oven; cool completely.

3. Reduce oven temperature to 325°.
4. To prepare filling, rinse processor, and wipe dry. Place yogurt and next 6 ingredients (through cream cheese) in processor; process until smooth. Add eggs; process until smooth. Pour mixture over crust, spreading evenly. Bake at 325° for 30 minutes or until set.
5. Cool completely on a wire rack. Cover and refrigerate 3 hours or until chilled.

▶ SERVES 18 (serving size: 1 piece)
CALORIES 129; **FAT** 7.7g (sat 3.5g, mono 2.6g, poly 0.8g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 1g; **SUGARS** 6g (est. added sugars 5g); **CHOL** 37mg; **IRON** 0mg; **SODIUM** 130mg; **CALC** 34mg



CHOCOLATE STOUT BROWNIES

Hands-on: 21 min. Total: 55 min.

The typical brownie has nearly 20g sugar—masking the flavor of the chocolate in an overwhelming wave of sweetness. Here we cut sugar in half for a richer, denser brownie that truly satisfies.

- 1.5 ounces whole-wheat pastry flour (about 1/3 cup)
- 1/4 cup unsweetened cocoa
- 1/2 teaspoon kosher salt
- 1/4 cup butter
- 2 tablespoons canola oil
- 4 1/2 ounces 60% bittersweet chocolate, divided
- 2/3 cup coffee stout beer
- 1/4 cup granulated sugar
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract
- 1 large egg
- 1 large egg yolk

Cooking spray

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, and salt in a medium bowl.
3. Combine butter, oil, and 3 ounces chocolate in a large bowl over simmering water.

LIMIT ADDED SUGARS

All forms of added sugars—whether white, brown, honey, organic molasses, fruit juice concentrate, or agave—are simple sugars.

The body breaks these down rapidly, causing blood sugar and insulin levels to rise. They leave no sense of satiety or satisfaction and should be limited.

Cook over low heat until smooth, stirring occasionally. Remove from heat; cool slightly. Add beer, granulated sugar, brown sugar, vanilla, egg, and egg yolk. Beat with a mixer at medium speed 1 minute or until combined. Add flour mixture to chocolate mixture, stirring just until combined. Finely chop remaining 1 1/2 ounces chocolate. Stir chocolate into chocolate mixture.

4. Pour the batter into an 8-inch square glass or metal baking pan coated with cooking spray. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack.

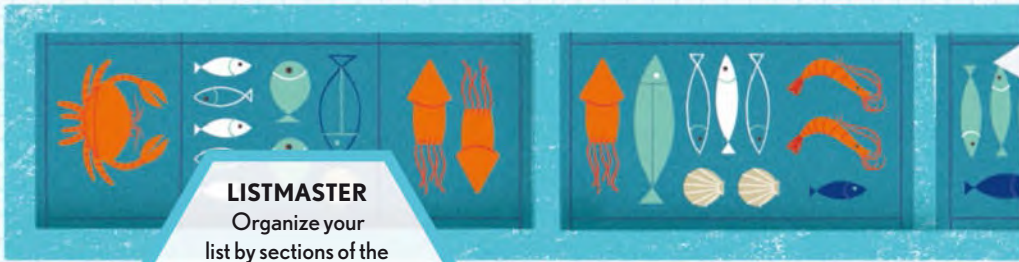
▶ SERVES 16 (serving size: 1 square)
CALORIES 131; **FAT** 8.5g (sat 4g, mono 3.1g, poly 0.8g); **PROTEIN** 2g; **CARB** 12g; **FIBER** 1g; **SUGARS** 8g (est. added sugars 8g); **CHOL** 31mg; **IRON** 1mg; **SODIUM** 68mg; **CALC** 14mg

—Recipes by Sidney Fry, MS, RD, and Ann Taylor Pittman



“When baking with less sugar, the flavors of everything else come out so much more. A chocolate custard becomes intensely chocolaty. A blueberry muffin tastes of tart ripe fruit. A walnut-date shortbread is nutty and fruity and buttery. To accentuate all of these flavors, if you reduce sugar also increase any flavorings that are in the recipe. Salt, vanilla, almond extract, spices—every flavor will have a larger platform on which to shine.”

—JOANNE CHANG, AUTHOR OF BAKING WITH LESS SUGAR



LISTMASTER
Organize your list by sections of the grocery (produce, meat/fish, frozen items, dairy, and so on). Bonus points: List sections in the order you travel in your market.

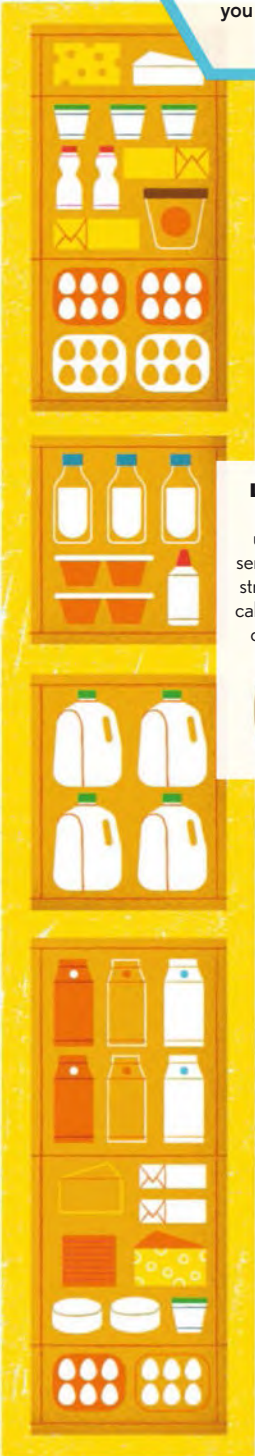


LABEL WISDOM
Ask your fishmonger or consult the Monterey Bay Aquarium Seafood Watch to find sustainable choices.



SHOP SMARTER

▶ A little shopping savvy will help you navigate supermarket aisles with ease, spend wisely, and eat fresher and healthier than ever.



LABEL WISDOM
Watch out for unreasonably high serving numbers—they strategically lower the calorie, fat, and sodium counts per serving.



Look for reduced-fat options; there are many good ones out there. **Cape Cod Chips** makes a great 40% reduced-fat potato chip—just don't eat 40% more.

SNACK TIPS
Take advantage of the growing array of lower-sodium popcorn, whole-grain pretzels, and high-fiber bean chips. Hit the frozen aisle for high-protein items like edamame.

▶ Always keep **frozen produce** (without seasoning or sauce) on hand. It's just as healthy as fresh, and handy when certain fresh produce is out of season.



▶ Stores place their most expensive products at **eye level**. Items on the higher and lower shelves are often cheaper and sometimes more nutritious.



LABEL WISDOM

Look for meat that hasn't been injected with saline solution or preservatives. Sometimes those are labeled "marinated."



PRICE CUT

Slash poultry costs with your own knife. Cuts like breast tenders or cutlets cost more per pound than whole breasts. Slice and pound whole breasts at home. Cheaper yet: Buy a whole bird.

LABEL WISDOM



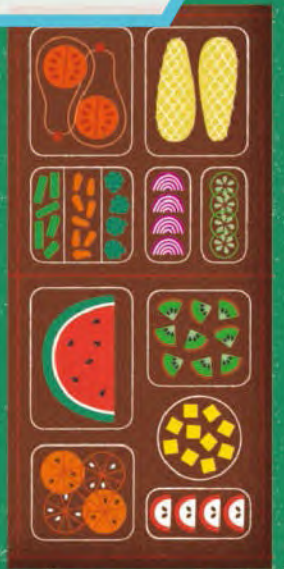
Less scrupulous olive oil producers try to pass off lower grades of oil as the good stuff. We like California Olive Ranch, which is certified extra-virgin.



Big bottles of cooking oil are cheaper on a cost per unit basis, but you may not finish them before they go rancid. Stick with smaller bottles.



Precut produce is convenient, but it perishes and loses nutrients and flavor faster than whole fruits and veggies.



Shop for fresh produce and bakery bread more than once a week—your food will be fresher, and you'll reduce waste.



Brown rice and whole-grain pastas give you more than 3 times the fiber and many more nutrients than their white counterparts.



LABEL WISDOM

Go for cereals with at least 5g fiber, 5g protein, and less than 10g sugar per serving. A whole grain should be the first ingredient on the box's list.



SHOP THE EDGES

Find fresh whole foods—dairy, protein, produce—around the market perimeter.



DIVVY UP YOUR CART

Your shopping cart contents should match the proportions of the ideal dinner plate:

50% fruits and veggies

25% lean plant and animal protein

25% whole grains



THE FOODS YOU SHOULD HAVE IN YOUR BASKET THIS YEAR

Gochujang

The sweet notes in this Korean hot sauce make it the likely successor to the Sriracha throne.



Tofu noodles

The gluten-free, low-cal alternative to traditional pastas.



Fresh hot chiles

The capsaicin (heat agent) in peppers may burn fat and boost health.



Packaged bone broth

The streetside trend of 2015 is coming to your local grocery store.

Beverage soup

Tio Gazpacho gives you tasty chilled soup in a bottle.



Items You Can Scrimp On



1. Sugar Store brand is just fine.



2. Whole and ground spices Store brands deliver plenty of aroma and flavor.



3. Block cheese If you're not buying artisanal cheese, go for the cheapest option.



4. Precut produce Buy whole fruits and veggies and slice them yourself to avoid the nearly 40% markup.



5. Nuts Buy in bulk, and store extras in the freezer for up to 9 months.



6. Tomato paste Because most recipes use little more than a tablespoon or two, it's practically impossible to tell the difference between premium paste and less expensive options in finished dishes.



7. Fresh herbs Buy combo packages, sometimes labeled "poultry mix," that give you smaller amounts of several herbs to avoid waste.



8. Milk Now that most supermarket store brands have eliminated growth hormone (check labels to be sure), there's no need to splurge on organic or name brand.



9. Canned beans Any difference you might notice is lost in the rinsing and draining.



10. Brown rice and other whole grains: No quality drop-off in cheaper bulk offerings.

5

GREAT SHOPPING RESOURCES

1. Cozi The free app and website (and CL partner) let you create and share shopping lists: cozi.com.

2. In-store dietitians More supermarkets offer professional dietitians on-site. Consult with them for cooking tips, label wisdom, and food allergy advice.

3. Call-ahead service Your market may allow you to phone in orders. A store staffer gathers and bags your items; you simply pick them up and pay.

4. Delivery service Companies like Peapod (peapod.com) offer grocery delivery in select

markets with food prices comparable to those of major stores.

5. Grocery Pal A free app that lets you browse weekly sales, compare prices at different stores, redeem coupons, and organize your shopping list.

Spend \$5. Get \$5.

COMPLIMENTS OF COOKING LIGHT®

Receive a **\$5 gift card** when you **spend \$5** or more on these featured products—a great way to stock up on healthy essentials to help you jump-start your New Year's resolutions!



Mazola®

Mazola® Corn Oil has 4X more cholesterol-blocking plant sterols than olive oil.*

Learn more at Mazola.com

*USDA and USDHHS 2010; FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008, Ellegard et al. 2008; Mensink et al. 2010



Cooking Light® Sea Salt Popcorn

This 3-ingredient snack is a guilt-free solution to mid-afternoon cravings. With only 35 calories per cup, Cooking Light® Sea Salt Popcorn is the whole grain, flavorful, oh-so-simple snack you've been looking for.

Learn more at CookingLight.com/products

FREE GIFT WITH PURCHASE. Limited-time offer, while supplies last. Limit one gift card per household. Purchase of qualifying products must be made between 12/25/15 and 2/29/16 in a single transaction. Proof of purchase must be in the form of a photocopy of the original store receipt with the qualifying products and purchase date circled, and must be postmarked by 3/7/16 and received no later than 3/14/16. Please allow 6-8 weeks for delivery after 3/14/16, the end date of the promotion. Sponsor is not responsible for lost, late, or misdirected mail. Any attempt at fraud may lead to disqualification and further legal action. Proof of sending or submission will not be deemed to be proof of receipt by Sponsor. Void where prohibited by law.

All referenced trademarks are the properties of their respective owners. © 2016 Time Inc. Terms and conditions are applied to Gift Cards.

HERE'S HOW TO GET YOUR

Free

GIFT CARD

- SHOP** and spend **\$5** on the products shown here in a single visit before February 29, 2016.
- SEND** a photo of your receipt confirming your purchases, along with your name, address and phone number to: CookingLightOffer@USSweeps.com
OR MAIL a photocopy along with your name and address to:
Cooking Light New Year Gift Card Offer
c/o US Sweepstakes & Fulfillment Co.
625 Panorama Trail, Bldg. 2, Suite 2100
Rochester, NY 14625-2437.
Must be sent or postmarked by March 7, 2016. Email entries will not be acknowledged and no reply will be sent upon receipt or to any inquiries submitted.
- RECEIVE** your **\$5 Gift Card** by mail!

Hurry!

This offer ends February 29TH!

STREAMLINE YOUR KITCHEN

▶ Clean eating starts with a clean kitchen. Ditch unnecessary equipment so that you'll have the breathing room to get creative, optimize fridge space, and enjoy cooking all the more.



Green Your Clean

For all-natural DIY degreaser (use on any surface except wood), combine 2 cups water, 2 tablespoons fresh lemon juice, ½ teaspoon Dr. Bronner's Pure-Castile Soap, and 1 tablespoon baking soda in a 24-ounce spray bottle; shake well. The lemon disinfects and degreases, baking soda gently abrades, and soap disperses the solution.

—Recipe by Linda Cobb



3

THE ONLY 3 KNIVES YOU REALLY NEED

1. Shun Fuji paring knife
The dense wooden handle has ridges on both sides for supreme grip and comfort, key for extended paring jobs. \$220, williams-sonoma.com

◀ **BUDGET OPTION**

Victorinox Fibrox Pro Dishwasher-safe, this 3¼-inch paring knife performs as well as many pricier models. \$8, surlatable.com

2. Wüsthof Classic double-serrated 9-inch bread knife
Ingenious double serration slices items like crusty bread and crispy phyllo dough cleanly with a minimum of crumbs. \$110, surlatable.com

◀ **BUDGET OPTION**


OXO Good Grips bread knife
Comfy handle, 8-inch blade, easy to wield. \$10, amazon.com

3. Zwilling Pro wide 6-inch chef's knife
The 6-inch length makes it light and easy to handle, the broad curve lets it rock smoothly, and extra width helps to scoop chopped items. \$150, zwillingonline.com

◀ **BUDGET OPTION**

Calphalon Katana 6-inch chef's knife It's stylish and slim-handled with a razor-sharp Japanese steel blade. \$50, bedbathandbeyond.com.

ILLUSTRATION: DRUE WAGNER. PROP STYLING: (RIGHT) LINDSEY LOWER



Make healthy snacking easier by keeping a bowl of ready-to-eat fruit front and center.

The typical egg shelf is not the best place for your eggs. The door is one of the warmest spots, suitable for the least perishable items. Keep eggs on a middle shelf instead.

Prevent the inevitable "What is it?" and "Is it still good?" leftovers mysteries: Stick a label on the container and mark with a Sharpie what the food is, plus the date it was made.

Cheese is a live culture and needs to breathe. Wrap it tightly in wax paper, and seal with tape. If you're concerned it will dry out, then place it inside an unsealed plastic bag.

Keep fresh meat, poultry, and fish on the bottom shelf and in plastic containers so any juices that might escape won't contaminate other food.

Clear out your salad dressing shelf, and make your own: 2 parts oil, 1 part vinegar. It'll keep for months as long as fresh herbs go in just before use.

The crisper is meant to maintain adequate humidity so produce won't prematurely dehydrate and wilt. Some drawers let you adjust humidity.

Anatomy of a Healthy Fridge

A few tricks will have you eating healthier, help your perishables last longer, and keep everything well organized and in its rightful place.

The Only 5 Pans You Really Need



1. DUTCH OVEN For braises, soups, or boiling veggies and pasta. You can easily spend a bundle on fancy models, but Lodge's 6-quart color enamel Dutch oven does the job just fine. \$75

2. SAUCEPAN Go small or medium with this one, depending on your needs. This is for when a Dutch oven is too big for the job. Cuisinart's 3-quart saucepan is heavy-bottomed enough to heat evenly and prevent scorching during long simmers. \$40

3. CAST-IRON SKILLET An amazingly versatile, ovenproof pan that cooks everything from pancakes to hard-seared steaks. When fully seasoned, it's virtually nonstick. Go for a 12-inch pan; Lodge is the gold standard. \$37

4. HALF-SHEET BAKING PAN Use it to bake cookies or as a roasting pan for veggies or big hunks of meat. NordicWare's natural aluminum commercial baker's half sheet is sturdy and distributes heat evenly. \$19.50

5. NONSTICK SKILLET Essential for eggs and fish. T-Fal's 12-inch fry pan keeps its coating intact for longer than many nonstick skillets. \$30

5

THE 5 GADGETS NO MODERN KITCHEN SHOULD BE WITHOUT



Kitchen Active spiralizer

Everyone's new favorite tool for turning veggies into lovely noodles. We like the compact design of this one. \$10



Microplane soft-handle grater

This gives you what a box grater can't: fine, feathery shreds that meld with your food like delicious filament. \$15



OXO Good Grips Y peeler

A Y-shaped peeler gives you an ergonomic advantage when working with tough stuff, like butternut squash. \$9



Taylor digital cooking thermometer with probe and timer

Monitors meat as it roasts, then alerts you when it's reached the right temp. \$16



Inspired Basics digital kitchen scale

Weighing ingredients is the best way to get recipes right. This model gives you precise info. \$48



GET SOCIAL

T There's a new kind of health club, and it's right in your kitchen. Membership is free, and the benefits could last a lifetime. We're talking about gathering a group of friends and creating a cookbook club where healthy-cooking experts inspire you. It's a fantastic way to learn up-to-date techniques, explore ways to make over classics, or test-drive new food trends. Cooking clubs thrive when everything from organizing, shopping, prep, cooking, and cleanup gets divvied up for a no-pressure dinner party. And connecting frequently will cement social relationships and foster healthier eating habits.

HUNGARIAN BEEF STEW

Hands-on: 30 min.

Total: 2 hr. 15 min.

Freeze serving-size portions of stew in zip-top freezer bags. To release from the bag, submerge under hot water for 30 seconds; then heat over medium-low heat.

- 1½ pounds lean boneless chuck roast, trimmed and cut into 1-inch pieces
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 tablespoons all-purpose flour
- 1 tablespoon paprika
- 1 teaspoon caraway seeds
- 3 garlic cloves, minced
- 1 cup dry red wine
- 2 cups water, divided
- 1½ cups unsalted beef stock
- 1 pound fingerling potatoes, cut into 1-inch chunks
- 3 carrots, coarsely chopped
- 2 red bell peppers, sliced

1. Sprinkle beef with ½ teaspoon salt and ¼ teaspoon pepper. Heat oil in a large Dutch oven over medium-high heat. Add one-third of beef to pan; cook 6 minutes or until golden brown on both sides. Transfer to a plate. Repeat procedure with remaining beef in 2 more batches.
2. Reduce heat to medium, and add onions to pan; cook 5 minutes or until softened. Add flour, paprika, caraway seeds, and garlic; cook 1 minute, stirring. Add wine; cook 2 minutes or until thickened, stirring occasionally and scraping browned bits from bottom of pan.
3. Add 1 cup water, stock, and beef to pan; bring to a simmer. Reduce heat to low;

cook for 1¼ hours. Stir in potatoes, carrots, peppers, and remaining 1 cup water; simmer, partially covered, for 45 minutes to an hour or until meat and vegetables are fork-tender. Season stew with remaining ¼ teaspoon salt and ¼ teaspoon pepper.

✓ SERVES 6 (serving size: 1⅓ cups)
CALORIES 400; **FAT** 19g (sat 6.2g, mono 9.4g, poly 11g); **PROTEIN** 25g; **CARB** 25g; **FIBER** 4g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 85mg; **IRON** 4mg; **SODIUM** 390mg; **CALC** 62mg

Recipe adapted from Ellie Krieger's new cookbook, You Have It Made: Delicious, Healthy, Do-Ahead Meals (Houghton Mifflin Harcourt, January 2016). Copyright © 2016 by Ellie Krieger.



Visit cookinglight.com/newyear for more on starting a cooking club.

ELLIE KRIEGER, healthy-eating advocate and James Beard Award-winning author, serves up delicious, do-ahead meals in her latest cookbook, *You Have It Made*. Try her Hungarian Beef Stew to launch your cooking club. Add a salad and a simple dessert for a sure hit.



NEW YEAR, NEW YOU

2016

SPECIAL EDITION
OF THE DISH



California Walnuts

Recipes that include walnuts are a simple way to add flavor, texture and nutritious goodness to any meal. Visit Walnuts.org to find lots of recipe ideas.



Buy Authentic Italian, Get More.

Authentic products of Italy are synonymous with quality, creativity, passion, innovation, and tradition and have been a celebrated part of Italy's cultural identity. For centuries, we have combined the best ingredients to create extraordinary products, which we are so pleased to share with the world. Why settle? Choose the original products of Italy. Italianmade.com



Mazola®

Mazola® Corn Oil has 4X more cholesterol-blocking plant sterols than olive oil.*
Learn more at Mazola.com

*USDA and USDHHS 2010; FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008; Ellegard et al. 2008; Mensink et al. 2010

New Year. New Snack!

This Year, Lighten up Your Snacking with
New Popcorn from the Kitchen of Cooking Light



AVAILABLE IN
2
FLAVORS:
SIMPLY SEA SALT
AND SALSA VERDE

Now available at select retail locations nationwide.
Visit CookingLight.com/Products for store listings.

Cooking Light is a food and recipes magazine focused on living a healthy lifestyle. These products are developed under license from Cooking Light magazine; Cooking Light is not intended as a nutritional claim. Cooking Light is a trademark of Time Inc. Lifestyle Group. All referenced trademarks are the properties of their respective owners. ©2016 Time Inc.


SECRETS,
TIPS &
RECIPES

from America's
Healthy-Cooking
Experts

Cooking Light kitchen confidential

HOW TO

ROAST VEGETABLES

 Oven roasting surrounds vegetables with dry, hot, even heat that heightens flavor, browns and crisps exteriors, and cooks interiors to perfect tenderness. Use these guidelines for success.

ROASTED WHOLE CARROTS

Hands-on: 5 min.

Total: 40 min.

- 8 medium carrots
- 2 teaspoons olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Preheat oven to 400°.

Why? Cranking up the oven temperature caramelizes the vegetables' outer layer. If too high, the interior won't fully cook; if too low, the vegetables won't brown well. Roasting temperatures will range between 375° for larger items and 450° for smaller items.

2. Scrub carrots, and dry well; peel, if desired.

Why? The goal is a dry roasting environment. Excess moisture can make outer surfaces mushy and inhibit browning. Peeling is a matter of choice: Some peels taste bitter.

3. Arrange carrots in a single layer, well spaced on a baking sheet.

Why? Roast similar types and sizes of vegetables together so everything cooks at the same rate. To encourage caramelization, make sure each vegetable

sits directly on the sheet pan, and allow room for heat to circulate.

4. Drizzle with oil, turning to coat all over. Sprinkle with salt and pepper.

Why? A light coating of oil promotes browning and prevents sticking. But go easy: Too much oil will just soak into porous vegetables, or pool and "fry" nonporous ones. Avoid using butter, which can burn.

5. Tightly cover pan with foil. Bake at 400° for 10 minutes. Uncover and return pan to oven; bake an additional 18 minutes or until carrots are tender, turning once.

Why? Covering the pan creates a mini oven within the oven and speeds up roasting. It's essential to remove the foil early on to prevent buildup of steam from the vegetables' own juices.

▶ SERVES 4 (serving size: 2 carrots)
CALORIES 70; **FAT** 2.6g (sat 0.4g, mono 1.7g, poly 0.4g); **PROTEIN** 1g;
CARB 12g; **FIBER** 3g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 0mg;
IRON 0mg; **SODIUM** 204mg;
CALC 41mg

—Cheryl Slocum



Medium carrots are about 1 to 1¼ inches in diameter at their thickest part.

Use It Up Challenge: Chipotle Chiles in Adobo

Canned chipotles in adobo sauce bring smoky depth wherever they go. We love the warm kick they deliver in the saucy Chicken and Black Bean Enchiladas on page 48. Here are a few more ways to harness their flavor bomb potential.

1 CHIPOTLE MAYO

Combine $\frac{1}{3}$ cup canola mayonnaise, 2 tablespoons half-and-half, 1 tablespoon pickle relish, 2 teaspoons white vinegar, and 1 teaspoon minced chipotle chiles in adobo sauce, stirring with a whisk. Sprinkle with fresh chives.

👉 **SERVES 4** (serving size: 2 tablespoons)
CALORIES 65; **FAT** 5.9g (sat 0.5g, mono 3.4g, poly 1.9g); **PROTEIN** 0g; **CARB** 2g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 3mg; **IRON** 0mg; **SODIUM** 189mg; **CALC** 8mg

2 CHIPOTLE CHILAQUILES

Preheat broiler to high. Heat a large cast-iron skillet over medium heat. Add 2 tablespoons canola oil and $1\frac{1}{2}$ cups chopped onion; cook 4 minutes. Add 2 cups chopped zucchini and 5 chopped garlic cloves; cook 4 minutes. Add 2 (14-ounce) cans unsalted diced tomatoes, 3 tablespoons chopped fresh oregano, $\frac{1}{2}$ teaspoon kosher salt, and 2 ounces chopped chipotle chiles in adobo sauce. Cook 4 minutes; remove from heat. Stir in 2 ounces tortilla chips. Level surface. Make 4 indentations in surface; crack 1 large egg into each. Broil 5 minutes or until whites are set. Remove from oven. Sprinkle 2 tablespoons fresh oregano leaves and $\frac{1}{4}$ teaspoon black pepper over eggs. Serve with 1 peeled sliced avocado and 6 sliced radishes.

👉 **SERVES 4** (serving size: $1\frac{1}{2}$ cups chilaquiles mixture, 1 egg, $\frac{1}{4}$ avocado, and $\frac{1}{4}$ cup radishes)
CALORIES 384; **FAT** 23.1g (sat 3.5g, mono 13.7g, poly 4.2g); **PROTEIN** 12g; **CARB** 36g; **FIBER** 9g; **SUGARS** 11g (est. added sugars 1g); **CHOL** 186mg; **IRON** 3mg; **SODIUM** 552mg; **CALC** 150mg

—Recipes by the CL Kitchen

3 SMOKY BLACK BEAN DIP

Heat 1 tablespoon olive oil in a nonstick skillet over medium heat. Add 8 ounces chopped cremini mushrooms, $\frac{1}{4}$ cup chopped onion, and 3 chopped garlic cloves; cook 7 minutes. Add $\frac{1}{2}$ cup unsalted chicken stock and 2 teaspoons chopped chipotle chiles in adobo sauce; cook 1 minute. Combine mushroom mixture, 1 (15.5-ounce) can drained unsalted black beans, and $\frac{1}{2}$ teaspoon kosher salt in the bowl of a food processor; pulse until well combined. Transfer to a bowl; swirl in $\frac{1}{4}$ cup reduced-fat sour cream, 1 tablespoon olive oil, and 2 teaspoons lime juice. Serve with tortilla chips and crudités.

👉 **SERVES 8** (serving size: about $\frac{1}{4}$ cup)
CALORIES 96; **FAT** 4.4g (sat 1.1g, mono 2.5g, poly 0.4g); **PROTEIN** 4g; **CARB** 10g; **FIBER** 3g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 4mg; **IRON** 1mg; **SODIUM** 155mg; **CALC** 48mg

4 CHIPOTLE-MARINATED STEAK

Combine 2 tablespoons fresh orange juice, $1\frac{1}{2}$ tablespoons fresh lime juice, 1 minced chipotle chile in adobo sauce, 1 tablespoon adobo sauce, 1 tablespoon honey, 1 grated garlic clove, $\frac{3}{4}$ teaspoon kosher salt, and $\frac{1}{4}$ teaspoon ground cumin in a large zip-top bag. Add $1\frac{1}{2}$ pounds flank steak to bag; seal and refrigerate 1 hour. Preheat oven to 350° . Heat a grill pan over medium-high heat; coat with cooking spray. Add steak; cook 4 minutes on each side. Transfer to a jelly-roll pan; bake at 350° for 3 to 4 minutes. Transfer steak to a cutting board; let stand 5 minutes. Cut into thin slices. Sprinkle steak with $\frac{3}{4}$ teaspoon kosher salt.

👉 **SERVES 6** (serving size: about 3 ounces)
CALORIES 162; **FAT** 6.3g (sat 2.3g, mono 2.2g, poly 0.2g); **PROTEIN** 24g; **CARB** 0g; **FIBER** 0g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 70mg; **IRON** 2mg; **SODIUM** 332mg; **CALC** 27mg



HOW-TO

MANAGE HABANERO HEAT

As peppers go, habaneros (see recipe on page 20) are near the top of the capsaicin scale (the compound that contributes spicy heat). Try these techniques to take control of the flames.

—Robin Bashinsky

For maximum heat:
Use the whole habanero.

To lessen the heat just a little: Remove seeds.

To bring heat down moderately: Shave away all inner membranes.

To eliminate as much heat as possible: Blanch seeded, sliced chiles for 10 seconds.



SleepRight®

ARE THE SOUNDS OF
**TEETH GRINDING
AND SNORING**
DISTURBING YOUR SLEEP?

©2015 Splintek, Inc.



ALL YOU WILL HEAR IS **Zzzz**

- ✓ **DENTAL GUARD** protects teeth from clenching and grinding, without the hassle of boiling water or microwaving, then biting hot molten plastic for fitting.
- ✓ **BREATHE AID** instantly opens the nose up to 53% more, helping reduce snoring and nasal congestion, without skin-pulling adhesive strips.
- ✓ **VAPOR INHALER** delivers sustained-release, soothing menthol vapors, while breathe aid opens nose to increase airflow.

SleepRight®

Breathe Deep, Sleep Deep™
sleepright.com 888.792.0865

*comparing national retail sales

TARGET CVS/pharmacy Walmart ✨ meijer RITE AID Harris Teeter Walgreens



SPOTLIGHT

Stout beer gets its rich flavor from roasted grains; it adds depth to chocolate baked goods like our **Chocolate Stout Brownies** (p. 123). Choose a beer with forward malt flavor and less prominent hops, which are especially bitter when heated.

GEAR

Home Juicers

Most juicers fall into one of two categories: centrifugal or cold-press. Centrifugal juicers rapidly spin produce against tiny blades. Cold-press juicers crush using 1,000 pounds of pressure. Check out the pros and cons for each.

—Katie Barreira



CENTRIFUGAL JUICERS

PROS

Works very quickly.

Easy to clean.

Works well with hard produce like broccoli and beets.

Affordable options available.

CONS

The rapid spinning heats up juice slightly, which speeds oxidation, so juice is best consumed right away.

Any inedible peels must be removed, and nuts and leafy greens won't process.

Most fiber and some juice is lost with leftover pulp.

Recommended:
Breville Juice Fountain Elite 800JEXL (\$300)



COLD-PRESS JUICERS

PROS

Juice output is high with little leftover pulp (more fiber).

No friction, so juice does not heat up and stays fresh longer (about 3 days).

Can process a wide range of produce, including leafy greens. Softer produce works especially well.

Nuts can be milked (after soaking).

CONS

Can be very expensive, although more affordable models are entering the market.

Juicing process is slow.

Recommended:
Omega NC900HDC (\$380)

PREP-WISE

CHICKEN

Skinless, boneless chicken breasts are wonderfully versatile; that's why we feature them throughout the Dinner Tonight section (page 18). Sauté as is or cut into strips or cubes for quicker-cooking bites. To get even more out of this cut, try these techniques.



GRIND FOR PATTIES

Cut breasts into 1-inch cubes. Place on a tray, and freeze until very cold and firm. Working in batches, fill food processor bowl halfway with meat cubes. Pulse to finely grind meat.



SLICE A POCKET

Hold breast half flat on a cutting board; use a sharp, thin knife to slice a 3-inch horizontal slit into the thick side of the breast without going all the way through to the opposite side.



POUND THIN

Cut through breast halves horizontally to create two equally thick pieces. Place in a heavy-duty zip-top plastic bag; pound lightly with a meat mallet or skillet to desired thickness.

YOUR WEEKNIGHT GAME PLAN

Fast, Fresh, and Healthy Dinners from the Kitchen of *Cooking Light*.

Pair a few simple ingredients with our fully cooked entrées for a wholesome and delicious dinner in no time!

All of our refrigerated, ready-made food available at Target® stores are cooked SOUS-VIDE. This slow-cooking process involves placing food in vacuum-sealed packaging and cooking for many hours in a water bath at precisely controlled temperatures.

The Cooking Light advantage:

- ▶ Noticeably juicy and tender meat
- ▶ Premium, simple, familiar ingredients
- ▶ All natural, no additives or preservatives
- ▶ Ultimate convenience—just heat & eat



SERVING SUGGESTION



Find them in the refrigerated section at all Super Target locations and select Target grocery stores.



january/february recipe index

KEY

- QUICK & EASY
- GLUTEN FREE*
- KID FRIENDLY
- MAKE AHEAD
- FREEZABLE
- VEGETARIAN

*Read labels carefully; gluten hides in unexpected places.

APPETIZERS

- Butternut Queso Fundido **p.142**
- Savory Granola **p.122**
- Smoky Black Bean Dip **p.136**

BEVERAGES

- Afternoon Pick-Me-Up **p.95**
- Blood Orange and Ginger Soda **p.14**
- Celery Salty Dog **p.15**
- Cucumber-Fennel Cooler **p.15**
- Everyday Green **p.95**
- Flight of the Concordors **p.14**
- Hangover Cure **p.95**
- Orange Dreamsicle Smoothie **p.67**
- Pineapple Espresso **p.15**
- Spanish Dancer **p.15**
- Workout Recovery **p.95**

DESSERTS

- Chocolate Stout Brownies **p.123**
- Tangy Lemon Cheesecake Bars **p.123**

MAIN DISHES

BEEF

- Chipotle-Marinated Steak **p.136**
- Easy Thai Steak Noodle Bowl **p.104**

FISH & SHELLFISH

- Pan-Seared Herb Shrimp **p.64**

PORK

- Shredded Pork and Pinto Tacos with Pepita Slaw **p.114**

POULTRY

- Basil, Feta, and Quinoa Stuffed Chicken Breasts **p.22**
- Chicken and Black Bean Enchiladas **p.48**
- Chicken Cordon Bleu Grilled Cheese Sandwiches **p.42**
- Chicken Kofte with Zucchini **p.39**
- Chicken Sausage and Broccoli Rabe Penne **p.34**
- Chicken, Spinach, and Mushroom Lasagna **p.56**
- Chicken Tinga Tacos **p.54**
- Chicken Yakitori **p.39**
- Flattened Chicken with Almond and Paprika Vinaigrette **p.19**
- Garlic-Sage Roasted Chicken with Kale and Radicchio Caesar Salad **p.53**
- Ginger Chicken, Shiitake, and Scallion Soup **p.26**
- Greek Slaw and Chicken Pitas **p.102**
- Grilled Chicken Thighs with Ginger Sauce **p.40**
- Grilled Mango-Habanero Jerk Chicken **p.20**
- Honey-Lime Drumsticks with Snow Peas and Brown Rice **p.50**
- Mushroom and Chicken Marsala Bowls **p.113**
- Shredded Chicken and Avocado Nacho Salad **p.34**
- Shredded Chicken Tacos **p.114**
- Skillet Chicken with Escarole and Pecorino **p.36**
- Skillet Chicken with Roasted Potatoes and Carrots **p.25**

- Skillet Chicken with Seared Avocados **p.28**
- Slow Cooker Chicken Tikka Masala **p.44**
- Sweet and Sour Chicken **p.40**
- Tangy Chicken-Farro Bowl **p.36**
- Thai Green Curry Chicken **p.53**

VEGETARIAN

- Chipotle Chilaquiles **p.136**
- Flaxseed Oatmeal with Blueberries **p.4**
- Peppered White Bean, Kale, and Egg Stack **p.47**
- Veggie Egg Scramble **p.102**

PASTA

- Chicken Sausage and Broccoli Rabe Penne **p.34**
- Chicken, Spinach, and Mushroom Lasagna **p.56**
- Veggie-Packed Bolognese **p.119**

SALADS

- Apple-Sunchoke Salad with Smoked Trout and Cider Vinaigrette **p.10**
- Bacon, Egg, and Kale Breakfast Salad **p.87**
- Fried Egg and Crunchy Breadcrumb Breakfast Salad **p.85**
- Grapefruit, Avocado, and Prosciutto Breakfast Salad **p.86**
- Greek Cucumber and Chickpea Breakfast Bowl **p.87**
- Kale and Spinach Salad with Beets and Roasted Garlic-Citrus Vinaigrette **p.64**
- Orange-Jicama Salad **p.28**
- Pomegranate-Farro Breakfast Salad with Honey Ricotta **p.85**
- Shredded Chicken and Avocado Nacho Salad **p.34**



STAFF RAVE

Our Highest-Rated Recipe from This Issue

CHICKEN YAKITORI **p.39**

"This tastes exactly like Chinese takeout, and that's a high compliment in my book."

—DARCY LENZ, ASSISTANT FOOD EDITOR

Check out all of our staff faves in red.

- Steak Salad Niçoise **p.110**

SANDWICHES

- Chicken Cordon Bleu Grilled Cheese Sandwiches **p.42**
- Greek Slaw and Chicken Pitas **p.102**

SAUCES

- Chipotle Mayo **p.136**

SIDES

- Carrot "Tabbouleh" **p.22**
- Chili Garlic Broccoli **p.26**
- Haricots Verts with Warm Mustard Vinaigrette **p.25**
- Manchego Polenta **p.19**
- Quick Red Beans and Rice **p.20**
- Quinoa with Toasted Walnuts **p.64**
- Roasted Whole Carrots **p.135**
- Smoky Chipotle Baked Beans **p.122**

SOUPS & STEWS

- Ginger Chicken, Shiitake, and Scallion Soup **p.26**
- Hungarian Beef Stew **p.133**

COOKING LIGHT® (ISSN 0886-4446) is published monthly (except January/February) by Time Inc. Lifestyle Group, 4100 Old Montgomery Highway, Birmingham, AL 35209. Periodicals postage paid at Birmingham, Alabama, and at additional mailing offices. Postmaster: Send all U.S.A. to CFS, (Circulation Dept.), Time Inc. Lifestyle Group, 4100 Old Montgomery Highway, Birmingham, AL 35209. Periodicals postage paid at Toronto, ON, M9W 1J3. GST #R996860001. Copyright 2016 by Time Inc. Lifestyle Group. Title "Cooking Light" is a registered trademark of Time Inc. Lifestyle Group. COOKING LIGHT Magazine P.O. Box 62120 Tampa, FL 33662-2120. Canada Post Publications Mail Agreement No. 4010178. Return undeliverable Canada addresses to: Postal Svc., P.O. Box 4323, Toronto, ON, M9W 1J3. U.S. Subscriptions: \$22 for one year. Please allow six to eight weeks for shipment of new subscriptions and for changes of address. FOR HELP WITH YOUR SUBSCRIPTION, call 800-336-0123, or write COOKING LIGHT, Subscriber Assistance, P.O. Box 6220 Tampa, FL 33662-2120. Group. COOKING LIGHT cannot be held responsible for any unsolicited material. U.S. Subscriptions: \$22 for one year. Please allow six to eight weeks for shipment of new subscriptions and for changes of address.



Visit Paradise in 2016!

Get \$75 p/p in Fun Money*

Hawaii Four-Island Tour 13 days from \$1,799*

Discover Hawaii - the land of Aloha - with the Hawaii Travel Experts! YMT has been taking guests to the Aloha State for nearly 50 years. We have developed the perfect tour that includes the best of Oahu, Kauai, Maui and the Big Island of Hawaii with plenty of down time for exploring on your own, or simply relaxing on the beach - all at a very affordable price. **Departs weekly in 2016**

*Prices are per person, double occupancy. Plus \$199 taxes & government fees. Add-on airfare is available. Receive \$75 p/p in Vacation Fun money if booked by 12/31/15. Fun Money will be distributed by Visa gift card and mailed out after final payment is received. Seasonal surcharges and single supplements may apply. Ask your Travel Consultant for details.



1-800-461-7039

ymtvacations.com

Mention promo code TM130202



Create Amazing T-shirts!

FREE SHIRT | For details visit customink.com/cklight

COMFORT MADE BEAUTIFUL



INTRODUCING THE NEW

GelPro

DECORATOR COLLECTION

Hundreds of designer patterns & colors
Significantly reduces discomfort & fatigue
Soothing gel+energy-return foam
Revolutionary comfort & support
Stain resistant, easy-to-clean



GelPro.com



SHELVES THAT SLIDE

- Custom Made for Your Cabinets
- Kitchens - Pantry - Bathrooms
- Limited Lifetime Warranty
- Baltic Birch Construction
- 100 Pound Capacity

1-800-598-7390

www.shelvesthatslide.com

Order OnLine

WeatherTech
Automotive Accessories



Laser Measured FloorLiner™

Available in Black, Tan and Grey for over 900 Applications



Order Now: 800-441-6287
WeatherTech.com

View our full line of Automotive Accessories at WeatherTech.com

© 2015 by MacNeil IP LLC

Women's Wide Shoes
Sizes 5-13 • 2E-6E wide



Hitchcock wide shoe closer™ for women

wideshoes.com

800-992-WIDE

Hitchcock Shoes • Hingham, MA 02043
Men's wide shoes, too! dept. 79A6



Costa Rica

9-Days \$1095

All Meals Included!

Volcanoes, Rainforests, Beaches. Tax, fees extra.

#1 In Value—Guided Tours Since 1952.

Guatemala with Tikal 10 days \$1295

Panama Tour & Canal 8 days \$1195

"Brilliant, Affordable Pricing"—Arthur Frommer, Travel Editor

Free 28-pg Brochure:

caravan.com 1-800-caravan

caravan



The Original, Patented

PeriodPanteez™

just the hug you need™



No more worries, Period!

- Sleek, multi-layered, leak-resistant, eco girl short
- Protect fashion/sheets, ease cramps/bloat, washable
- Worn by celebs, luxury comfort, shapewear support



1-888-878-8364

www.PeriodPanteez.com



wow!

You've got to try this



Watch our how-to video at
cookinglight.com/wow.

INDULGE!

This cheesy snack sports two-thirds less fat than the classic dish and gets extra richness from butternut squash.

BUTTERNUT QUESO FUNDIDO

Hands-on: 30 min.

Total: 30 min.

STAFF FAVE If you prefer, you can roast a halved, seeded butternut squash at 350° for 45 minutes or until soft. Scoop 10 ounces of flesh, and use in place of the puree.

- 1 teaspoon canola oil
- $\frac{3}{4}$ cup diced red onion
- $1\frac{1}{2}$ tablespoons all-purpose flour
- $\frac{1}{4}$ cup unsalted chicken stock
- 1 (10-ounce) package frozen butternut squash puree, thawed

- 1 tablespoon minced chipotle chile in adobo sauce, plus 2 teaspoons adobo sauce
- 3 ounces shredded Oaxaca or part-skim mozzarella cheese (about $\frac{3}{4}$ cup), divided
- 3 ounces shredded reduced-fat 4-cheese Mexican-blend cheese (about $\frac{3}{4}$ cup), divided
- $\frac{1}{3}$ cup very thinly sliced radishes
- $\frac{1}{4}$ cup fresh cilantro leaves
- 3 tablespoons sliced green onions

- 2 tablespoons thinly sliced jalapeño pepper
- 30 light tortilla chips
- Celery sticks (optional)

1. Heat oil in a medium cast-iron skillet over medium heat. Add red onion; cook 5 minutes or until softened. Add flour; cook 2 minutes, stirring constantly. Add stock, squash, chipotle, and adobo sauce; bring to a boil. Reduce heat to medium-low; add 2 ounces Oaxaca cheese and 2 ounces Mexican-blend

cheese; cook 2 minutes or until smooth, stirring until cheese melts.

2. Preheat broiler to high.
3. Sprinkle remaining cheeses over top. Broil 2 minutes or until cheese is bubbly and lightly browned. Top with radishes, cilantro, green onions, and jalapeño. Serve with chips and celery sticks, if desired.

Y **SERVES 10** (serving size: $\frac{1}{4}$ cup fundido and 3 chips)

CALORIES 119; **FAT** 4.3g (sat 2.2g, mono 0.3g, poly 0.2g); **PROTEIN** 6g; **CARB** 16g; **FIBER** 2g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 8mg; **IRON** 0mg; **SODIUM** 207mg; **CALC** 133mg

—Recipe by Katie Barreira

Saving People Money Since 1936

**... that's before there
were shopping carts.**

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO[®]





THE RECIPE MAY BE NEW TO YOU, BUT THE RANGE
HAS HAD 80 YEARS OF PRACTICE.

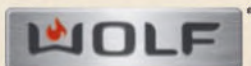


Know you'll get precisely the results you aim for. Confidently tackle ambitious new recipes.

Wolf embodies precise control forged through decades in commercial kitchens. Dual-stacked, sealed burners and dual convection ovens manage heat and air flow so expertly, your results, even the first time, will seem as if you've been making the dish for, oh, 80 years. wolfappliance.com



Wolf 48" Dual Fuel Range



PREDICT DELICIOUS