

INGREDIENTS:

ALMONDS, WATER



36 FAST & FRESH RECIPES

**EVERY MEAL
10 INGREDIENTS
or Less!**

Real food for a healthy, happy life.

Clean Eating

MARCH/APRIL 2020

1 GROCERY BAG,
5 Fabulous Dinners

**EAT CLEAN
ALL WEEK**
with Just
20 Ingredients

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COOKING:**
1-Pan Wonders
You'll Love

*the easy
issue*

+
The Best
**NEW FOODS
OF THE YEAR!**

CLEAN CHOICE AWARDS ★





*"Take also unto thee Wheat
Lentils and Millet and
in one vessel and*



*and Barley and Beans and
Spelt and put them
make bread of it..."*
— Ezekiel 4:9

EZEKIEL 4:9

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Clean Eating

MARCH/APRIL 2020

FEATURES

26 5 WEEKNIGHT DINNERS IN JUST 1 GROCERY BAG

These 5 unique recipes use just 1 shopping list of 20 ingredients plus a handful of pantry staples.
By Marianne Wren

36 SKIP THE RECIPE

Break free from the recipe mold so you can improvise better with what you have on hand.
By Beth Lipton

48 CAST IRON CREATIONS

Short ingredient lists plus 1 cast iron pan equals mouthwatering dishes with minimal fuss.
By Beth Lipton

60 THE CLEAN 60

After months of testing, we whittled over 750 products down to 60 Clean Choice Award winners.
By Rachel Debling

MEAL PLANNING FOR EASY WEEKDAYS

74 A WEEK OF MEALS IN 20 INGREDIENTS

Eat well for 7 full days with an ultra-short, 20-item grocery list.
By Erin Macdonald and Tiffani Bachus



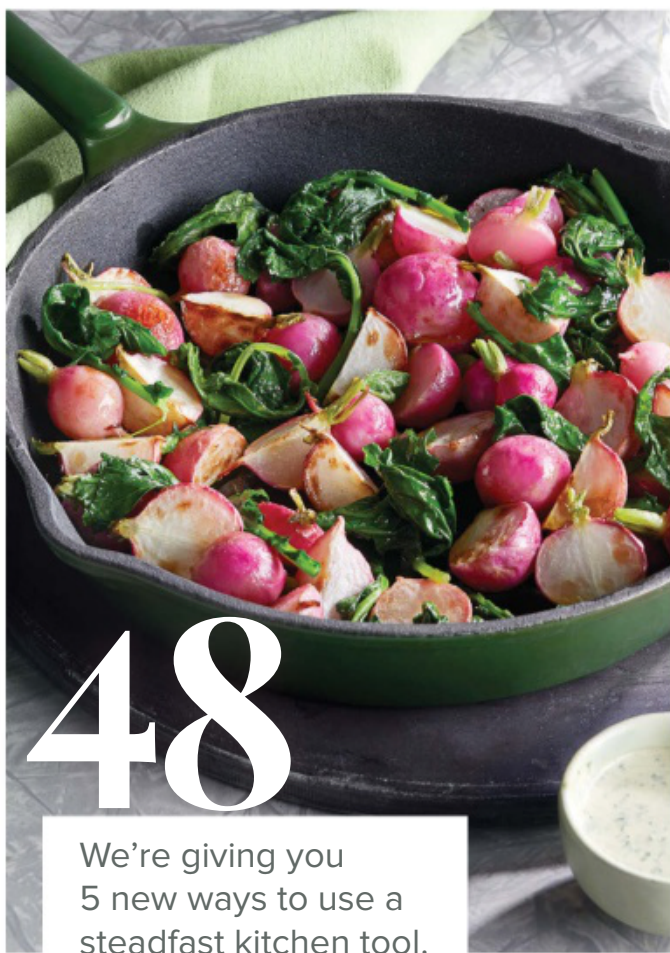
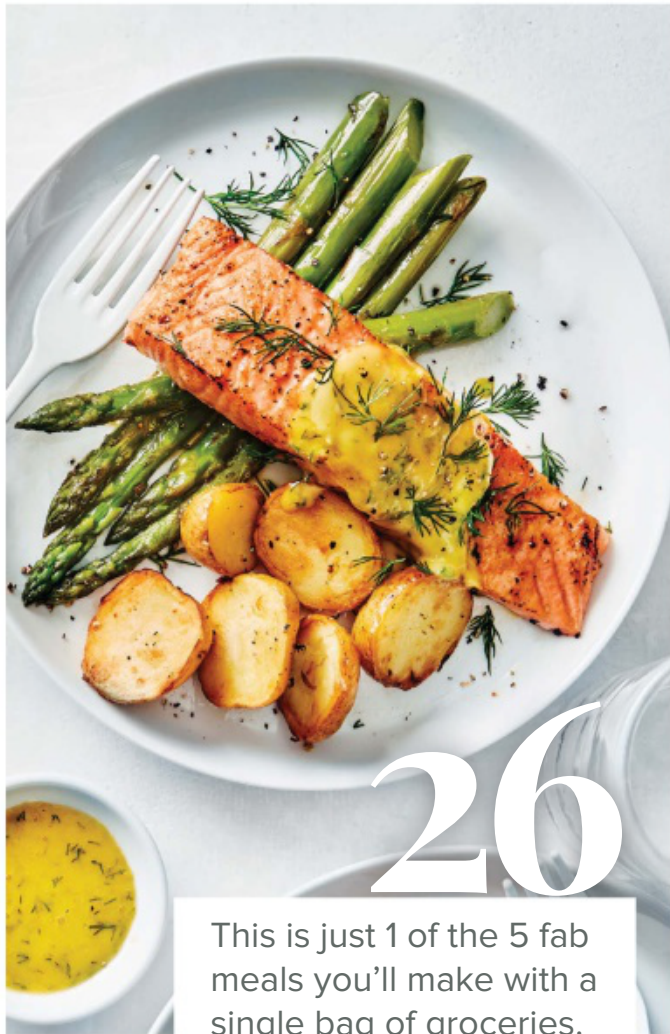
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Never crack open a can again with our no-nonsense formula for fresh soups of all kinds.



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Introducing this year's best snacks, spreads, sprays and more.



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Photographer: **Ronald Tsang**
Food Stylist: **Michael Elliott**
Prop Stylist: **The Props**



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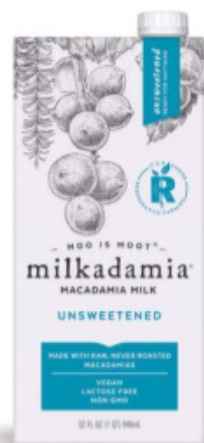


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milkadamia

Your *CE* Recipe Guide

Stress less in the kitchen with dozens of recipes that call for a mere 10 ingredients or less.

sauces, sides & snacks



Q GF

Black Pepper
Cream Sauce
P. 40



F Q V GF

Basic Pesto
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P Q V GF

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F Q V

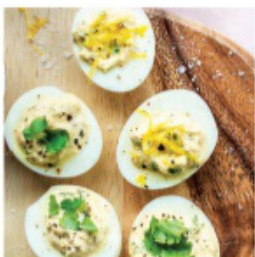
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Roasted Jalapeño
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P Paleo
F Freezable
Q Quick *under 45 minutes*
V Vegetarian *may contain eggs and dairy*
GF Gluten-free
GFA Gluten-free adaptable
Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.



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meaty mains



GF

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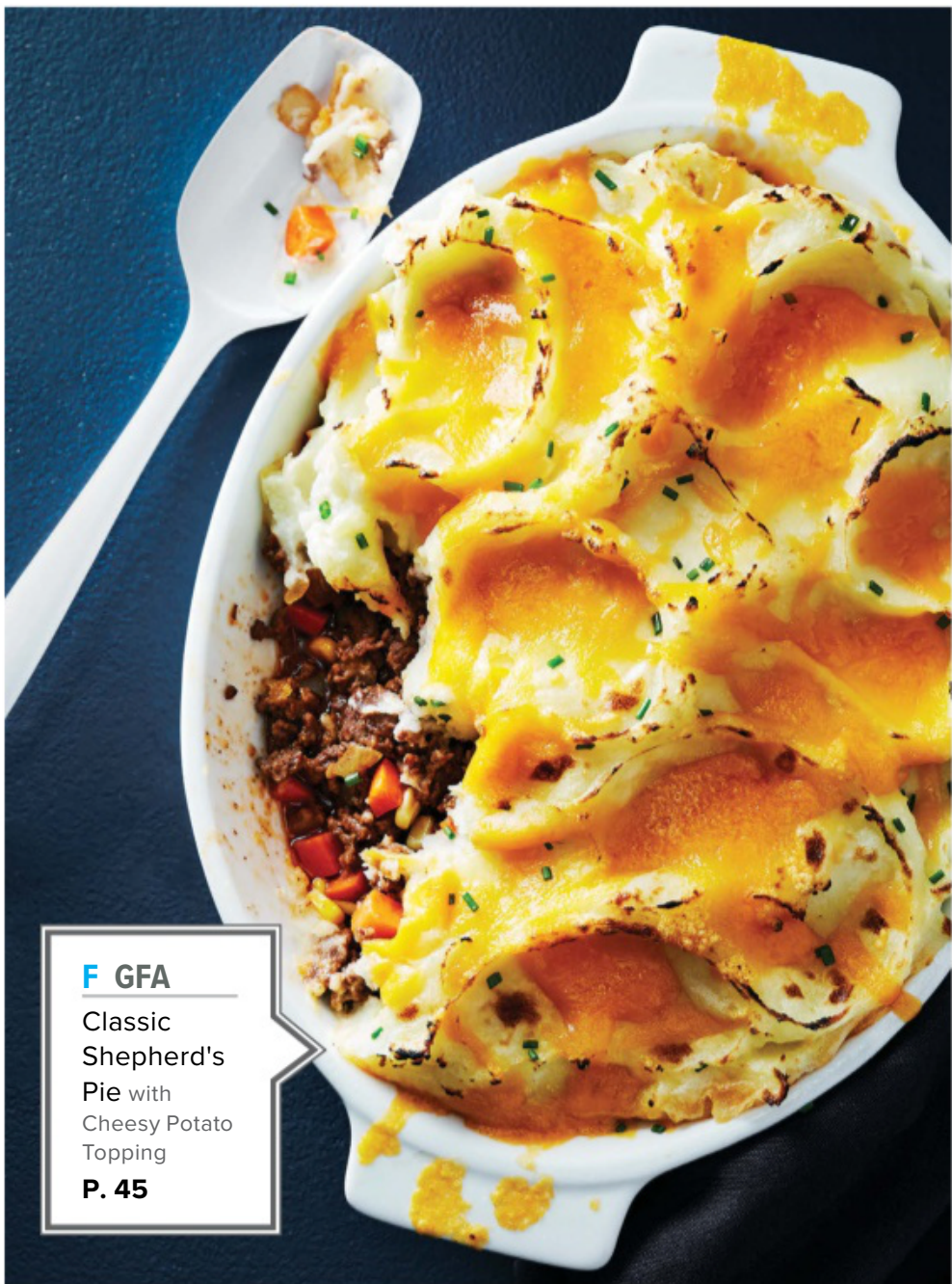
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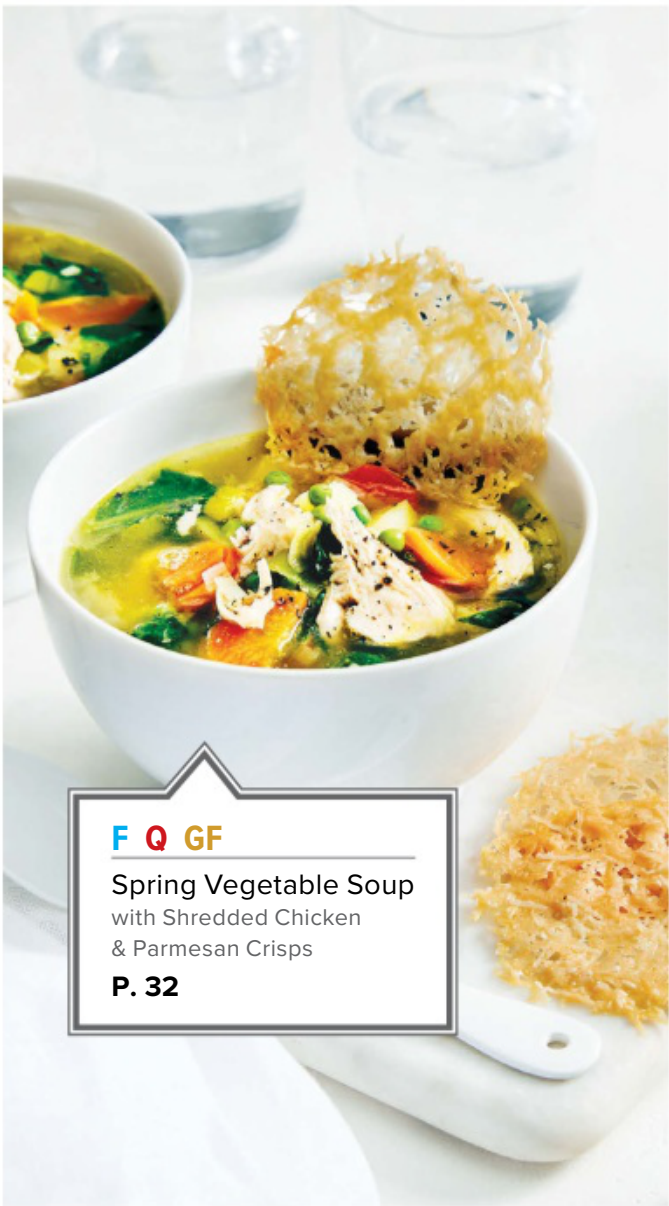


GFA

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F GFA
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fish & poultry



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nutritional values The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

DIG INTO MORE *CE* at cleaneating.com

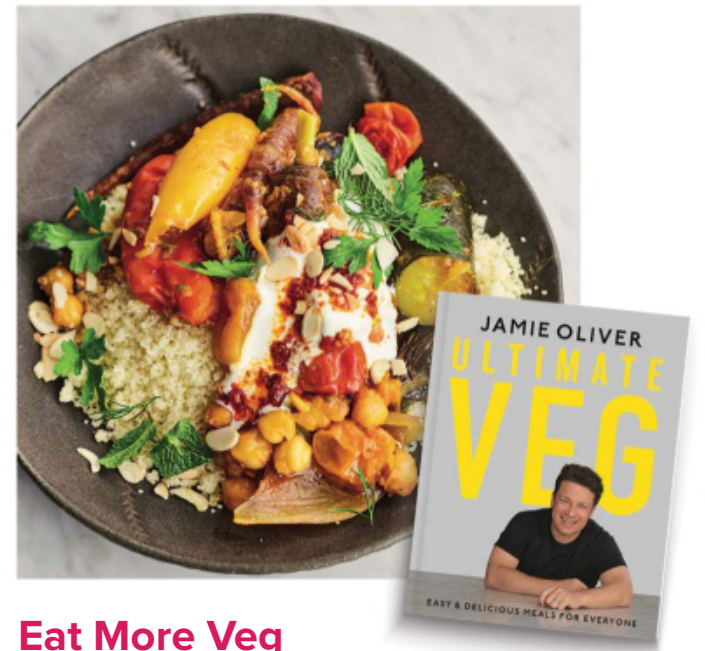


Easy & Delicious Salmon Recipes

Salmon makes the perfect meal: It's both easy to prepare and healthy. Try these delicious recipes any night of the week for a clean, no-stress dinner. cleaneating.com/salmon-recipes

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Eat More Veg

The team behind Jamie Oliver's latest cookbook shares two recipes that'll make believers out of meat lovers. cleaneating.com/jamie-oliver



Classics Made Cleaner

Comfort foods can be healthy. These recipes satisfy your cravings and make you feel good, without all the nutrient-void and processed ingredients your grandma's recipe had. (White sugar and lard anyone?) cleaneating.com/comfortfood

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A Skeptic's Journey With CBD

Everyone feels the hurt after you turn 40, but you don't have to!

BY JENNIFER LOVE

Life really does fly by. Before I knew it, my 40s had arrived, and with them came some new gifts from dear ol' Mother Nature—frequent knee pain, stress, low energy and sleeplessness. Now, I'm a realist about these things, I knew I wasn't going to be young and springy forever. But still, with “middle-age” nearly on my doorstep, I couldn't help but feel a little cheated. That is until I found my own secret weapon. Another gift from Mother Nature.

It began a few months back when I was complaining about my aches and pains to my marathon-running niece, Jen. She casually mentioned how she uses CBD oil to help with her joint pain. She said that CBD gave her more focus and clarity throughout the day and that her lingering muscle and joint discomfort no longer bothered her. She even felt comfortable signing up for back-to-back marathons two weekends in a row this year.

That made even this self-proclaimed skeptic take notice.

But I still had some concerns. According to one study in the Journal of the American Medical Association, 70% of CBD products didn't contain the amount of CBD stated on their labels. And, as a consumer, that's terrifying!

If I was going to do this, I needed to trust the source through and through. My two-fold research process naturally led me to Zebra CBD.

First, I did a quick online poll—and by that, I mean I posed the CBD question on my Facebook page. Call me old fashioned but I wanted to know if there were people whom I trusted (more than anonymous testimonials) who've had success using

CBD besides my niece.

Secondly, I wanted cold hard facts. Diving deep into the world of CBD research and clinical studies, I came across Emily Gray M.D., a physician at the University of California at San Diego (UCSD) Medical School who is researching the effects of CBD. Dr. Gray wrote “early results with CBD have been promising and we have a lot of research underway now. I've had several patients using CBD with good success. It's important that you know your source of CBD and how to use it properly. Zebra CBD produces top-quality products with easy to use instructions.”

After hearing it from the doctor's mouth, I returned to my online poll and was amazed by the number of close friends and family who were already on the CBD train. Apparently, I was the only one without a clue! And funny enough, a couple of friends who commented were using the same brand as my niece—Zebra CBD. There was no consensus as to why they were using CBD, but the top reasons given were for muscle & joint discomfort, mood support, sleep support, stress and headaches, as well as supporting overall health & wellness.

Eventually, even the most skeptical of the bunch can be won over. With a trusted CBD source in mind, I decided to give it a go.

When I viewed Zebra CBD's selection online, I was impressed by its array of products, including CBD oils called tinctures, topicals, chewable tablets, mints and gummies. After reading on their website that all their products are made with organically-grown hemp, I ordered... and it arrived within 2 days!

The first product I tried was the rub. Now this

stuff was strong. Immediately after rubbing it on my knee, the soothing effects kicked in. It had that familiar menthol cooling effect, which I personally find very relieving. And the best part is, after two weeks of using it, my knee pain no longer affected my daily mobility.

The Zebra Mint Oil, on the other hand, had a different but equally positive effect on my body. To take it, the instructions suggest holding the oil in your mouth for about 30 seconds. This was simple enough, and the mint taste was, well, minty. After about 15 minutes, a sense of calm came over my body. It's hard to describe exactly; it's definitely not a “high” feeling. It's more like an overall sense of relaxation—as if I just walked out of a spa, and now I'm ready to seize the day. Needless to say, I've really enjoyed the oil.

While it hasn't been a catch-all fix to every one of my health issues, it has eased the level and frequency of my aches. And it sure doesn't seem like a coincidence how much calmer and more focused I am.

All-in-all, CBD is one of those things that you have to try for yourself. Although I was skeptical at first, I can safely say that I'm now a Zebra CBD fan and that I highly recommend their products.

My 40s are looking up! Also, I managed to speak with a company spokesperson willing to provide an exclusive offer to Clean Eating's readers. If you order this month, you'll receive \$10 off your first order by using promo code “CE10” at checkout. Plus, the company offers a 100% No-Hassle, Money-Back Guarantee. You can try it yourself and order Zebra CBD at www.ZebraCBD.com.



Take It Easy

Welcome to our annual Easy edition, which also happens to be our 9th Annual Clean Choice Awards issue – boy, are you in for a loaded issue this month!

In case you haven't guessed, the theme aims to make your life easier, in and out of the kitchen, and one of my favorite features is that every single recipe rings in at 10 ingredients or less, keeping things quick, simple and easy on your wallet.

And speaking of limited ingredients, we have two stories that take it a step further. On page 26, you'll find "Five Weeknight Dinners in Just One Grocery Bag" where a humble little list of just 20 items (plus a few pantry staples) turns out 5 radically different and totally creative dinners. And on page 74, we have "Your 1-Week, 20-Ingredient Meal Plan," an entire week's worth of meals (yes, breakfasts, lunches, dinners AND snacks) all with just 20 ingredients. Talk about stretching a few key items! And back by very popular demand is our No-Recipe feature where we give you flexible formulas for popular dishes (think pasta bakes, shepherd's pie, cauli pizza) that allow you to improvise better in the kitchen, use whatever you have on hand instead of adhering to a set-in-stone ingredient list, riff on your favorite meals and flex your creative muscles.

But before you head on into the kitchen for some easy, breezy cooking, flip to page 60 to peruse "The Clean 60" – the innovative, eco-friendly, best new foods and products of the year in our 9th Annual Clean Choice Awards. We whittled 750 product submissions down to a select 60, and we're pretty confident you're going to discover several can't-live-without items in our haul of carefully chosen winners.

Alright, clean eaters, dive in, get inspired, get in the kitchen – and remember to take it easy! See you next issue!

Alicia

Alicia Tyler
Editorial Director

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Write me: ATyler@aimmedia.com

What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat when hungry, stop when full. Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to — be it a clean take on high fat/low carb, Paleo or flexitarian — stick with it.

Choose organic whenever possible.

If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Clean Eating
cleaneating.com



— **FLAX**
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(omega-6)

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— **COCONUT**
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Please note: All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet.

Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.

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**Go freestyle with
our no-recipe
feature (p. 36) and
whatever you have
in the fridge.**

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Q/ How can I prevent tossing spoiled veggies every week?

A/ Many vegetables, such as beets, cabbage, broccoli, carrots and turnips, boast a longer shelf life. Potatoes, sweet potatoes and most squashes that haven't been cut will also last a long time in a cool, dark place.

To extend the freshness of other items, find a way to keep them moist but not wet. For asparagus, trim one-quarter inch off the bottoms, place in a tub with a half-inch of water and store in the bottom of the fridge. For herbs, wrap the bottom two or three inches of the stems with damp paper towel; store upright and pick as needed, keeping the paper towel slightly moist. Celery stalks can be stored the same as herbs; keep them in the crisper with other longer-life vegetables. For leafy greens, remove from the container they were purchased in, place a damp paper towel across the bottom of a resealable container and add the leaves. Don't wash until ready to use.

— JAMES SMITH

Mailbox

Be social! We want to hear from you!

Take a pic of your latest *CE* recipe, share your thoughts and let us know what you want to see more of by tagging **#CLEANEATINGMAG** or emailing **CEeditorial@aimmedia.com**.



Healthy Holiday

I loved your November/December recipes. For my Christmas Day brunch, I put together a great vegan charcuterie board like yours, the butternut squash lasagna and the salted caramel cashew "cheesecake." It was all amazing. Please keep the great vegan recipes coming!

— LESLIE GREENE
HAMILTON, ONTARIO, CANADA

A January Reboot

I was so excited to receive your second Whole30 issue. I followed the program last year and loved it! I have already started this year and it is going well, thanks to the delicious recipes. I hope the issue becomes a tradition!

— JULIET FRANKLIN
VIA EMAIL



Meet Our Experts

james smith MBA

Clean Eating Academy instructor and Tourism and Hospitality chair at Fanshawe College with more than 25 years of experience. He completed his culinary training at George Brown College.

erin macdonald RDN

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Clean Eating Academy instructors, co-owners of the U Rock Girl nutrition and training program (**URockGirl.com**), registered dietitians and nutrition, fitness and wellness experts.

heather bainbridge

BSc, MA, EdM, RD, CDN

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jonny bowden PhD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.

beth lipton

Beth Lipton is a Brooklyn-based recipe developer and freelance food and cookbook author. She's a graduate of the Natural Gourmet Institute's health-supportive culinary school. Her recipes and writing have appeared in *Paleo* magazine, *foodnetwork.com*, *Travel + Leisure*, *epicurious.com* and more.

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jill silverman hough

Recipe developer, culinary instructor, author of *Finger Lickin' Chicken* and the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook*.

marianne wren BA, CC

As both a recipe developer and food stylist, Wren has worked with print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.

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Shake Your Way to Healthy

MORNING PROTEIN SHAKE CAN HELP YOU LOSE WEIGHT

BY AMBER RIOS



Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic

dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most

shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Clean Eating readers: if you order this month, you'll receive \$10 off your first order by using promo code **"CLEAN10"** at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392.

bits & bites

3 WAYS WITH MUFFINS

Whether for breakfast, a snack or even a light dessert, these fresh takes on the old-school muffin format deliver in spades on taste and texture.

BY BETH LIPTON, PHOTOGRAPHY BY KAROLINA WIERCIGROCH

Forget the heavy, sugar-laden muffins served at your local coffee shop. These clean, handheld treats are chock full of flavor with soft, fluffy structures that are still strong enough to hold up to a smear or two of spread. (May we suggest a raw nut butter or no-sugar-added jelly?) They also rise to the occasion (pun intended) by addressing three different dietary focuses: You can select from a whole-wheat, Paleo or gluten-free option to satisfy even the pickiest of bake-sale patrons.

Paleo Blueberry Almond
Crumble Muffins



Gluten-Free Mocha
Hazelnut Muffins

Whole-Wheat
Hummingbird Muffins

Whole-Wheat Hummingbird Muffins

F Q V

SERVES 12.

- 1¾ cups** white whole-wheat flour
- 1 tsp** baking soda
- 1 tsp** ground cinnamon
- ½ tsp** sea salt
- ⅓ cup** extra-virgin olive oil
- ½ cup** pure maple syrup
- 2 large** eggs, room temperature
- 2** ripe bananas, mashed
- ¾ cup** drained canned pineapple chunks, divided
- ¾ cup** roughly chopped toasted pecans, divided

1. Preheat oven to 325°F. Lightly grease a 12-count muffin tray. In a small bowl, combine flour, baking soda, cinnamon and salt; whisk to mix well. In a large bowl, whisk oil, maple syrup and eggs until well mixed. Whisk in bananas. Add flour mixture and fold together until nearly combined.

2. Roughly chop two-thirds of the pineapple and fold in. Fold in two-thirds of the pecans, stirring until all flour is incorporated (do not over-mix).

3. Divide batter among muffin cups. Top with remaining pineapple chunks and pecans. Bake until a toothpick inserted into a muffin comes out clean, 22 to 25 minutes. Let cool in pan for 5 minutes, then transfer muffins to a wire rack to cool completely. Keep leftovers covered at room temperature.

PER SERVING (1 muffin): Calories: 233, Total Fat: 12 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 27 g, Fiber: 3 g, Sugars: 13 g, Protein: 4 g, Sodium: 199 mg, Cholesterol: 31 mg

Gluten-Free Mocha Hazelnut Muffins

F Q V GF

SERVES 12.

- 1¼ cups** gluten-free flour (**TRY:** Pamela's Gluten-Free All-Purpose Flour)
- ½ cup** cacao powder
- 1 tsp** baking soda
- ½ tsp** sea salt
- ½ cup** unsalted butter, room temperature
- 2 tsp** pure vanilla extract
- 1 cup** plain full-fat yogurt, room temperature
- 6 oz** pitted dates (about 1 cup)
- 2 large** eggs, room temperature, beaten
- 3 tbsp** hot water
- ⅓ cup** low-sugar chocolate-hazelnut spread (**TRY:** Justin's Chocolate Hazelnut Butter)
- ⅓ cup** hazelnuts, chopped



1. Preheat oven to 350°F. Lightly grease a 12-count muffin tray. In a large bowl, whisk together flour, cacao, baking soda and salt. In a food processor or high-speed blender, combine butter, vanilla, yogurt and dates; blend until smooth. Blend in eggs. Pour into bowl with flour mixture. Add the hot water and stir until just combined.

2. Divide batter among muffin cups. Place 1 heaping tsp chocolate-hazelnut spread on each. Using a paring knife or toothpick, swirl spread into batter. Sprinkle hazelnuts on top.

3. Bake until a toothpick inserted in center of a muffin comes out clean, 18 to 20 minutes. Let cool in pan for 5 minutes, then transfer muffins to a wire rack to cool completely. Keep leftovers covered at room temperature.

PER SERVING (1 muffin): Calories: 259, Total Fat: 16 g, Sat. Fat: 7 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 4 g, Sugars: 13 g, Protein: 6 g, Sodium: 223 mg, Cholesterol: 54 mg

Paleo Blueberry Almond Crumble Muffins

P F Q V GF

SERVES 12.

- 1¼ cups** blanched almond flour
- ¼ cup** arrowroot starch
- 1 tsp** baking soda
- ¼ tsp** sea salt
- 1 cup** mashed sweet potato
- ½ cup** unsweetened smooth almond or cashew butter
- ⅓ cup** coconut sugar
- 3 large** eggs, room temperature
- 1 tsp** pure vanilla extract
- 1 cup** blueberries

CRUMBLE TOPPING

- ¼ cup** blanched almond flour
- 2 tbsp** coconut sugar
- 2 tbsp** coconut oil

1. Preheat oven to 350°F. Lightly grease a 12-count muffin tray. In a small bowl, combine almond flour, arrowroot, baking soda, and salt; whisk well to remove lumps. In a large bowl, whisk together mashed potato, almond butter, coconut sugar, eggs and vanilla until well combined.

2. Make topping: In a small bowl, mix together crumble ingredients. Set aside.

3. Add flour mixture to sweet potato mixture, stirring just until combined. Stir in blueberries. Divide batter among muffin cups and sprinkle with almond crumble. Bake until a toothpick inserted into a muffin comes out clean, 25 to 30 minutes. Let cool in pan for 5 minutes, then transfer muffins to a wire rack to cool completely. Store leftovers covered in the refrigerator.

PER SERVING (1 muffin): Calories: 259, Total Fat: 17 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 4 g, Carbs: 23 g, Fiber: 4 g, Sugars: 13 g, Protein: 7 g, Sodium: 177 mg, Cholesterol: 47 mg



Down to Earth

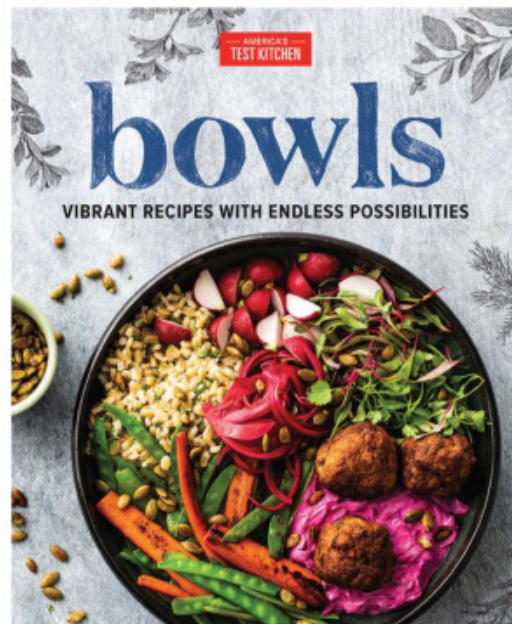
Celebrate the planet, find foodie inspo and treat yourself to some hearty laughs.

BY RACHEL DEBLING



TASTE SOMETHING NEW

When you think of Texas, you likely think of big (leather) hats, big (leather) boots and big (beefy) steaks. The 9th annual Texas VegFest, a passion project of the Texas Veg Foundation, is working to change those associations through education about the benefits of a plant-based diet for the health of humans, animals and the planet. Access to the trade show and its 100 participating companies is free; head to Fiesta Gardens in Austin on April 4 to see what all the buzz is about. texasvegfest.com



DIG IN

Is there anything more stunning than a heaping bowl of whole ingredients? We don't think so, and the folks at America's Test Kitchen agree. Their new book, *Bowls: Vibrant Recipes with Endless Possibilities*, delivers just what the title promises – 75 lip-smacking, eye-catching recipes that can be dug, slurped and devoured out of everyone's favorite meal vessel. **\$28, shop.americastestkitchen.com**



DO A DOUBLE TAKE

Leading the way in the Southern California vegan food scene is Eat Love, a traveling food truck that brings succulent (and convincing!) fried faux chicken and nondairy ice cream and treats to the masses. Not in the Orange County area? Have no fear: They also have a brick-and-mortar store from which they can ship their wares across the country. eatlove.co

LOOK TO THE FUTURE

This year, and with a goal of enlisting 1 billion people to pledge allegiance to a healthier planet, Earth Day is marking its 50th anniversary in a fittingly global way. On April 22, head to Washington, DC, to take part in the largest of the North American rallies alongside Global Ambassadors (with names including Leonardo DiCaprio and John Kerry), or find one in your neighborhood by visiting earthday.org.



HAVE A GOOD CHUCKLE

Laughter may indeed be the best medicine: It's associated with reduced stress and improved immunity and can decrease one's sensitivity to pain. And while Netflix may be a solid go-to when you want to tickle your funny bone,

there's nothing like witnessing an expert comedian live, especially in the unofficial capital of stand-up comedy, New York. Check out the April Fools Comedy Show, coming to Madison Square Garden on April 4, to see a lineup of pros like Mike Epps, or enjoy the comedy stylings of funnyman Jim Gaffigan at Radio City Music Hall on April 9, 10 and 11. msg.com

Earl Grey French Toast
cleaneating.com/earlgrey



Stay Ahead of Sick Days

You may think that the worst of flu season is behind us, but according to the CDC, the virus rears its ugly head nearly as often in March as it does in January. The good news: If you've gone keto, you may have a leg up. A Yale study found the diet activates cells in the lungs that enhance mucus production, helping to trap the virus. Curious about the other benefits of keto? Dr. Jonny discusses some of the interesting ways it's being utilized on page 20.

Healthy Weight, Healthy Brain

It's well-known that carrying extra pounds can affect cognition. But it turns out that being obese may have more of a negative impact on women's memory than men's, according to a study published in the journal *Eating Behaviors*. While this doesn't necessarily mean any weight gain will impact your ability to remember the name of that actor (you know the one), it does provide further evidence that keeping your body mass index (BMI) in check can offer whole-body benefits. **TIP:** No matter your weight, studies have shown flavonoid intake is linked to improved memory, so reaching for plant-based foods that are high in these compounds, like Earl Grey tea, can be a great place to start.

62%

The percentage of children's drink sales spent on sweetened beverages. Help your household kick the habit by investing in a sparkling-water dispenser – no sugary syrups allowed!

THE MECHANICS OF CRAVINGS

The belief that everything tastes better when you're hungry may have some credence. Scientists in Japan have pinpointed circuits in the brain that increase preference for sweets and reduce aversion to bitter flavors when hunger strikes – a great survival tactic, but not so good for those trying to eat healthier. Stay ahead of the munchies by eating regularly throughout the day to keep blood sugar levels stable – and you away from the cookie jar.



Keto Falafel Bowl
cleaneating.com/falafel-bowl

Keto, Pegan & Ketotarian: What Does It All Mean?

Jonny Bowden demystifies the differences between the popular offshoot diets and explains why even the Navy is experimenting with keto.

Q: What's the difference between the pegan diet and Ketotarian?

A: Both diets are essentially plant-based eating plans, but their emphasis is different. The Ketotarian diet is first and foremost a ketogenic diet with a strong bias towards plant-based foods, while the pegan diet is primarily a Paleo plan, but with a similar bias. The two plans have a lot in common – but they also differ in a few key points.

Ketotarian was developed by Will Cole, a functional medical practitioner, who became a convert to keto diets after he saw how effective they were for his clients. Generally, most people “do” keto with a lot of animal products and animal fats, but Cole adjusted the diet so that it could be done with the occasional (and totally optional) inclusion of fish as the only animal source of protein. The pegan diet, on the other hand, was created by Mark Hyman, MD, and is not a keto

diet at all but a veg-forward diet based on Paleo principles. It is an attempt to make Paleo, a diet in which followers focus on foods that were widely available before the dawn of agriculture, less meat heavy and more plant-food friendly. Approximately 75% of your food on the pegan diet comes from plant foods, while the remaining 25% can come from animal foods, though strict vegans will want to drop animal products entirely. Like Ketotarian, pegan dieters emphasize

the quality of foods and believe that if you do eat animal foods, they should be the highest quality (i.e., grass-fed meat and wild-caught fish).

It is possible to do a vegan version of the keto diet, since a keto diet is defined by whether or not you're in nutritional ketosis, and theoretically, it doesn't matter how you get there. (Remember, you can get into ketosis with junk food – known as “dirty keto” – or you can do it with healthy food – “clean keto.”) But it's technically not possible to do a strictly vegan version of Paleo, since by definition Paleo folks were meat eaters. In fact, the best and most substantial research on Paleo eating concludes that the real Paleo people ate about 35% animal foods, with other sources claiming up to 65%. You could, of course, do a “vegan Paleo” diet by using lots of artificial foods like vegan “meat” or vegan “cheese,” but that would be violating the key concept of Paleo, which is eating foods in their natural, unprocessed form. Nonetheless, the pegan diet is an excellent way for people who lean toward vegetarianism to get the benefits of Paleo, while it encourages Paleo folks to take in a lot more plant-based foods than they may have been consuming.

Ketotarian and pegan diets both aim at reducing inflammation and controlling blood sugar. Both, for the most part, eschew dairy, meat, grains and legumes. And – perhaps best of all – both programs have squishy boundaries. Neither program is doctrinaire or extreme, and both allow you the occasional “forbidden” food if it isn't one that specifically causes you problems. In my opinion, you really can't go wrong with either program.

Q: Why is the Navy experimenting with the keto diet?

A: A few years ago, I attended an academic conference on the keto diet at the University of Tampa. Dominic D'Agostino, PhD, one of the country's best-known keto researchers, was presenting, along with a member of the US Navy. They talked excitedly about their collaboration and the experiments the Navy was doing with keto diets.

For about a year after, people were skeptical when I told them what I heard. Why would the Navy be interested in a weight-loss diet originally associated with Atkins?

Now, the Navy's experiment with keto has gone mainstream – anyone with a computer can read all about it. But the question remains: Why?

Well, keep in mind that the keto diet is more than a weight-loss strategy. Keto diets have been used for decades for childhood epilepsy at hospitals as distinguished as Johns Hopkins. That's because they stabilize brain waves in a way that's not fully understood. As anyone who's ever been scuba diving knows, one of the health risks Navy SEALs face is decompression sickness (aka the bends). The Navy figured following a keto diet might help with this just as it does with epilepsy.

In addition, keto diets are about helping the body shift from a “sugar-burning” to a “fat-burning” metabolism. That translates to more endurance, since the body has numerous fat calories available to burn. Another promising area the Navy is investigating is whether keto helps SEALs with endurance. In early research, the diet appears to help them stay underwater longer. ☺



JONNY BOWDEN, PhD, CNS Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.





Mastering Italian

Craft your favorite eats from the old country with these must-have tools.

BY ANGIE MATTISON,
PHOTOGRAPHY BY SUECH AND BECK

Try our 4-ingredient
**Fresh Whole-Grain
Pasta** recipe at
[cleaneating.com/
homemade-pasta](https://cleaneating.com/homemade-pasta)

LOW

HIGH

De'Longhi Manual Espresso Maker EC702

If standing in line for a six-dollar latte feels so-last-decade, why not brew at home? This well-priced espresso machine has a dual portafilter for either grounds or pods and a turbo frother even a novice can master. **\$220, bedbathandbeyond.com**

THE ESPRESSO MACHINE**Illy X1 Anniversary IperEspresso**

The Mercedes-Benz of single-serve espresso machines, this architect-designed showpiece uses recyclable capsules of coffee, so you don't have to mess around with grounds (time perhaps better spent working on your latte art). **\$700, williams-sonoma.com**

Imperia Pasta Machine

Making pasta the old-school way is much easier than you think (even if you don't have a nonna on call). This classic chrome model rolls out ultra-smooth sheets for lasagna or ravioli, or use the cutter attachment to make spaghetti and fettuccine. **\$80, williams-sonoma.com**

THE PASTA MAKER**Philips Viva Pasta & Noodle Maker**

Last-minute dinner guests? Add flour and eggs, pour a glass of wine and watch this machine crank out fresh spaghetti, fettuccine or penne for four in the time it takes to boil water. (But you can still take all the credit.) **\$180, williams-sonoma.com**

Emile Henry Ribbed Pizza Stone

Made of high-performance ceramic that can handle oven or barbecue temps up to 932°F (high heat is the secret to perfect pizza), this stone has a ridged surface to encourage even cooking for the ultimate crust. **\$60, emilehenryusa.com**

THE PIZZA STONE**Kalorik Pizza Oven**

Short of having a brick oven installed in your kitchen, this might be the next-best way to make authentic-tasting, Neapolitan-style pizza at home. Fitted with a 12-inch stone, it heats up to 720°F to cook up seriously addictive thin-crust pies. **\$100, kalorik.com**

Zoku Ice Cream Maker

This cutest-ever ice cream maker is perfect for kids or for stirring up personal-size batches of homemade ice cream, gelato and even nondairy treats. It takes a little patience, but you'll be rewarded for your effort with a decadent dessert with no icky additives. **\$26, zokuhome.com**

THE GELATO MAKER**Cuisinart Gelateria 2 Quart**

Recreate your fave frozen treats – like that divine pistachio gelato you had in the south of Italy. Just add your prepared base then select the preset for gelato, ice cream or sorbet. Don't forget to freeze the insert ahead of time – the faster it freezes, the smoother it will be. **\$140, cuisinart.com**

Getting to the Root of Mushroom Magic

It's no secret that beneficial mushrooms are on the rise but there's one lesser-known ingredient in select mushroom supplement brands that elevate the health benefits in spades—here's what to look for.

Beneficial mushrooms are everywhere, with Chaga, Reishi, Turkey Tail and other varieties showing health benefits that range from improving athletic performance to enhancing brain health. But what's really magical about mushrooms: their well-documented ability to significantly support immunity. Now, a new study published in BMC Complementary and Alternative Medicine shows mushroom mycelium—essentially, the root system of a mushroom—has powerful benefits on the immune response. And what's even more profound: the food source for the mycelium has remarkable properties of its own.

Here's how it works: the mushrooms we eat as food are really just a small, visible part of the whole structure. The main part of the fungus is the mycelium—a network of thread-like, branching filaments, like roots. The mycelium absorbs nutrients from its food source—in nature, decaying wood or plant matter—by secreting enzymes into the food source to break down various compounds into smaller units, and then absorbing these smaller units.

When mushrooms are grown for supplements, the food source—called the substrate—is usually a grain, like brown rice. As the mycelium feeds on and ferments the rice, that substrate becomes enmeshed with the mycelium; it's not practical to remove it, so the substrate is generally included in mycelium-based mushroom supplements.

As it turns out, that's a good thing: during the breakdown and fermentation process, a biotransformation occurs, with mycelium enzymes and other compounds altering the substrate into a powerful healing compound. In a new peer-reviewed study, Fungi Perfecti, LLC (manufacturer of Host Defense® Mushrooms™) partnered with third-party immunology experts at Natural Immune Systems, Inc. to investigate the

immune-enhancing benefits of mycelium and its fermented substrate. Researchers found mycelium was “very potent in terms of triggering immune cell function.” In addition, the fermented substrate was also highly active in supporting immunity—even when separated from pure mycelium. This was the first study to prove the immunological effects of the substrate itself, independent of the mycelium.

So, rather than being a “filler” or “inactive ingredient” as some mushroom companies claim, the fermented substrate actually adds to the immune-protective actions of mycelium, with each compound having unique yet complementary health benefits. It's not the rice itself; unfermented brown rice was tested and had no detectable immune activity—it is the conversion process and the extracellular compounds of the mycelium that give the rice its health properties. What's more, this study shows the immune-enhancing benefits of mushrooms are generated from a wide range of compounds, not just beta-glucans—the compounds previously thought to be responsible for mushrooms' immune supportive activity.

The takeaway: for the most potent immune support, look for mushroom supplements that contain mycelium and its fermented substrate. “In my scientific opinion,” says Paul Stamets, founder and Chief Science Officer of Fungi Perfecti, “given the results of recent research, mushroom products not incorporating mycelium are at a decided disadvantage.”

PAUL STAMETS & FUNGI PERFECTI, LLC: Founder and Chief Science Officer of Fungi Perfecti, Paul Stamets has been recognized for decades as a leading innovator in the field of mycology, with a focus on revealing the health-supporting properties of mushrooms.

As a renowned researcher and author of six books and numerous peer-reviewed scientific papers, Stamets' Host Defense® mushroom formulations have long been the most sought-after and highly valued within the dietary supplement industry.



HOST DEFENSE® Mushrooms™

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease



Superfood
Mushroom Mycelium Powders

TURKEY TAIL

Immune Support*

Host Defense® offers both breadth and depth in terms of formulas and delivery formats for solutions to support your immune needs, adding ease and flexibility to any daily supplement regimen.*

HOST DEFENSE®
Mushrooms™

Find Your Mushroom™ at your local health food store and online at **HostDefense.com**



Turkey Tail &
Brazil Nut
Fruit Smoothie
see recipe at
HostDefense.com



*These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.

five

WEEKNIGHT DINNERS

in One Grocery Bag

You don't need a lengthy shopping list to get all your weeknight meals on the table. These 5 recipes use just 1 grocery bag of 20 ingredients plus a handful of pantry staples. But don't worry, you won't be eating the same thing every night. Each recipe is so creative and unique, you won't even notice ingredients are making repeat appearances throughout the week!

RECIPES BY MARIANNE WREN, PHOTOGRAPHY BY SUECH AND BECK



FOOD STYLING BY NANCY MIDWICKI, PROP STYLING BY THE PROPS



YOUR 20-ITEM GROCERY BAG

- | | | | |
|---------------------|----------------------|----------------------|---------------------------|
| 1 Chicken | 6 Parmesan | 11 Spinach | 16 Peas |
| 2 Salmon | 7 35% cream | 12 Leeks | 17 Asparagus |
| 3 Scallops | 8 Spaghetti | 13 Carrots | 18 Lemons |
| 4 Ricotta | 9 Garlic | 14 Dill | 19 Potatoes |
| 5 Feta | 10 Eggs | 15 Tarragon | 20 Phyllo pastry |

For the full, detailed shopping list, turn to page 34.



Three-Cheese Spinach Turnovers

V

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **50 MINUTES**.

Ricotta, Parmesan and feta cheese commingle for ultimate creaminess in these turnovers made of flaky phyllo dough.

2 tbsp olive oil, divided

1 clove garlic, minced

8 cups baby spinach

1 large egg

¾ cup full-fat ricotta cheese

⅓ cup grated Parmesan cheese

⅓ cup crumbled full-fat feta cheese

2 tsp fresh chopped dill
zest of 1 lemon

¼ tsp each sea salt and ground black pepper

8 sheets whole-wheat phyllo dough

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.

2. In a large skillet on medium-high, heat one-quarter of oil. Add garlic and cook, stirring occasionally, until fragrant, 30 seconds. Add spinach and cook, stirring frequently, until wilted, 1 minute. Remove from heat and let cool slightly. When cool enough to handle, squeeze out excess water with a paper towel and roughly chop.

3. In a large bowl, combine egg, ricotta, Parmesan, feta, dill, lemon zest, salt and pepper. Add cooled spinach and stir to combine.

4. Lay 1 sheet of phyllo dough on a work surface and brush with some of the remaining oil. Repeat with 3 more sheets, brushing additional oil in between layers. Cut dough into 4 even strips lengthwise. Place ¼ cup filling at one end of each strip, then fold over to form a triangle. Continue to fold the triangle along the length of the strip. Place triangle on baking sheet and brush with additional oil. Repeat with remaining dough and filling to make 8 turnovers total. Bake until pastry is golden, 25 to 28 minutes.

PER SERVING (2 turnovers): Calories: 391, Total Fat: 20 g, Sat. Fat: 8 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 4 g, Sugars: 1 g, Protein: 16 g, Sodium: 670 mg, Cholesterol: 87 mg





Easiest-Ever Carbonara with Scallops & Peas



SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

We've elevated the classic carbonara with seared scallops for added protein. Use any type of spaghetti here, such as brown rice or even quinoa if you prefer.

- 8 oz** whole-grain spaghetti
(**TRY:** Jovial 100% Organic Whole Wheat Einkorn Spaghetti)
- 2 large** eggs
- ½ cup** whipping cream (35%)
- ½ cup** freshly grated Parmesan cheese
- 1 tbsp** olive oil, divided
- 1** leek, white and light green parts only, halved lengthwise then thinly sliced
- ½ tsp** sea salt, divided
- 1 clove** garlic, minced
- 12 large** sea scallops (about 14 oz)

- ¼ tsp** ground black pepper
- 1 cup** frozen peas, thawed
- 1 tsp** grated lemon zest

- 1.** In a large pot, cook pasta according to package directions.
- 2.** Meanwhile, in a small bowl, lightly beat eggs with a fork. Add cream and cheese and stir to combine.
- 3.** In a large skillet on medium-high, heat one-half of oil. Add leeks and one-half of salt; cook, stirring frequently, until very soft, 10 to 12 minutes. Add garlic and cook, stirring frequently, until fragrant, 1 minute. Transfer leek mixture to a plate and keep warm.

- 4.** Sprinkle scallops with remaining one-half of salt and pepper. Return to stove on medium-high and heat remaining one-half of oil. Add scallops and cook, turning once, until browned, 2 minutes per side. Transfer to a plate and keep warm.

- 5.** Drain pasta, reserving ½ cup pasta water, and return to pot. Toss leeks, peas and lemon zest with pasta. Slowly add cream mixture, tossing to combine. Add reserved water, 1 tbsp at a time, until sauce reaches desired consistency.

PER SERVING (¼ of recipe): Calories: 518, Total Fat: 22 g, Sat. Fat: 10 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 49 g, Fiber: 6 g, Sugars: 4 g, Protein: 30 g, Sodium: 655 mg, Cholesterol: 159 mg



Sheet-Pan Salmon

with Dill Aioli & Roasted Vegetables

GF

SERVES **4**. HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **50 MINUTES**.

This homemade aioli with zesty lemon and fresh dill brightens up this simple roasted salmon with potatoes and asparagus.

AIOLI

- 2 large** egg yolks (**NOTE:** Use in-shell pasteurized eggs if you prefer.)
- ¼ cup** olive oil
- 1 tbsp** lemon zest + 1½ tbsp fresh lemon juice
- 2 tbsp** chopped fresh dill
- sea salt and ground black pepper, to taste

SALMON & VEGETABLES

- 12 oz** baby yellow potatoes, halved
- 4 6-oz** skinless wild salmon fillets
- 1 bunch** asparagus (about 12 oz), trimmed
- 1½ tbsp** olive oil, divided
- sea salt and ground black pepper, to taste

1. Prepare aioli: Place yolks in the work bowl of an immersion blender or a small food processor. With the motor running, slowly stream in oil until mixture is very thick, 1 minute. Stir in lemon zest, lemon juice and dill and season with salt and pepper. Refrigerate until ready to serve.

2. Preheat oven to 375°F. Line 2 rimmed baking sheets with parchment paper.

3. Place potatoes on half of 1 sheet, salmon on the second sheet and asparagus in a large bowl. Drizzle oil over top of each and season with salt and pepper.

4. Bake potatoes until tender and browned, 25 to 30 minutes. Add salmon to oven after 10 minutes and bake until cooked through, 12 to 14 minutes.

5. In the last 5 minutes of potato cooking, add asparagus to empty half of sheet. Serve salmon and vegetables with aioli.

PER SERVING (¼ of recipe):

Calories: 467, Total Fat: 27 g, Sat. Fat: 5 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 4 g, Carbs: 18 g, Fiber: 3 g, Sugars: 1 g, Protein: 38 g, Sodium: 242 mg, Cholesterol: 172 mg



OUR KIND OF BOUQUET:

It's nearing peak asparagus season, which means it's the perfect opportunity to put this folate-rich veggie to work. Though one serving of these stalks also provides nearly half the vitamin K women require daily, your body needs healthy fats to utilize it – not a problem with this dish.



Spring Vegetable Soup

with Shredded Chicken & Parmesan Crisps

F Q GF

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

An array of nutritious vegetables are piled into this gorgeous soup topped with shredded chicken. Parmesan cheese is made into crispy crackers to use over top instead of croutons.

- 4 tsp olive oil, divided
- 1 8-oz boneless, skinless chicken breast
- ½ tsp each sea salt and ground black pepper, divided
- ½ cup water
 - 1 leek, white and light green parts only, halved lengthwise and thinly sliced
 - 1 carrot, finely chopped
- 6 oz baby yellow potatoes, cut into ½-inch cubes
- 6 cups low-sodium chicken broth
- ¾ cup freshly grated Parmesan cheese, divided
- 2 cups baby spinach
- 1 cup frozen peas, thawed

1. Preheat oven to 400°F. Line 2 baking sheets with parchment paper.
2. In a large cast iron skillet on medium-high, heat one-half of oil. Sprinkle chicken with one-half of each salt and pepper. Add chicken to skillet and cook until lightly browned on bottom, 4 to 5 minutes. Flip and carefully add water and cover with a tight-fitting lid or foil. (**TIP:** If your skillet doesn't come with a lid, fit a piece of foil around it. It helps to do this before your skillet is hot.) Reduce heat to medium-low and cook until chicken reaches 165°F on an instant-read thermometer and is no longer pink inside, 15 to 18 minutes. Transfer chicken to a board and wipe out skillet. When chicken is cool enough to handle, shred with 2 forks. Cover to keep warm.

3. Meanwhile, in a large saucepan on medium, heat remaining one-half of oil. Add leeks, carrots, remaining one-half of salt and pepper and cook, stirring occasionally, until softened, 4 to 5 minutes. Add potatoes and broth and bring to a simmer. Reduce heat and simmer until potatoes are tender, 15 to 18 minutes.
4. Meanwhile, working with 1 tbsp at a time, place cheese in a mound on prepared baking sheet and pat down. Repeat with remaining cheese, forming 12 piles and spacing 2 inches apart using both sheets. Bake until golden and bubbly, 4 to 5 minutes. Let cool on sheets.
5. To saucepan, add spinach and peas and stir to combine. Divide soup and shredded chicken among bowls. Using a thin spatula, divide Parmesan crisps among bowls.

PER SERVING (⅙ of soup with 2 crisps):
Calories: 206, Total Fat: 8 g, Sat. Fat: 3 g,
Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g,
Carbs: 16 g, Fiber: 3 g, Sugars: 2 g, Protein: 18 g,
Sodium: 477 mg, Cholesterol: 31 mg

BRING ON THE CRUNCH:

These crackers are a creative way to get more calcium; one serving of Parmesan delivers nearly a third of your recommended intake.

Skillet Chicken Pot Pie
with Phyllo Crust
(SEE RECIPE, P. 34)





**Skillet Chicken
Pot Pie** with Phyllo Crust

SERVES 6.
HANDS-ON TIME: **30 MINUTES.**
TOTAL TIME: **1 HOUR, 5 MINUTES.**

This childhood favorite is so easy to make from scratch – no need to use a canned soup as a starter. We make ours with fresh chopped vegetables and a simple base of flour, broth and cream. And the dough? We skip it and use packaged phyllo dough instead; simply scrunch it and brush it with oil before baking.

- 2 tbsp olive oil, divided
- 2 boneless, skinless chicken breasts (about 1 lb total)
- ½ tsp each sea salt and ground black pepper, divided
- ½ cup water
- 1 large carrot, finely chopped
- 1 large leek, white and light green parts only, cut lengthwise and thinly sliced
- 3 tbsp white whole-wheat flour (**TRY:** King Arthur 100% Organic White Whole Wheat Flour)
- 2 cups low-sodium chicken broth
- 2 cups baby spinach
- 1 cup frozen peas, thawed
- 2 tbsp chopped fresh tarragon
- ½ cup whipping cream (35%)
- 4 sheets whole-wheat phyllo pastry, thawed and wrapped in a damp towel

1. Preheat oven to 375°F.
2. In a large cast iron skillet on medium-high, heat one-quarter of oil. Sprinkle chicken with one-half of each salt and pepper. Add chicken to skillet and cook until lightly browned on bottom, 4 to 5 minutes. Flip and carefully add water and cover with a tight-fitting lid or foil. (**TIP:** If your skillet doesn't come with a lid, fit a piece of foil around it. It helps to do this before your skillet is hot.) Reduce heat to medium-low and cook until chicken reaches 165°F on an instant-read thermometer and is no longer pink inside, 15 to 18 minutes. Transfer chicken to a board and wipe out skillet. When chicken is cool enough to handle, shred with 2 forks. Cover to keep warm.
3. Return skillet to heat on medium; add one-half oil. Add carrots and cook, stirring frequently, until softened, 5 to 7 minutes. Add leeks and remaining one-half of each salt and pepper and cook, stirring frequently, until leeks are softened and carrots are very soft, 5 to 7 minutes more. Sprinkle vegetables with flour and cook, stirring constantly, for 30 to 45 seconds. Add broth, whisking, and bring to a simmer, then reduce heat to medium-low for 3 to 4 minutes. Add spinach and peas and cook, stirring frequently, until spinach wilts slightly, 1 minute. Add tarragon, cream and reserved chicken, stirring to combine. Remove from heat.

4. Scrunch each sheet of phyllo and arrange over chicken mixture. Brush with remaining one-quarter of oil. Bake until pastry is golden brown, 15 to 20 minutes.

PER SERVING (½ of recipe): Calories: 309, Total Fat: 15 g, Sat. Fat: 6 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 22 g, Fiber: 3 g, Sugars: 3 g, Protein: 23 g, Sodium: 332 mg, Cholesterol: 67 mg

SHOPPING LIST

INGREDIENTS

- 1 | 1.5 lb chicken breast
- 2 | 4 6-oz salmon fillets
- 3 | 12 large scallops
- 4 | 3 leeks
- 5 | 2 carrots
- 6 | 2 10-oz pkgs baby spinach
- 7 | 1 16-oz pkg frozen peas
- 8 | 1 head garlic
- 9 | 1 bunch fresh dill
- 10 | 1 12-oz pkg whole-grain spaghetti
- 11 | 1 dozen eggs
- 12 | 7 oz ricotta
- 13 | 2 oz feta
- 14 | 6 oz Parmesan
- 15 | 1 bunch fresh tarragon
- 16 | 1 pint 35% cream
- 17 | 1 pkg whole-wheat phyllo pastry
- 18 | 3 lemons
- 19 | 1.5 lb baby yellow potatoes
- 20 | 1 bunch asparagus

PANTRY ITEMS

- 1 bottle olive oil
- 1 bottle sea salt
- 1 bottle black pepper
- 1 pkg white whole-wheat flour
- 2 qts chicken broth 

NatuRx

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Wellness advice from the publisher of
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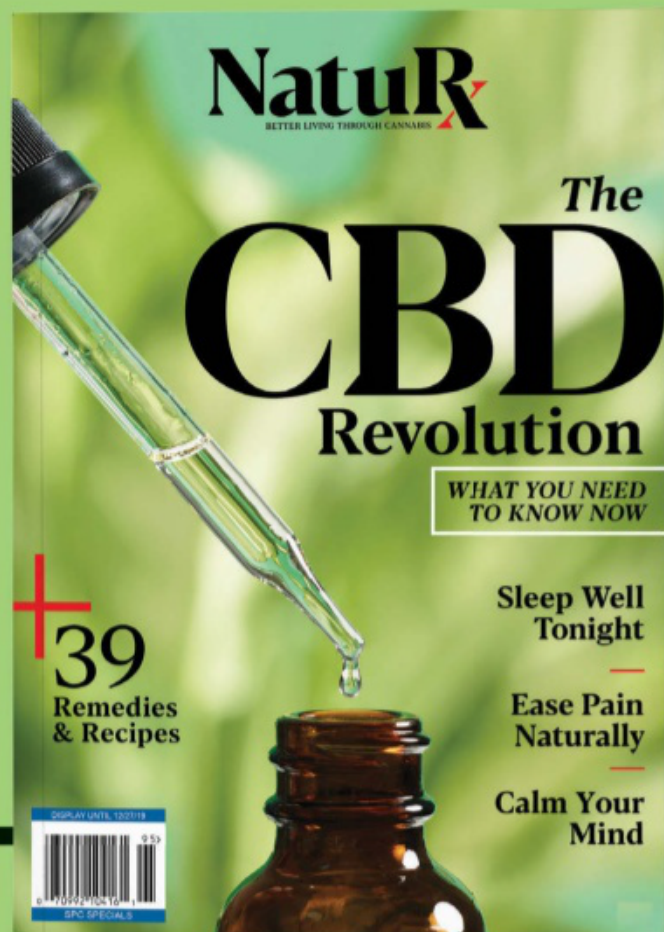
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FOOD STYLING BY MICHAEL ELLIOTT, PROP STYLING BY THE PROPS, INSET PHOTOS BY OLIVE & MANGO



Want to flex your creative muscles, gain valuable cooking skills and reduce waste all at the same time? We're showing you how to break free from relying on a recipe so you can improvise dinner with ingredients you have on hand.

BY BETH LIPTON, PHOTOGRAPHY BY SUECH AND BECK

When planning dinner, most of us select a recipe then run to the store to pick up the ingredients. This works well when you're cooking a new type of cuisine, using ingredients you've never used before or when you need a little guidance. The downside? Often, cooking from a recipe can lead to purchasing a plethora of items you may or may not use again and not utilizing what's already in the fridge and pantry, ultimately creating waste.

But what if you reversed the process? When you improvise a dish, you can check what you have in your kitchen and then create a recipe around that. By using what you already have, you save the money spent on new ingredients as well as use every last drop of the ingredients you already have in your fridge.

When cooking with what you have on hand, you can also better customize meals to your taste, flex your creative muscles and hone your cooking skills all at the same time. For example,

you don't need a recipe to tell you that basil, mozzarella and tomatoes are a perfect combination or that lime, cilantro and cumin are a mouthwatering trio. Rather than relying on a recipe, you can use your instincts to put together meals and get creative in the kitchen.

No need to be intimidated, though. You don't have to be a trained chef to put your own spin on dinner – you just need a few basic formulas and some practice. We've dedicated this entire section to cooking without a recipe. We've got basic formulas for common dishes like soups, lasagnas, roasts and more. Simply read through the formula, use our suggestions for ingredients and build your own meal. We've also given you sample recipes to show you how to put the formula together. You can create your own recipe from the formula or use the sample recipe as a starting point – the choice is yours. So go ahead and try your hand at improvising dinner tonight!

Serves 4.
Estimated
Time:
45 minutes.

BUILD YOUR OWN ***vegetable soup***

Soups are a wonderful way to get nutritious produce into your diet. Ask yourself, do you want a purée or a chunky soup? Creamy or broth-based? From there, choose vegetables, legumes and flavorings (we've included suggestions, but anything goes!). Season vegetables as you add them, but don't salt the liquid until the end.

HOW-TO	TRY WITH
1. Heat 1 tbsp fat in a pot on medium heat.	Ghee, butter, olive oil, avocado oil
2. Add ½ to 1 cup chopped aromatics. Season with salt and pepper. Sauté until tender.	Yellow onions, shallots, leeks, carrots, celery
3. Add about 1 to 2 tbsp chopped quicker-cooking aromatics and cook until fragrant.	Garlic, ginger, chiles, green onions (light and white parts), herbs such as bay leaf (use whole) or fresh thyme (whole sprigs or leaves)
4. Stir in a flavor booster (optional).	White wine (about ¼ cup), or 1 to 2 tbsp lemon juice, apple cider vinegar or curry paste
5. Add 3 to 4 cups liquid and bring to a simmer.	Low-sodium broth, canned diced tomatoes, coconut milk, heavy cream (or a combination of more than one)
6. Stir in about 3 cups chopped vegetables and cook until tender (8 to 10 minutes for lighter vegetables like peas and asparagus; 20 to 25 minutes for heartier vegetables). If desired, add 1 cup cooked or canned legumes along with the vegetables.	Cauliflower, broccoli, turnips, potatoes, asparagus, peas; navy beans, chickpeas, black beans, pinto beans, lentils
7. Remove herb sprigs and bay leaf (if using). If blending, use an immersion blender to purée. Add additional liquid if needed to reach desired consistency. Add a splash of a flavoring agent.	Lemon juice, lime juice, sesame oil, balsamic vinegar
8. Finish with garnishes. Season with additional salt and pepper, if needed.	Chopped herbs (mint, parsley, cilantro), celery leaves, dollop of yogurt or crème fraîche, croutons, chopped nuts or seeds, sliced chiles, Parmesan shavings, pesto

PUT IT ALL TOGETHER:

Pea & Leek Soup

F Q V GF



Olive oil
Chopped leeks
Chopped celery
Chopped garlic



+
White wine
Low-sodium vegetable broth
Frozen peas



+
Lemon juice and zest
Crème fraîche
Mint leaves

Improvise

Better: Remember to read through the formulas entirely before getting in the kitchen to ensure you don't miss a cue.



Serves 6.

Estimated
Time:
55 minutes.

BUILD YOUR OWN
roast

A roast may feel dressed up, but it's actually really simple to make. Two musts: Use an instant-read thermometer to make sure you cook it to the right temperature, and, for the best texture, give it time to rest so the juices inside redistribute. Tent it with foil to keep it warm and let it sit for at least 10 minutes. Using butcher's twine helps the roast hold its shape, but you can ask your butcher to do it for you to save a step.

HOW-TO	TRY WITH
1. Tie a 3- to 6-lb roast (bone-in or boneless) with twine every 2 inches. Pat dry and season with salt and, if desired, spices.	Beef, pork or lamb; black pepper, Italian seasoning, chili powder blend, thyme, oregano
2. Rub with oil. Sear in a hot ovenproof skillet, turning until browned on all sides.	Avocado oil, olive oil, ghee
3. Add chopped aromatics and/or vegetables (optional).	Onions, celery, leeks, turnips, carrots, potatoes, winter squash, sweet potatoes
4. Transfer skillet to a 375°F to 425°F oven. Roast to desired doneness, or until an instant-read thermometer in thickest part, avoiding bone, reaches 145°F (for pork, beef and lamb). Transfer to a cutting board, tent with foil and rest 10 to 20 minutes.	
5. Make sauce. Try our Black Pepper Cream Sauce (at right), using any drippings from bottom of skillet to add flavor to the sauce.	
6. Alternatively, serve with a compound butter. Add chopped fresh herbs, garlic, zest and salt to soft butter; roll into a log and keep covered in the refrigerator until use.	Parsley, chives, cilantro, lemon zest, lime zest, garlic, shallot
7. Garnish with fresh herbs, if desired.	Parsley, cilantro, basil, chives

**Black Pepper
Cream Sauce**

Q GF

Sauté 1 minced shallot,
until tender.

+

Add 2 minced cloves garlic
and 1 tsp coarse ground black
pepper; sauté until fragrant.

+

Whisk in ½ cup beef broth
and cook until reduced.

+

Add ¾ cup heavy cream
and cook until thickened.

+

Whisk in 1 tbsp cold unsalted
butter, one or two pieces
at a time, until melted and
sauce coats the back of a
spoon. Season with salt.

PUT IT ALL TOGETHER:

Roast Beef Tenderloin with Black Pepper Cream Sauce

GF



3 lb beef tenderloin,
tied with twine every 2 inches
Avocado oil



+

Carrots, peeled and cut into chunks
Turnips, peeled and cut into chunks



+

Black pepper cream sauce
Parsley sprigs



Improvise Better:

Get an instant-read thermometer so you can test the doneness of your roast. It's much more reliable than simply following a time in a recipe.



Serves 10 to 12.

**Estimated
Time:**
1 hour,
50 minutes.

BUILD YOUR OWN

lasagna

Use traditional noodles or try a whole-grain or gluten-free version. Or, for a lower-carb option, broil thinly sliced eggplant or zucchini and use in place of noodles. Add ground meat or sausage for extra protein, or make it meatless and fill it with your favorite vegetables.

HOW-TO	TRY WITH
1. Cook 12 oz lasagna noodles. Drain; rub with oil. Spread on a baking sheet.	Whole-grain, gluten-free or grain-free noodles, or thinly sliced and broiled zucchini or eggplant
2. Prepare 3 to 4 cups ready-made or homemade sauce.	Marinara, arrabbiata, béchamel
3. If using, add cooked meat or chopped roasted vegetables to the sauce.	Ground beef, ground turkey, cooked and crumbled sausage, mushrooms, bell peppers, zucchini, eggplant
4. Make filling: Combine 2 to 3 cups ricotta, 2 large eggs, 8 oz grated Parmesan and 2 cups shredded mozzarella (reserve some mozzarella for the top). Add about 2 tsp herbs or seasonings (optional). Season with about 1 tsp salt and pepper.	Italian seasoning, or a mix of dried oregano, basil, thyme
5. Flavor the filling (optional): Process 3 cups frozen, thawed and squeezed spinach or roasted red bell pepper with a splash of extra-virgin olive oil in a food processor then stir into filling.	
6. Assemble lasagna: Layer sauce, noodles and filling in a greased 7 x 11-inch baking dish; repeat. Top with shredded mozzarella. Cover with oiled foil; bake at 350°F for 1 hour, removing foil for last 15 minutes. Let stand for 20 minutes before serving.	

Customize with whatever protein you have on hand such as crumbled sausage, or skip the protein and make it meatless.

PUT IT ALL TOGETHER:

Cheesy Meatless Lasagna

GF V F



Brown-rice lasagna noodles
Marinara sauce



+
Filling recipe:
Ricotta
Eggs
Parmesan cheese
Mozzarella cheese



+
Italian seasoning and
thawed frozen spinach
added to filling
Mozzarella on top

Improvise Better:

Change the flavor of your lasagna significantly by switching sauces. A spicy sauce goes well with a mild, creamy cheese filling, or go for a creamy sauce if you want it to be extra decadent.



Serves 10 to 12.

**Estimated
Time:**
1 hour,
15 minutes.

BUILD YOUR OWN

shepherd's pie

If you keep a few key pointers in mind, you can toss together a tasty shepherd's pie on the fly with whatever's in the fridge and pantry. The topping will be about one-third of the dish, and the filling about two-thirds. Feel free to use more than one root vegetable to make up the mash for the topping.

HOW-TO	TRY WITH
1. Make topping: Simmer 2 to 2½ lb of a hearty root vegetable or tuber (or a combination of more than one variety), chopped, in salted water until tender.	Potatoes, sweet potatoes, carrots, parsnips, cauliflower, celery root
2. Flavor the cooking water (if desired). Remove flavorings after cooking; drain.	Bay leaf, garlic cloves
3. Mash using a potato masher, adding ¼ to ½ cup fat or liquid. Season with salt and pepper.	Broth, cream, yogurt, butter, oil, whole milk, almond milk
4. If desired, add 3 oz shredded cheese and/or 1 tbsp chopped herbs to the topping.	Cheddar, Monterey Jack; chives, parsley
5. Make the filling: In a large skillet, heat 1 tbsp oil. Add 1 to 1½ lb ground meat, season with salt and sauté until cooked through, then transfer to a plate.	Avocado oil, olive oil; ground beef, lamb, turkey, chicken or pork
6. Add 1 cup aromatics plus ½ to 1 cup additional vegetables. Season with salt and cook until tender.	Onions, carrots, celery, leeks, corn kernels, peas
7. Add 1 tsp dried spices (optional); sauté until fragrant.	Oregano, thyme, Italian seasoning, taco seasoning
8. Add 3 to 4 tbsp flavoring agent (or more than one).	Tomato paste, harissa paste, Worcestershire sauce, all-natural ketchup
9. Whisk 1 tbsp arrowroot into 1 cup broth; whisk. Add to pan and simmer to thicken. Add 1 to 2 cups cooked or canned beans or lentils; cook briefly to meld flavors. Season with salt and pepper.	Vegetable broth, beef broth, chicken broth; kidney beans, black beans, pinto beans, green lentils
10. Pour into a 9 x 11-inch baking dish (or an oval dish that holds about 2.5 qts); top with mashed vegetable topping and cheese (optional). Bake at 375°F for 25 minutes, until cooked through and bubbling and topping is golden.	Cheddar, Monterey Jack, Parmesan cheese

PUT IT ALL TOGETHER:

Classic Shepherd's Pie with Cheesy Potato Topping

F GF
A



Yukon Gold potatoes
Garlic cloves
Bay leaf



+
Whole milk
Shredded cheddar
Chopped chives



+
Ground beef
Chopped yellow onion
Chopped carrots
Corn kernels
Tomato paste, ketchup and
Worcestershire sauce



+
Arrowroot starch
Broth
Shredded cheddar



Improvise Better:

Use any baking dish you have on hand. If you use an oval-shaped dish, just make sure it's approximately 2.5 quarts. If you want to go with individual servings, use ramekins and reduce the baking time.

Serves 8 to 10.

Estimated
Time:
50 minutes.

BUILD YOUR OWN

pasta bake

Cheesy, saucy pasta baked with a crunchy topping – a pasta bake is a crowd-pleaser and such an easy recipe to customize to your taste. Simply choose your pasta, your protein and your sauce and it comes together in a matter of minutes. This is also a great make-ahead meal as you can assemble the recipe and bake when ready to eat.

HOW-TO	TRY WITH
1. Cook 3 cups dried pasta of choice until al dente. Drain, cool slightly and toss with a splash of oil.	Whole-grain, brown rice or lentil pasta in any short pasta shape including fusilli, elbow, penne; avocado oil, olive oil
2. Add to a large bowl along with 1 lb cooked meat (if using), ground or shredded.	Cooked and crumbled Italian sausage, shredded chicken, ground beef, ground turkey
3. Add 2 cups roasted or sautéed vegetables of choice.	Onion, kale, broccoli, zucchini, roasted red peppers
4. Stir in 1 cup sauce of choice and toss all together.	Pesto, marinara, arrabiata, Alfredo sauce
5. Transfer to a 9 x 9-inch baking dish and top with ¼ to ½ cup shredded cheese of choice.	Parmesan, cheddar, mozzarella, Monterey Jack
6. If desired, top with ¼ cup bread crumbs or chopped nuts.	Almond slivers, pine nuts, whole-grain panko
7. Bake at 350°F for 25 minutes, until bubbly and heated through.	

Basic Pesto

F Q V GF

1½ cups fresh herbs
+
⅓ cup each nuts and hard cheese of choice (Asiago, Parmesan or Romano)
+
2 cloves garlic
+
½ lemon, zested and juiced
+
½ tsp sea salt
+
½ cup olive oil

Place all ingredients except oil in a food processor and pulse until chopped; stream in olive oil until smooth.

PUT IT ALL TOGETHER:

Kale & Sausage Fusilli Bake

F



Whole-grain fusilli
Raw Italian sausage



+
Kale leaves, chopped
Yellow onion, chopped



+
Basil Walnut Pesto
(Basic Pesto using the following):
Basil and parsley
Walnuts
Parmesan
Garlic
Lemon



Improvise Better: Use your instincts when making a pesto: Taste it and then adjust the seasonings to your liking. ©

CAST IRON CREATIONS

With only 10 ingredients or less (not including oil, salt and pepper), each of these mouthwatering dishes is made in 1 cast iron pan for minimal fuss and uber-easy cleanup.

RECIPES BY BETH LIPTON, PHOTOGRAPHY BY ROBERTO CARUSO

Roasted Radishes
& Greens
(P. 52)

FOOD STYLING BY MICHAEL ELLIOTT, PROP STYLING BY THE PROPS AND PROPAGANDA

Whole-Grain
Roasted
Jalapeño
Cornbread
(P. 58)

Stir-Fried
Hoisin Steak
(P. 58)

Cauliflower-
Crust Pizza
(P. 50)

Skillet-Roasted
Chicken
(P. 54)

Cauliflower-Crust Pizza

with Mushrooms & Olives

Q V GF

SERVES **2 TO 4**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **45 MINUTES**.

Making your own cauliflower crust only takes a few minutes and a handful of ingredients, so it's well worth it for that homemade taste. Simple toppings are enough to make this meal shine – feel free to customize to your taste, but do remember to keep it light, as too many toppings can overload the delicate crust. For a spicy kick, serve with a sprinkle of red pepper flakes.

TOPPING

- 1 tbsp** avocado oil (**TRY:** Chosen Foods Avocado Oil)
- 5 oz** cremini mushrooms, sliced
- ¼ tsp** sea salt
- ⅓ cup** marinara sauce
- ¾ cup** shredded mozzarella
- 2 tbsp** sliced black olives
- fresh basil sprigs, optional

CRUST

- avocado oil, for brushing
- 1 10-oz** pkg frozen cauliflower rice, thawed
- 1 large** egg
- ½ cup** blanched almond flour
- ½ cup** shredded mozzarella
- ¼ cup** arrowroot starch
- 1 tsp** garlic powder
- ¼ tsp** sea salt

1. Prepare topping: In a 10-inch cast iron skillet on medium-high, heat oil. Add mushrooms and sprinkle with salt; cook, stirring occasionally, until mushrooms have released their water and are turning golden, 8 to 10 minutes. Set aside to cool; wipe out skillet.

2. Make crust: Preheat oven to 425°F; place skillet in oven as it heats. Cut a 14-inch square of parchment paper; brush parchment with oil.

3. Place cauliflower in a clean kitchen towel. Roll up and squeeze to remove as much water as possible. Unroll, toss cauliflower, re-roll and squeeze again. Transfer to a bowl; stir in remaining crust ingredients. Press cauliflower mixture into a 10-inch circle on center of parchment. Carefully remove hot skillet from oven, lift parchment and fit crust into skillet. Bake until firm and golden in spots, 20 to 25 minutes.

4. Carefully pull skillet from oven. Spread marinara over crust, leaving a ¼-inch border; sprinkle with remaining mozzarella. Spread mushrooms and olives evenly over cheese. Bake until cheese has melted and pizza is hot, 8 to 10 minutes more. Garnish with basil (if using).

PER SERVING (¼ of recipe): Calories: 328, Total Fat: 23 g, Sat. Fat: 7 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 4 g, Carbs: 18 g, Fiber: 4 g, Sugars: 5 g, Protein: 16 g, Sodium: 638 mg, Cholesterol: 75 mg



BIG FLAVOR, HEALTHIER HEART:

The antioxidant-rich veg and heart-healthy fats of Mediterranean cuisine catapulted this diet into the zeitgeist several years back, and this dish perfectly encapsulates some of its nutritional highlights: Tomatoes, for instance, have been shown in human studies to be associated with a reduced risk of cardiovascular disease.





Cast Iron 101

Every cook should own one of these kitchen workhorses: Inexpensive and nearly indestructible, cast iron pans last for years. They retain heat well, can go from stove top to oven and can be used with metal utensils. Keep in mind that, though not a unanimous belief, many chefs say using cast iron to make long-cooking, acidic foods (like tomato sauce) may cause the iron to leach and give food a metallic taste.

DIY Seasoning

A cast iron pan is only as good as its seasoning, which is a very thin layer of oil that bonds with the metal and gives it a glossy, stick-resistant surface. You can purchase a pre-seasoned pan, but remember that any cast iron will need to be seasoned periodically. To season your pan, scrub it in soapy water, dry it, then wipe a little bit of neutral oil (like coconut) all over the cooking surface with a paper towel and place it over high heat on the stove. Heat the pan until it's smoking, wipe it one more time and let it cool.

When it comes to cleaning, it's fine to use soap to clean it (though you may need to season it again if you do), but avoid soaking the pan or leaving it wet.

Cast Iron Made Easy

Not interested in the added maintenance of traditional cast iron? Try enameled cast iron – quite simply, cast iron cookware with an enamel coating over the cooking surface. You've probably seen them in their bright colors and shapes, ranging from Dutch ovens to skillets and even lasagna pans. With the same heat retention and durability of traditional cast iron, this cookware will never rust or need to be seasoned. Plus, you can simmer acidic foods without worrying about leaching. A downside? Unlike regular cast iron, enameled cookware can chip or crack if handled roughly.

Roasted Radishes & Greens

with Tahini Sauce

P Q V GF

SERVES **2 TO 4**. HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **30 MINUTES**.

Roasting radishes mellows out their pungent flavor. Here, we use their green tops to provide a nutrient boost while minimizing waste. This dish makes a great side, or make it a main by serving it in a bowl topped with fried eggs.

RADISHES

- 3** bunches radishes with greens (about 30 radishes; 2 to 3 cups greens)
- 1 tbsp** avocado oil
- ½ tsp** sea salt + additional to taste

SAUCE

- ¼ cup** tahini
- 2 tbsp** fresh lemon juice
- 3 tbsp** chopped fresh flat-leaf parsley
- 2 tbsp** chopped fresh mint
- 1 tbsp** avocado oil
- 1 clove** garlic, minced
- ¼ tsp** raw honey
- 6 tbsp** hot water, or as needed
- sea salt and ground black pepper, to taste

Place greens in a bowl of cool water and swish around to remove grit. Lift out of water, dry greens then roughly chop. Trim and halve radishes (or quarter if large). Carefully remove skillet from oven; add oil, radishes and salt (reserve greens); toss. Roast until radishes are very tender and golden, tossing halfway, 15 to 20 minutes.

2. Meanwhile, make sauce: In a small food processor or blender, process tahini, lemon juice, parsley, mint, oil, garlic and honey. Blend in hot water, 1 tbsp at a time, to thin to sauce consistency. Season with salt and pepper.

3. Carefully transfer skillet to stove top on medium. Add greens and additional salt; toss until greens wilt, 1 to 2 minutes. Serve drizzled with tahini, or serve sauce on the side.

1. Prepare radishes: Preheat oven to 450°F; place a 9- to 10-inch skillet in oven as it heats. Cut greens from radishes.

PER SERVING (¼ of recipe): Calories: 171, Total Fat: 15 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 5 g, Carbs: 7 g, Fiber: 2 g, Sugars: 1 g, Protein: 3 g, Sodium: 321 mg, Cholesterol: 0 mg



Skillet-Roasted Chicken

with Chive Butter & Rainbow Carrots

GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR, 30 MINUTES.*

*PLUS CHILLING TIME.

A rich, herbaceous butter turns this simple roasted chicken into a wow-worthy dish. Here, we dry brine the bird with salt overnight for a perfectly juicy result with golden skin, but if you're short on time, you can skip that step. Make sure to follow the directions for the size of the chicken as a larger bird will make it challenging to lift in and out of the oven with the weight of the cast iron skillet. Garnish with lemon slices for a pretty presentation.

CHICKEN & VEGETABLES

- 1 3½- to 4-lb whole chicken, patted dry
- 1 tsp sea salt + additional to taste
- 1 lb rainbow carrots, scrubbed, cut into 1-inch pieces on a diagonal
- 1 yellow onion, sliced
- 2 cloves garlic, peel on
- ground black pepper, to taste

CHIVE BUTTER

- 1 lemon (**NOTE:** Zest and juice to yield 1 tsp each zest and juice; reserve remaining lemon halves to stuff chicken.)
- ¼ cup organic unsalted butter, room temperature (**TRY:** Horizon Organic Unsalted Butter)
- 1 tbsp chopped fresh chives or tarragon
- ¼ tsp each sea salt and ground black pepper

1. Place chicken on a large plate; season all over with salt. Tie legs together with twine. Refrigerate uncovered for at least 8 hours or overnight.
2. Prepare chive butter: In a bowl, combine all butter ingredients; stir with a wooden spoon to mix well.

Cover and refrigerate. (**MAKE AHEAD:** Make chive butter up to 3 days ahead; cover and refrigerate. Let butter stand at room temperature for 20 minutes before use.) Reserve lemon halves.

3. Preheat oven to 425°F; place a 10-inch cast iron skillet in oven as it heats. Place carrots, onion and garlic in a large bowl; toss with half of softened butter. Season with additional salt and pepper. Fill chicken cavity with reserved lemon halves. Rub chicken with remaining compound butter, gently going under skin as well as on top of it. Carefully remove skillet from oven; spread vegetables evenly. Place chicken on top. Roast until vegetables are very tender and caramelized and chicken is cooked through (an instant-read thermometer placed in thickest part of thigh and breast should read 165°F), 60 to 70 minutes, carefully tilting chicken up with tongs and stirring vegetables once or twice during roasting time.

4. Transfer chicken to a cutting board; tent with foil and rest for 15 minutes. Squeeze garlic out of skins, mash and stir into vegetables. Transfer vegetables to a serving platter; cover to keep warm. Carve chicken and place on platter with vegetables.

PER SERVING (¼ of recipe): Calories: 654, Total Fat: 42 g, Sat. Fat: 16 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 7 g, Carbs: 14 g, Fiber: 4 g, Sugars: 8 g, Protein: 54 g, Sodium: 844 mg, Cholesterol: 201 mg





BUY THE BIRD:

Chicken breasts may be the centerpiece of many better-for-you-recipes, but selecting a whole chicken over parts can save you money – buying your bird this way generally costs less than \$2 a pound – while providing you with the option of dark meat, which has almost twice the iron of light meat.



Whole-Grain
Roasted Jalapeño
Cornbread
(P. 58)

Stir-Fried Hoisin Steak
with Baby Bok Choy
(P. 58)





Whole-Grain
Roasted Jalapeño
Cornbread F Q V

MAKES **16 PIECES**.
HANDS-ON TIME: **20 MINUTES**.
TOTAL TIME: **45 MINUTES**.

This skillet cornbread makes a great side to a warming stew or chili. Serve it warm slathered with butter.

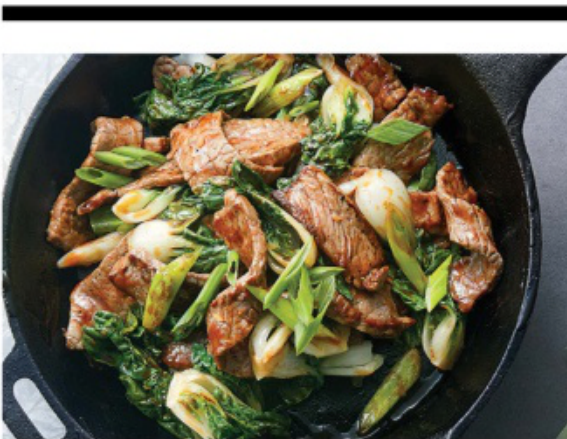
- 2 jalapeño chile peppers
- 1¼ cups yellow cornmeal
- ¾ cup white whole-wheat flour
- 2 tsp baking powder
- 1 tsp sea salt
- ½ tsp baking soda
- 1¼ cups buttermilk, room temperature
- 2 large eggs, room temperature, beaten
- 1 tbsp raw honey
- ½ cup organic unsalted butter, melted and cooled, divided
- 1 cup thawed frozen corn kernels, patted dry

- Heat a 9- to 10-inch cast iron skillet on medium. Add jalapeños and roast, turning often, until skin is charred all over, 7 to 10 minutes. Transfer to a bowl, cover and let steam for 10 minutes.
- Preheat oven to 425°F; place skillet in oven as it heats. In a large bowl, combine cornmeal, flour, baking powder, salt and baking soda.

In a separate bowl, whisk together buttermilk, eggs and honey. Place peppers on a cutting board; slip off charred skins. Trim ends, halve and remove seeds. Mince peppers.

3. Pour buttermilk mixture into cornmeal mixture; stir until almost combined, then stir in all but 1 tbsp butter. Fold in peppers and corn. Pour reserved 1 tbsp butter into hot skillet; quickly swirl to coat skillet. Immediately pour in batter. Bake until golden, set and a toothpick inserted into center of cornbread comes out clean, 14 to 18 minutes. Let cool in pan on a wire rack for at least 10 minutes before serving.

PER SERVING (⅓ of recipe): Calories: 138, Total Fat: 8 g, Sat. Fat: 4 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 15 g, Fiber: 2 g, Sugars: 2 g, Protein: 3 g, Sodium: 262 mg, Cholesterol: 41 mg



Stir-Fried Hoisin Steak
with Baby Bok Choy GF A

SERVES **4**.
HANDS-ON TIME: **20 MINUTES**.
TOTAL TIME: **50 MINUTES**.

With deep umami flavor and notes of ginger, this stir-fry is a staff favorite. If you prefer to go meatless, you can swap out the beef for extra-firm tofu. Serve with brown rice and a drizzle of sriracha.

- 1 lb sirloin steak
- ½ cup hoisin sauce (**TRY:** Premier Japan Hoisin Sauce)
- 1 tbsp coconut aminos

- 1½ tsp arrowroot starch
- 1 tsp cold water
- 2 tbsp avocado oil, divided
- 1 lb baby bok choy, trimmed, quartered lengthwise
- ½ tsp sea salt, divided
- 6 green onions, sliced, white/light green and dark green parts divided
- 3 cloves garlic, minced
- 1 tbsp minced fresh ginger
- brown rice and/or quinoa, for serving (**TRY:** Path of Life (almost) Scratch Brown Rice & Quinoa)

- Place steak in freezer for 30 minutes then thinly slice against the grain. In a small bowl, whisk hoisin and coconut aminos; transfer one-half to a large bowl. Add steak; toss to coat. In a cup, whisk arrowroot and water.
- Heat a 9- to 10-inch cast iron skillet to medium-high and coat with one-half of oil. Add bok choy and one-half of salt and cook, stirring occasionally, until crisp-tender and golden in spots, 6 to 7 minutes. Add light parts of green onions, garlic and ginger; stir-fry until onions are tender and mixture is fragrant, about 1 minute. Transfer to a plate.
- Heat remaining one-half of oil in skillet. Add beef; season with remaining one-half of salt and stir fry until nearly cooked through, 1 to 2 minutes. Add bok choy mixture and reserved hoisin and arrowroot mixtures; cook, tossing, until sauce thickens, about 2 minutes. Top with some of reserved green onions. Serve with brown rice and/or quinoa.

PER SERVING (¼ of recipe): Calories: 392, Total Fat: 23 g, Sat. Fat: 7 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 21 g, Fiber: 3 g, Sugars: 11 g, Protein: 26 g, Sodium: 598 mg, Cholesterol: 86 mg



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a month!)



Clean Eating

BECOME A MEMBER AND GET EXCLUSIVE BENEFITS:

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- **1-year print and digital subscription to the magazine**
- Monthly gear & appliance **giveaways**
- **Webinars** with *Clean Eating* experts
- Member newsletter with **new meal plans every month!**

The Clean

60



The *Clean Eating* team rolled up their sleeves – and rolled out their placemats – to sample more than 750 trailblazing products from 300 companies vying for the title of Clean Choice Award Winner. After months of testing, these products were deemed the best of the best across 13 categories. Read on to find out why.

BY RACHEL DEBLING,
PHOTOGRAPHY BY GEOFFREY ROSS



OUR CLEAN CRITERIA

We put hundreds of packaged foods, supplements and household products to the test, judging their taste, texture and mouthfeel (tough job, we know!), plus a few additional areas we considered meaningful:

1. INNOVATIVE APPROACHES

You know the feeling you get when you discover an amazing new TV show or app and you're the first to recommend it to your friends? That's what we wanted to experience when delivering this list to you. We're certain you'll find a product or two that'll make you go, "How'd they think of that?"

2. MUST-HAVE PRODUCTS

Likewise, we wanted to ensure every item on this list satisfies time and time again, from the first heaping spoonful to the last determined scrape against the bottom of the jar. We selected products that we consider "stashable" – you'll want to keep extras around for those times when cravings hit – and those that make meal prep a snap.

3. THE ECO FACTOR

With the 50th anniversary of Earth Day landing this year, our team paid special attention to companies that put the environment first: Items in recyclable or recycled packaging over plastic, formulas that use ethically sourced ingredients and companies that donate portions of their proceeds to worthy causes were standouts in our books.





ECO HEROES

Though many submissions impressed with their gung-ho attitude toward the planet, our team opted to highlight companies that have inventive takes on saving the earth, whether through their manufacturing practices, their methods for sourcing ingredients or their use of reusable or recyclable packaging. Look for this symbol and know that, just like you, these companies are doing their part.



Dairy & Alternatives

Whether you're vegan, lactose-free or a true dairy lover, we've got you covered with a selection of butters and milks for all tastes.

A GREEK TREAT

Fans of Greek yogurt know it's all about the texture. Nounós Creamery Whole Milk Greek Yogurt is smoother than silk and, bonus, it comes in recyclable glass packaging. **\$2.50, nounoscreamery.com**



A SUBTLE CHANGE

Adorable packaging? Check. Clean ingredient list? Check. Satisfying light coconut flavor? You betcha. Even dairy fanatics will become nondairy believers with Mooala Coconut Oatmilk. **\$6, mooala.com**



BUTTER UP!

Introduce the uninitiated to the wide, wonderful world of clarified butter with the silky texture and subtle flavor of Carrington Farms Organic Ghee. It'll be a staple in your fridge before you know it. **\$15, carringtonfarms.com**



PERK UP YOUR COFFEE

You'll never go back to regular dairy creamer once you pop a splash of shelf-stable Elmhurst 1925 Original Unsweetened Hemp Creamer in your morning cup of joe. (Sorry, not sorry.) **\$7, elmhurst1925.com**



Breakfast

Mornings will never be the same with these wholesome products designed to take the guesswork out of your first meal of the day.



HANDHELD GOODNESS

When you hit the snooze button one too many times, Simple Mills Nutty Banana Bread Soft Baked Bars save the day (and your stomach) – they are a perfectly portable way to start your day. **\$6**, simplemills.com

NO GRAINS ALLOWED

It's difficult to decide whether to enjoy Purely Elizabeth Vanilla Almond Butter Grain-Free Granola on top of your yogurt or right out of the bag, so we'll make it easy for you: Both are correct. **\$7**, purelyelizabeth.com



OATS TO GO

Sure, overnight oats are great and all, but when you didn't plan ahead, ALDI-exclusive Simply Nature Organic Instant Oatmeal in Oats & Flax comes through in a pinch. **\$3**, aldi.us

Snacks

Got the munchies? We've got you covered. These eight clean-as-a-whistle products will quash your cravings and quiet your tummy.



NOT A NUT

Allergy sufferers rejoice! Our staff was blown away by Natural Traditions Roasted Baru Seeds, claiming they taste just like peanuts. **\$12**, organictraditions.com

HIGH-PROTEIN PACK

Tender and tasty, Kalahari Biltong Air Dried Thinly Sliced Beef may end up replacing jerky as your number-one protein-rich nibble. **\$8**, kalaharisnacks.com



LIGHT AS AIR

Put out LesserEvil Organic Popcorn Himalayan Pink Salt for your guests – we guarantee it'll be gone faster than you can say, "Pass the bowl." **\$4**, lesserevil.com



PERFECTLY PORTABLE

Pop a lemon-coconut Bivy Bar from Kate's Real Food in your knapsack or laptop bag for sustainable, clean fuel to get you through your next hike or budget meeting. **\$2.50**, katesrealfood.com



ABSOLUTELY ADDICTIVE

Another CE fave, Setton Farms Jalapeño Seasoned Pistachio Kernels were a hot commodity in our offices. (Testers even admitted to hiding them from their significant others.) **\$8**, amazon.com

GET IN YOUR VEGGIES

Pre-portioned packs of POSHI Freshly Steamed & Marinated Artichokes may seem like a strange snack, but we promise you'll be a believer from your first tangy bite. **\$2**, poshi.com



SURPRISINGLY SWEET

Though most of our snack selections lean to the savory side, Made In Nature Toasted Cinnamon Coconut Chips impressed with its combination of crunchiness and sweetness. **\$5**, madeinnature.com



BITE-SIZED BLISS

A different take on plain ol' granola, Supernola Triple Berry Vanilla Clusters are a deliciously poppable way to satisfy all of your midafternoon snack attacks. **\$3**, eatsupernola.com



ECO HERO

LesserEvil works with New England Compost to blend its popcorn waste into organic garden soil.



ECO HERO

As part of its commitment to sustainability, Setton Farms reuses its pistachio shells to create road beds.

Sweet Treats

Indulging while eating clean is possible; just reach for these better-than-average picks.



HARD TO PUT DOWN

Like chocolate-covered raisins for grown-ups, Life's Grape Dark Chocolate Dipped Vine-Dried Grapes are plumper and juicier than their movie-snackbar predecessors. **\$13 for 10 oz, lifesgrape.com**



TOO GOOD TO ROAST

With all of the trademark squish of regular marshmallows, Dark Chocolate Dipped Raspberry SMASHMALLOWS make a satisfying post-dinner treat. **\$5, smashmallow.com**



CRAVINGS QUASHER

Made with 66% organic cacao, the Olyxir Olive Leaf Chocolate Bar comes in an ideal size for a light snack that can conveniently slip into your purse. **\$4, olyxir.com**



Time-Savers

Hearty meals in a pinch are as close as your fridge or freezer with these ready-to-serve products.



A SOOTHING SIP

Somewhere between a drink and a meal, the Nona Lim Turmeric Chicken Bone Broth Heat and Sip Cup has truly reinvented the convenience category with its user-friendly packaging. **\$6**, nonalim.com



GLUTEN-FREE PIZZA NIGHT

So long, delivery! Cappello's Italian Sausage with Roasted Red Pepper Almond Flour Pizza has all the flavor of regular 'za, minus the grains. **\$10**, cappellos.com



LUNCH IN A PINCH

Never resort to greasy fast food again! The Keen One Quinoa Garden Medley Cup is a lightning-fast way to fuel up, and it's nonperishable, so it'll keep in your desk drawer. **\$4**, keenonefoods.com



NO GRAINS, ALL FLAVOR

The Keto Unbuns from Unbun Foods are squishy, just like grain-based buns, and a godsend for those who are keto, Paleo or gluten-free. **\$9.50**, unbunfoods.com



LEAN, CLEAN & FROZEN

Feeling the lunchtime pinch? Pop a package of Caesar's Kitchen Spicy Meatball Spaccatelli Pasta in the microwave, and you're good to go. **\$4**, caesarskitchen.com

**ECO HERO**

In addition to its eco packaging, Oteas donates 1% of its sales to earth-friendly organizations through 1 Percent for the Planet.

Beverages

Thirst can strike at any time. Get ahead of it with a well-stocked pantry and fridge, stacked high with these products – all boast 10 ingredients or less.

**FEEL-BETTER BREW**

The common cold can take down even the strongest among us. Luckily, the potent formula of Suja Immunity Defense Shots will clear your nasal passages on the stuffiest of sick days.

\$3, sujajuice.com

**GOOD FOR THE GUT**

Our testers couldn't get enough of the smooth texture and rich taste of Organic Traditions Matcha Latte with Probiotics, which stealthily delivers gut-health benefits in every steaming cup. **\$16, organictraditions.com**

**REVOLUTIONARY BAGS**

In our humble opinion, Oteas Strawberry & Cream teabags are more of a treat than a beverage. While you're waiting for it to steep, check out its fully biodegradable packaging. **\$6, oteas.com**

**EFFERVESCENT SIP**

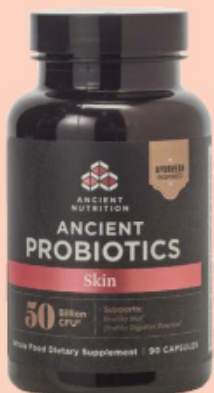
Put down that soda! Minna Lightly Brewed Sparkling Tea in Lime Hibiscus will perk up your taste buds with its unique, bubbly flavor. (It's sweet without any added sugar or syrups.) **\$28 for 12, amazon.com**

**WARM & WELCOMING**

Vahdam Teas Turmeric Spice Herbal Tea Tisane is truly comfort in a cup – its citrus, bergamot, ginger and cinnamon notes will make you feel like you're being hugged from the inside out. **\$6, vahdam.com**

Supplements

Vitamins, minerals and essential fatty acids that will help fill in your nutritional gaps.



GLOW UP FROM INSIDE

Not your average probiotic supplement, Ancient Probiotics Skin from Ancient Nutrition features 17 diverse strains plus Ayurvedic botanicals to support a luminous visage. **\$50**, draxe.com



GET GUTSY

BodyBio has combined calcium and magnesium with butyrate, a short-chain fatty acid created by bacteria in the gut, to foster a healthier microbiome. **\$29 (100 count)**, bodybio.com



EASY ON THE EYES

Macula 30+ by Quantum Health helps support your vision as you age with a formula developed by a leading expert in eye-health nutrition that contains lutein, zeaxanthin and omega-3s. **\$33**, quantumhealth.com

HOW SWEET IT IS

Whether eaten by the spoonful or added to your smoothie, Comvita UMF 15+ Manuka Honey is a premium source of prebiotics, amino acids and other plant-derived compounds. **\$57**, comvita.com



PUMP IT UP

SFH Super Omega-3 Fish Oil delivers a pleasant lemon flavor and no fishy aftertaste. Plus, its sleek metal pump dispenser is easy to use and – bonus – recyclable, a rarity in the supplement realm. **\$55**, sfh.com



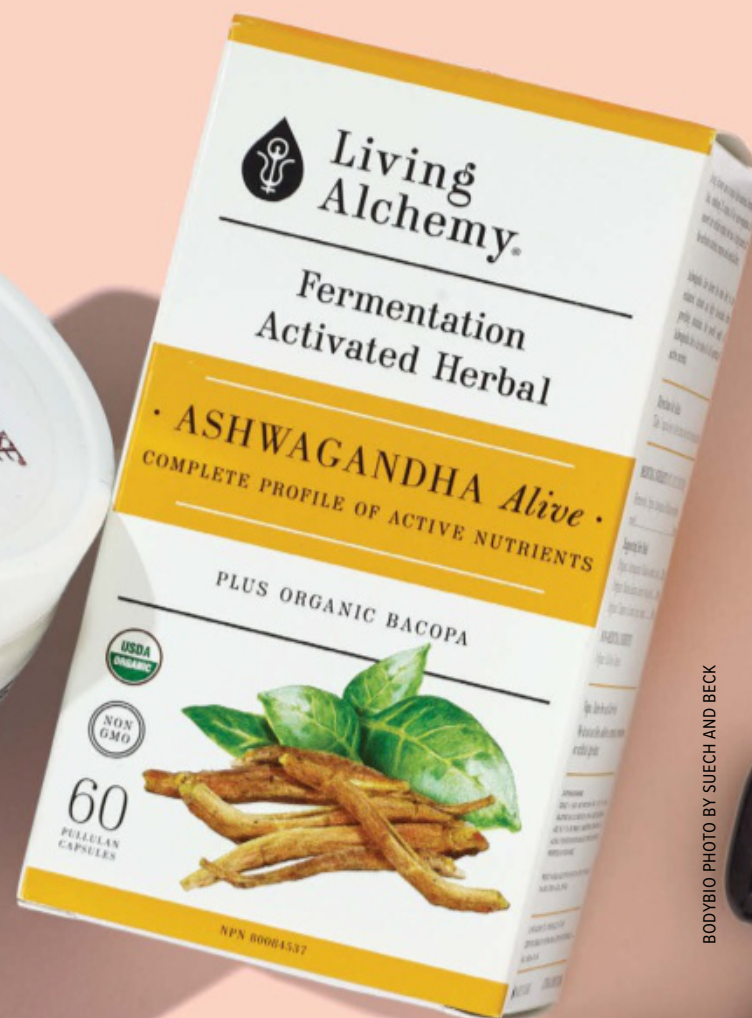
FOR THE LITTLE ONES

Boost baby's intake of vitamin D – important for bone health – with Mommy's Bliss Organic Vitamin D Drops. **\$13**, amazon.com



DELICIOUSLY CLEAN

Protelicious Gourmet Whey Protein in True Chocolate featuring Valrhona cocoa powder was “like a milkshake” in both taste and texture, according to one die-hard tester. **\$73**, protelicious.com



Check with your health-care provider before starting a new supplement regimen.

Adaptogens

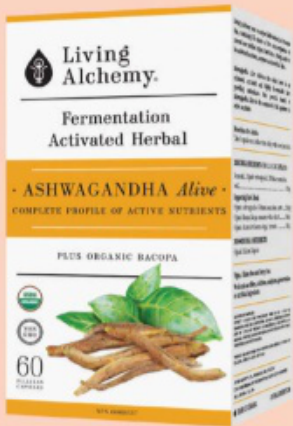
Consider this your adaptogen starter kit: three supps that will help reduce the impact of environmental and mental stresses on your body.



BOOST YOUR IMMUNITY
The vitamin C and reishi formula found in OM Mushroom Immune Defense Superfood Daily Boost Capsules provides immune support while encouraging a happier, healthier gut microbiome. **\$30 (90 count), ommushrooms.com**



HONE IN YOUR FOCUS
Lion's Mane, long used for its medicinal benefits, has been purported to support the nervous system and aid cognition. Host Defense Lion's Mane contains an activated, freeze-dried version for best results. **\$30, hostdefense.com**



STRESS LESS
Give your mental health the boost it needs with Living Alchemy ASHWAGANDHA *Alive*, a fermented supplement that can help reduce anxiety and improve concentration. **\$37, livingalchemy.com**



ECO HERO

When empty, rinse out the canister of SFH Super Omega Fish Oil and toss with your other metal recyclables.

Condiments

Three products that'll elevate any dish to new flavor heights, all with minimal ingredients.



POUR ON FLAVOR

Few can resist the call of a thick dressing. Tessemae's Organic Creamy Ranch delivers big flavor with every bite and a substantial texture that perfectly coats greens. **\$6**, tessemaes.com



THE PERFECT DIP

Specially Selected Salsa in Medium Garlic packs robust flavor into every scoop. Try it as a burger topper, in huevos rancheros or layer in your go-to dip recipe. **\$2**, aldi.us



MULTI-PURPOSE MARINADE

Whether you use it to dress up your salads or your meats, Mother Raw Organic Caesar Dressing will have even non-Caesar fans asking for seconds. **\$6**, motherraw.com

Pantry Staples

No cupboard is complete without these clean “just in case” jars, cans and canisters.

A NEW WAY TO BUTTER

All of Georgia Grinders' butters are delish, but the hazelnut version – uncommon in the spreads aisle – caught the attention of our testers. **\$13**, georgiagrinders.com



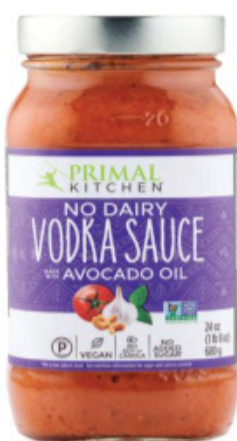
KETO COMPLIANT

The team behind Once Again's Organic Extra Creamy Blanched Almond Butter puts its money where its mouth is by using solar energy in its manufacturing practices. **\$15**, onceagainnutbutter.com



LIGHT & LIVELY TASTE

Dr. Bronner's Fair Trade & Organic Virgin Coconut Oil is perfect for frying. Plus, they've converted around 500 growers to organic practices. **\$12**, drbronner.com



VEGAN-FRIENDLY SAUCE

Craving creamy pasta without the cream? Cashew-based Primal Kitchen No-Dairy Vodka Sauce has the same rich texture as the original. **\$9**, primalkitchen.com



A BRIGHTER SCRAMBLE

The wide nozzle on Chosen Foods Lemon Dill Avocado Oil Spray allows for even coverage while imparting a bright and unexpected flavor on your eggs, chicken, veggies and more. **\$8**, chosenfoods.com

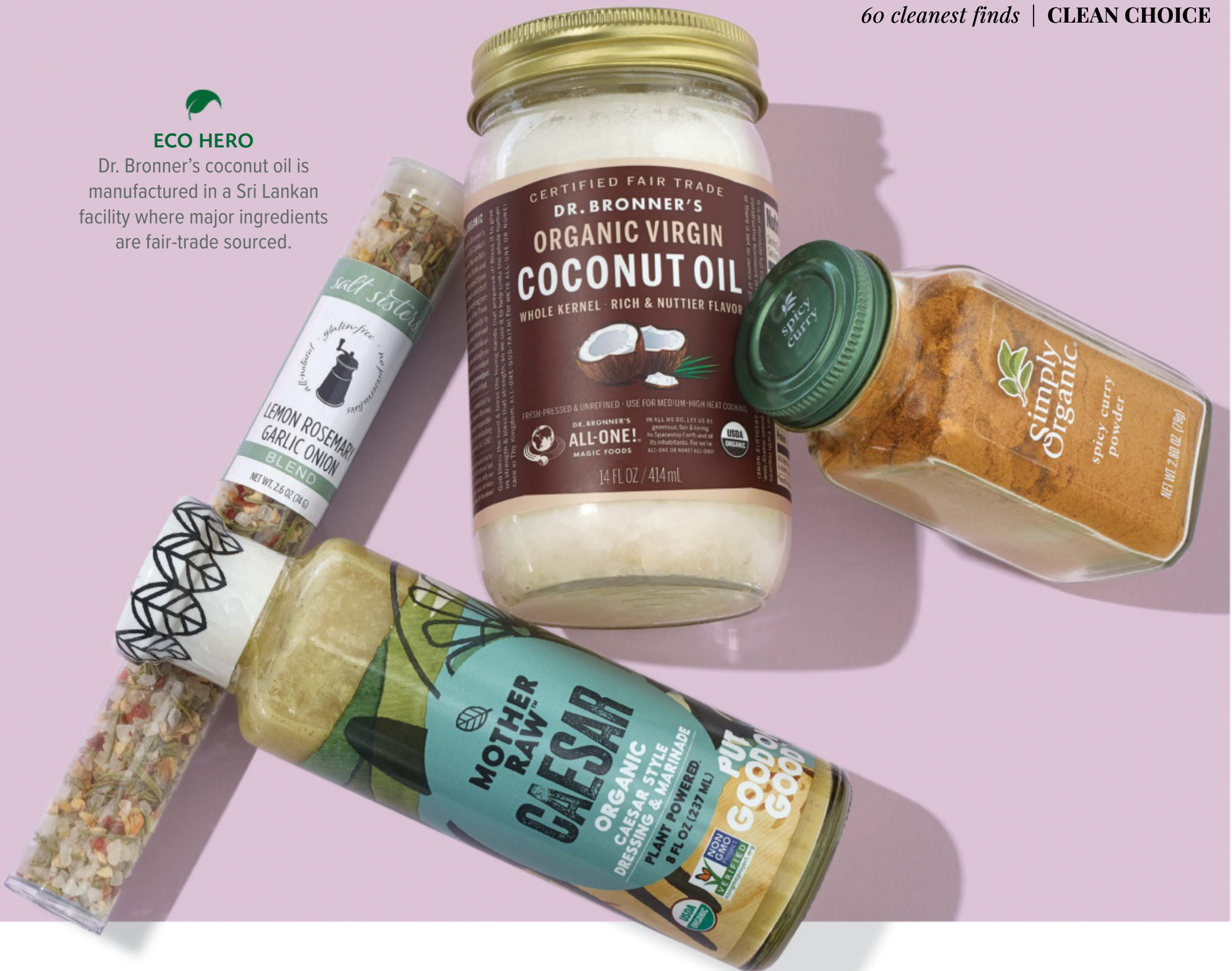


LIKE NONNA USED TO MAKE

It's no exaggeration to say your guests won't be able to tell that California's sustainably sourced FarmToFork Tomato Basil Pasta Sauce came from a jar. (Your secret is safe with us.) **\$6**, walmart.com

ECO HERO

Dr. Bronner's coconut oil is manufactured in a Sri Lankan facility where major ingredients are fair-trade sourced.



Spices & Seasonings

These shakers will impart big taste into your dish without adding tons of sodium or chemicals.



WARM UP YOUR PLATE

Simply Organic Spicy Curry Powder provides a bit of unexpected heat to Indian dishes of all types; try taking it for a spin in your chicken curry. **\$7**, simplyorganic.com



THE NAME SAYS IT ALL

Kick up your mains and amp up your sides with the zesty and bold flavor of Bone Suckin' Sauce Cajun Seasoning. Your dirty rice will never be the same! **\$6**, bonesuckin.com



NO AXE TO GRIND

Pop Salt Sisters Lemon Rosemary Garlic Onion into your grinder and season your chicken, fish and veggies in a whole new way. Tip: It's fantastic as a baked-potato topper. **\$8**, saltsisters.net

Beauty

Be kind to your skin with natural products that clean, moisturize and make you gosh-darn radiant.

FRESHEN UP

NOW Solutions Rose + Ylang Ylang Long-Lasting Deodorant has an uplifting scent that lasts, all without ingredients like aluminum and talc. **\$9, nowfoods.com**



MULTI-USE WONDER

Dr. Natural Eucalyptus Pure Castile Soap can be used all over and doesn't strip skin of its natural moisture with a blend of plant-based oils and butters. **\$11, amazon.com**



A NATURAL WAY TO BUFF

Sudsy Body Wash by bioClarity utilizes biodegradable jojoba granules (not plastic beads) to exfoliate your skin gently from head to toe. **\$20, bioclarity.com**



BANISH DRY SKIN

Literally turn back the hands of time with the vegan formula of SPARITUAL Citrus Cardamom Hand Serum. Bonus: Its bright scent will perk you right up. **\$40, sparitual.com**

TREAT YOUR MUSCLES

Smooth Home Health Castor Oil directly onto skin to moisturize and pamper, or knead into joints for relief from aches and pains. **\$5.50 for 8 oz, vitaminshoppe.com**



GLOW RADIANTLY

Ghost Democracy Lightbulb Vitamin C Serum turns on your inner light at a low price and with clean ingredients. **\$34, ghostdemocracy.com**



Household

Four picks that swap harsh bleaches and chemicals for eco-friendly alternatives. Chores will be a pleasure again! (Okay, maybe not *quite*.)



SPRINGTIME FRESH

Your house will smell as friendly and fresh as an English garden when you wipe down your surfaces with Counter Culture All-Purpose Non-Toxic Cleanser in Geranium. **\$8, countercultureclean.com**



NO-CHEMICAL CLEAN

Swap your traditional floor cleaner for Pure & Peaceful Aromatherapy Floor Cleaner Concentrate in Lavender & Bergamot and you'll rest easy knowing babies and pets alike can safely scuttle around on its surface. **\$13, pureandpeaceful.com**



SWEET DREAMS

Get ready to count sheep! Spritz some LATHER Quiet Night Pillow Mist on your bed at night and let its organic lavender-based formula take you away. **\$18, lather.com**

SOFT & SUSTAINABLE

Made from fast-growing organic grasses, PlantPaper uses less energy in its manufacturing than traditional and recycled toilet papers. **\$24 for 16 rolls, plantpaper.us**





ECO HERO

LATHER prides itself on being a carbon-neutral business and using eco-friendly inks and recycled materials in its packaging.



ECO HERO

Unlike plastic beads – it’s estimated that the US alone dumps more than 800 trillion plastic beads into the water daily – the microbeads in Sudsy break down naturally after they buff your skin clean. 



A Week of Meals in 20 Ingredients

Usher in spring with this streamlined 7-day plan that uses only minimal ingredients and key pantry staples to yield a week's worth of healthy eating.

BY ERIN MACDONALD, RDN AND TIFFANI BACHUS, RDN, PHOTOGRAPHY BY OLIMPIA DAVIES

Crispy Tofu over Quinoa with Almond Lime Sauce

Q V GF

SERVES 2. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

- 1 tbsp avocado oil
- 8 oz organic sprouted extra-firm tofu, cubed
- sea salt and ground black pepper, to taste
- 1 cup cooked quinoa
- 1 radish, sliced thinly
- 1 carrot, shredded
(**TIP:** If your carrots come with the green tops, try chopping them up as a garnish.)
- 1 avocado, sliced
- 2 tbsp chopped fresh cilantro

SAUCE

- 1 lime, zested and juiced
- 3 tbsp almond butter
- 3 tbsp water
- 1 tbsp coconut aminos
- 1 tsp ground ginger

1. In a large nonstick skillet on medium-high, heat oil. Add tofu and season with salt and pepper. Cook 12 to 14 minutes, flipping once, until golden and lightly crispy. Divide tofu, quinoa, radish, carrot, avocado and cilantro between 2 plates.

2. In a small bowl, whisk together all sauce ingredients; pour over bowls.

NOTE: If following our Meal Plan, refrigerate components separately and combine when called for.

PER SERVING (½ of recipe): Calories: 641, Total Fat: 44 g, Sat. Fat: 5 g, Monounsaturated Fat: 25 g, Polyunsaturated Fat: 10 g, Carbs: 43 g, Fiber: 14 g, Sugars: 7 g, Protein: 27 g, Sodium: 325 mg, Cholesterol: 0 mg



A SUPERIOR TOFU?

Made from sprouted soybeans, sprouted tofu is higher in protein than regular tofu and contains less phytic acid, a substance that can impede mineral absorption.





**MAKE THIS DISH
YOUR OWN:** Customize
this recipe using items you
have on hand, such as baby
spinach, chiles or almonds,
as we did on our cover.



Q V GF

GARLIC-ROASTED CHICKPEAS

- 2 15-oz** BPA-free cans
chickpeas,
rinsed and
drained
- 2 tbsp** avocado oil
- 1½ tsp** garlic powder
- ½ tsp** each sea salt
and ground
black pepper

Preheat oven to 400°F.
Blot chickpeas with a
paper towel to dry. In a
bowl, toss chickpeas with
oil, garlic powder, salt
and pepper. Spread on a
baking sheet and bake for
10 minutes. Toss and bake
for another 10 minutes, until
browned and crunchy.
(Makes 5 servings.)



MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
BREAKFAST: Spinach Scramble: Sauté ¼ cup chopped onion in 1 tbsp oil; add 2 cups baby spinach and sauté until wilted. Season with salt and pepper. Add 2 eggs and scramble with vegetables. Serve with ½ avocado, sliced. 1 orange, peeled and chopped, over 1 cup yogurt SNACK: 1 cup strawberries with 2 tbsp almond butter LUNCH: Crispy Tofu over Quinoa with Almond Lime Sauce (p. 74; eat ½, save leftovers) SNACK: Garlic-Roasted Chickpeas (p. 75; save leftovers) DINNER: Ginger Turmeric Chicken: Sauté 8 oz chopped chicken in 1 tsp oil; season with ¼ tsp each turmeric and ginger, and salt and pepper to taste. (Eat ½; save leftovers.) Artichokes with Lemon Yogurt Dip (p. 79; save leftovers)		BREAKFAST: Quinoa Breakfast Bowl: Cook 1½ cups quinoa according to package directions. In a nonstick skillet, heat 1 tbsp oil. Sauté ¼ cup chopped onions. Add 2 cups baby spinach; season with pinch each salt and pepper and sauté until wilted. Set aside. Heat 1 tbsp oil and cook 2 eggs sunny side up. Serve ½ cup cooked quinoa (save leftovers to use throughout the week) topped with cooked veggies and eggs. Add salt and pepper, to taste. SNACK: 1 cup strawberries, chopped, over 1 cup yogurt LUNCH: Ginger Turmeric Chicken (leftovers) Spinach Strawberry Salad: Toss 2 cups baby spinach with ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper. SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75) DINNER: Halloumi Lettuce Tacos with Avocado Cilantro Mash (p. 77; save leftovers)		BREAKFAST: Stir 1 cup chopped strawberries and 1 tbsp each orange zest and almond butter into 1 cup yogurt. SNACK: 2 hard-boiled eggs; 1 orange LUNCH: Halloumi Lettuce Tacos with Avocado Cilantro Mash (p. 77; leftovers) SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75) DINNER: Crispy Tofu over Quinoa with Almond Lime Sauce (leftovers, p. 74)		BREAKFAST: Berry Quinoa Bowl: Stir together ½ cup cooked quinoa (leftovers), warmed, 2 tbsp almond butter and 1 cup chopped strawberries. SNACK: 2 hard-boiled eggs; 1 orange LUNCH: Turmeric Deviled Eggs (p. 78; eat ½, save leftovers) over bed of chopped butter lettuce Artichokes with Lemon Yogurt Dip (leftovers, p. 79) SNACK: Stir 1 tbsp lemon juice and 1 tsp lemon zest into 1 cup yogurt. DINNER: Chicken with Lemon Thyme Yogurt: Cook 8 oz chicken in 1 tbsp oil; season with salt and pepper. Transfer to a plate. Heat ½ tbsp oil and add 2 cups chopped asparagus and ⅓ cup chopped onion; cook for 5 minutes. Whisk ½ cup yogurt with zest and juice of 1 lemon and 1 tsp dried thyme; serve over chicken. (Eat ½, save leftovers.)	
NUTRIENTS: Calories: 1,828, Fat: 116 g, Sat. Fat: 21 g, Carbs: 128 g, Fiber: 41 g, Sugars: 47 g, Protein: 93 g, Sodium: 1,131 mg, Cholesterol: 540 mg		NUTRIENTS: Calories: 1,886, Fat: 134 g, Sat. Fat: 35 g, Carbs: 102 g, Fiber: 31 g, Sugars: 24 g, Protein: 89 g, Sodium: 2,393 mg, Cholesterol: 586 mg		NUTRIENTS: Calories: 1,942, Fat: 130 g, Sat. Fat: 39 g, Carbs: 127 g, Fiber: 38 g, Sugars: 47 g, Protein: 88 g, Sodium: 2,351 mg, Cholesterol: 538 mg		NUTRIENTS: Calories: 1,393, Fat: 67 g, Sat. Fat: 18 g, Carbs: 125 g, Fiber: 26 g, Sugars: 49 g, Protein: 88 g, Sodium: 906 mg, Cholesterol: 925 mg	
FRIDAY		SATURDAY		SUNDAY			
BREAKFAST: Quinoa Breakfast Bowl: In a nonstick skillet, sauté ¼ cup chopped onion in 1 tbsp oil on medium-high; add 2 cups baby spinach, juice of ½ lemon, salt and pepper. Sauté 2 minutes; set aside. Add 1 tbsp oil to pan and cook 2 eggs sunny side up. Serve with ½ cup cooked quinoa (leftovers) and top with cooked veggies and eggs. Add salt and pepper, to taste. Serve with ½ avocado, sliced. SNACK: 1 cup strawberries with 2 tbsp almond butter LUNCH: Chicken with Lemon Thyme Yogurt (leftovers) SNACK: Stir 1 tbsp lemon juice and 1 tsp lemon zest into 1 cup yogurt DINNER: Tuna Arugula Salad: Sear 10 oz ahi tuna in 1 tbsp oil on medium-high for 1 to 2 minutes per side, or to desired doneness. Whisk 2 tbsp each oil and lemon juice, 1 tsp dried thyme and salt and pepper to taste. Top 3 cups arugula with 1 orange, peeled and sliced, and sliced tuna. Drizzle with dressing before serving. (Eat ½; save leftovers, keeping components separate.)		BREAKFAST: Avocado Tofu “Toast”: Slice 4 oz tofu into 4 planks lengthwise. Blot with paper towels to remove as much water as possible. In a skillet on medium-high, heat 1 tbsp oil; add tofu and season with salt and pepper. Cook 12 minutes, turning halfway, until golden and crispy on both sides. Transfer to a plate. Sauté 2 cups baby spinach; set aside. Cook 2 eggs any style. Mash 1 avocado and spread on top of tofu “toast.” Top with spinach and eggs. SNACK: 1 cup strawberries with 2 tbsp almond butter LUNCH: Tuna Arugula Salad (leftovers) SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75) DINNER: Veggie-Packed Bone Broth (p. 78; eat ½, save leftovers) Spinach Strawberry Salad: Toss 2 cups baby spinach and ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper.		BREAKFAST: Stir 1 cup chopped strawberries and 1 tbsp each orange zest and almond butter into 1 cup yogurt. SNACK: Turmeric Deviled Eggs (leftovers, p. 78) LUNCH: Veggie-Packed Bone Broth (leftovers, p. 78) Spinach Strawberry Salad: Toss 2 cups baby spinach with ½ cup chopped strawberries. Top with vinaigrette of 1 tbsp each oil and lemon juice and pinch each salt and pepper. SNACK: Garlic-Roasted Chickpeas (leftovers, p. 75) DINNER: Tofu Arugula Salad: In 1 tsp oil, cook 4 oz tofu, chopped, until golden. Place in bowl; add 1 cup arugula, 1 carrot, shredded, and ½ avocado, chopped. Whisk together 1 tbsp oil and 1 tbsp lemon juice. Pour over arugula mixture and toss.			
NUTRIENTS: Calories: 1,652, Fat: 106 g, Sat. Fat: 20 g, Carbs: 94 g, Fiber: 22 g, Sugars: 40 g, Protein: 102 g, Sodium: 1,275 mg, Cholesterol: 602 mg		NUTRIENTS: Calories: 1,761, Fat: 108 g, Sat. Fat: 14 g, Carbs: 93 g, Fiber: 37 g, Sugars: 28 g, Protein: 121 g, Sodium: 2,484 mg, Cholesterol: 564 mg		NUTRIENTS: Calories: 1,500, Fat: 90 g, Sat. Fat: 17 g, Carbs: 96 g, Fiber: 28 g, Sugars: 39 g, Protein: 91 g, Sodium: 2,029 mg, Cholesterol: 491 mg			



Halloumi Lettuce Tacos *with Avocado Cilantro Mash*

Q V GF

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

- 1 tbsp avocado oil
- 8 oz halloumi cheese,
sliced into 8 planks
- 1 radish, julienned
- ½ lemon, juiced
- 8 butter lettuce leaves
- 1 carrot, shredded

AVOCADO MASH

- 1 avocado, peeled, pitted
- ½ lemon, juiced

- 2 tbsp chopped fresh cilantro
- sea salt and ground black
pepper, to taste

1. In a large nonstick skillet on medium-high, heat oil. Add halloumi slices and cook 4 to 5 minutes, until bottom of halloumi is golden. Flip and cook 3 to 4 minutes more. Transfer to a plate.

2. Meanwhile, in a bowl, place radish and cover with juice of ½ lemon to quickly pickle.

3. Make mash: Mash avocado in a bowl and stir in lemon juice, cilantro, salt and pepper.

4. Spoon mash into each lettuce leaf. Top with halloumi, radishes and carrots.

PER SERVING (½ of recipe): Calories: 622, Total Fat: 53 g, Sat. Fat: 24 g, Monounsaturated Fat: 22 g, Polyunsaturated Fat: 4 g, Carbs: 15 g, Fiber: 8 g, Sugars: 3 g, Protein: 27 g, Sodium: 1,353 mg, Cholesterol: 86 mg

P F Q GF

VEGGIE-PACKED BONE BROTH

- 4 cups chicken bone broth
- 8 oz chicken breast tenders, chopped
- 1 carrot, chopped
- ½ tsp each ground turmeric, ground ginger and garlic powder
- ¼ tsp each sea salt and ground black pepper
- 4 cups baby spinach
- fresh cilantro sprigs, for garnish

To a stockpot, add broth, chicken, carrot, turmeric, ginger, garlic, salt and pepper and bring to a simmer on medium. Simmer 15 minutes. Add spinach and simmer until wilted. Garnish with cilantro. (Makes 2 servings.)

Q V GF

TURMERIC DEVILED EGGS

- 4 large eggs, hard-boiled and peeled
- ¼ cup full-fat yogurt
- ½ lemon, zested and juiced
- 1 tbsp chopped fresh cilantro
- ½ tsp ground turmeric
- sea salt and ground black pepper, to taste
- additional lemon zest or fresh cilantro, for garnish

Slice eggs in half lengthwise and remove yolks. Place yolks in bowl and mash with a fork. Add yogurt, lemon zest and juice, cilantro and turmeric; mix. Season with salt and pepper. Spoon into egg whites. Garnish with additional lemon zest or cilantro. (Makes 2 servings.)



V GF

ARTICHOKES WITH LEMON YOGURT DIP

- 2 artichokes
- $\frac{1}{2}$ cup full-fat yogurt
- $\frac{1}{2}$ lemon, zested and juiced
- $\frac{1}{2}$ tsp garlic powder

Use a sharp knife to trim artichoke stems. Cut off 1 inch from top of artichokes. Use kitchen shears to trim sharp points from each leaf. Remove bottom few leaves from base of artichoke. Place artichokes in a medium saucepan and add about 1 inch of water. Bring to a boil then reduce to a simmer. Cover and cook 40 minutes or until a leaf can easily be pulled off.

Meanwhile, in a small bowl, combine yogurt, lemon juice, zest and garlic powder. Halve artichokes and serve with dip. (Makes 2 servings.)



Olimpia Davies

PHOTOGRAPHER & STYLIST,
CHESTER, UNITED KINGDOM

The backgrounds you see in Olympia's photos aren't just window dressing – they were created by her talented hand. "When I'm not behind the camera, I love to paint," she says of her hobby.

SHOPPING LIST

20 INGREDIENTS

- 1 $\frac{1}{2}$ lb chicken breast tenders
- 2 dozen large eggs
- 8 oz halloumi cheese
- 10 oz ahi tuna
- 1 lb organic sprouted extra-firm tofu
- 2 32-oz containers full-fat yogurt (**TRY:** Stonyfield Organic Probiotic Plain Whole Milk Yogurt)
- 1 lime
- 1 5-oz pkg arugula
- 2 artichokes
- 1 bunch asparagus
- 5 avocados
- 4 carrots
- 1 bunch fresh cilantro
- 8 lemons
- 1 head butter lettuce
- 2 yellow onions
- 5 oranges
- 2 radishes
- 5 pints strawberries
- 2 10-oz pkgs baby spinach

PANTRY STAPLES

- 2 15-oz cans BPA-free canned chickpeas
- 1 pkg quinoa
- 1 jar almond butter (**TRY:** Once Again Creamy Organic Almond Butter)
- 1 bottle avocado oil
- 1 bottle coconut aminos
- 1 bottle dried thyme
- 1 bottle ground ginger
- 1 bottle garlic powder
- 2 pints chicken bone broth
- 1 bottle ground turmeric (**TRY:** Simply Organic Turmeric)
- 1 bottle sea salt
- 1 bottle ground black pepper

Eastern Healing

A preventative approach to wellness has been at the core of Ayurvedic medicine for thousands of years. Here are 4 popular Ayurvedic herbs and what they can do for you.

BY RACHEL DEBLING

For many in North America, the term “Ayurveda” isn’t only tough to pronounce – it’s difficult to define.

Practiced for millennia in India, Ayurveda (phonetically *ai-ur-vey-duh*) is one of the oldest forms of medicine in the world. Generally speaking, Ayurvedic practitioners and doctors prescribe herbs and whole foods (such as kitchari, a rice and lentil concoction that is the backbone of many Ayurvedic fasts) and lifestyle interventions such as yoga to help stoke their patients’ digestive “fire” – called *agni* – prevent disease and treat many common maladies.

The National Center for Complementary and Integrative Health estimates that around 240,000 American adults, or about one-tenth of 1% of the total population, actively practice Ayurvedic medicine. And there are aspects of Ayurveda that are

gaining credence in scientific circles. A 2018 review of research on *pranayama*, the Ayurvedic breathing technique used during yoga, concluded that in addition to reducing stress, the practice also has positive effects on heart rate, blood pressure and cognition. Meditation, one of the backbones of Ayurveda, is a well-known mood regulator and has been found to preserve the grey matter of aging brains. And perhaps most exciting is Ayurveda’s focus on the gut, which scientists have revealed is the control center of the body, affecting a wide range of functions such as mood, immunity and how likely you are to be overweight.

Though most reputable studies on Ayurveda have been conducted on small sample sizes, some reports suggest it provides a better quality of life for cancer survivors and that it can help

regulate certain side effects of type 2 diabetes and arthritis. As with many health-focused practices, Ayurveda isn’t all or nothing: Proponents caution that the practice should be used as a complement to, not a substitution for, Western medicine. As Kusum Bhandari, an Ayurvedic practitioner and certified holistic coach, notes, “There are instances where, when disease progresses, you want to make use of Western medicine, like drugs or surgery.”

While most practitioners recommend adding Ayurvedic herbs in their whole-food forms, when diet alone won’t cut it or your dosha is extremely out of balance (see “What’s Your Dosha?” page 82), supplementation can be helpful. These four common herbs, Ayurvedic staples with anecdotal and proven benefits, are a great place to start.

CONTINUED ON PAGE 82

WHY NOW?

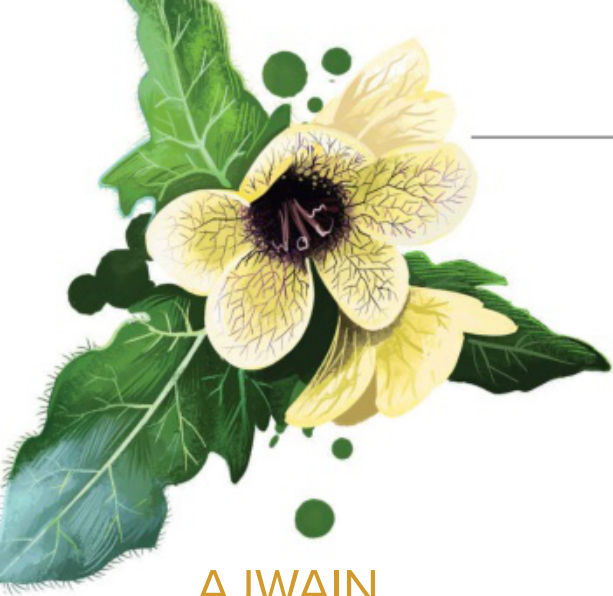
STANDARDIZED EXTRACTS

The intention behind the standardization of herbs is to guarantee that you, the consumer, get a product in which the chemistry is consistent from batch to batch. **NOW** standardized extracts are offered at optimal, safe potencies and are always tested for identity and safety — to ensure you get what's on the label. For instance, our **Curcumin** from Turmeric Root Extract is standardized to a minimum of 95% curcuminoids.

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I'M AYURVEDIC!





AJWAIN

Also known as carom or ajowan caraway, ajwain is traditionally used in Ayurveda as a treatment for diarrhea, bloating and fainting spells. Ajwain extract has antioxidant properties and has been found to be effective at inhibiting the growth of *Candida albicans*, a common fungus that, if overgrown, can cause issues such as thrush or yeast infections. **Try:** DR WAKDE'S Carom Seed Capsules (60 count). \$19, drwakde.com

CINNAMON

In Ayurvedic medicine, cinnamon is used to help stoke the digestive fires and improve circulation and respiration, and some studies have found that it helps lower blood sugar levels in diabetics by improving insulin resistance. Since there is no recommended daily amount, keeping your intake to a moderate level – under two grams, or around one teaspoon, daily – is the best and safest approach. **Try:** New Chapter Cinnamon Force (60 count). \$40, newchapter.com

TURMERIC

Possibly the most common herb in Ayurveda (some sources report it has 46 names and synonyms), turmeric is traditionally used in many forms, including as a paste, tea, tincture and powder. Curcumin, one of the substances found in turmeric, has been shown to have an anti-arthritis effect in humans as well as the ability to reduce blood pressure and inflammation.

Try: Garden of Life – myKind Organics Extra Strength Turmeric (60 count). \$25, gardenoflife.com

FENUGREEK

Followers of Ayurveda with stomach issues may be told to take fenugreek, another herb that is purported to enhance digestion and stimulate appetite.

It may also benefit you in the gym: A study published in the *Journal of the International Society of Sports Nutrition* found that 500 milligrams of fenugreek helped to enhance upper- and lower-body strength in trained male athletes.

Try: Now Foods Fenugreek 500 mg (100 count). \$9, nowfoods.com



What's Your Dosha?

Your dosha is your personal constitution, or the energies and elements that create your physical, mental and emotional being.

“We are created with all five elements (air, ether, fire, water and earth),” explains Kimberly Rossi, director of business development for North Carolina’s Art of Living Retreat Center and Shankara Ayurveda Spa. You can determine your dosha by visiting an Ayurvedic specialist or Ayurvedic doctor, but there are also many online quizzes that can provide insights.

There are specific foods and types of weather that agree best with each dosha (see “Attributes” below). The doshas can also be applied to the time of year and day. Since the seasons around the world differ, how to restore balance can vary depending on your location, says Rossi. You may be directed by a specialist to eat more or less of certain foods and to focus on or abstain from certain forms of activity over the course of the year.

A broad look at each dosha is included below. Most people are a combination of two doshas, with one being more dominant.



Vata – Air and ether

Characteristics: Creative, seeks new experiences, naturally thin
Attributes: Dry, light, cold, rough



Pitta – Fire and water

Characteristics: Strong willed, natural leader, muscular build
Attributes: Hot, sharp, liquid, oily



Kapha – Earth and water

Characteristics: Loyal, compassionate, gains weight easily
Attributes: Slow, cold, dense, soft 

Oscar Aldana

GRAPHIC DESIGNER, TORONTO, CANADA

Hailing from Venezuela, Oscar is the newest member of the CE design team. When asked what his future holds, this young artist answers sagely, “I always say, ‘Never know where you are going until you get there.’”



Freshmarket

A SELECTION OF PROMOTIONS & EVENTS FROM OUR PARTNERS



FOOD FOR LIFE BAKING COMPANY

Food For Life Baking Company is an organic natural foods bakery located in Corona, California with a passion for health and longevity. For over 50 years, we've been creating great tasting bakery products designed with your health in mind. Try our Flourless Ezekiel 4:9 Sprouted Grain Breads, Cereals, Tortillas, English Muffins and more. With just one bite, you'll know they're a Food For Life.

FoodForLife.com



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sfh.com



ZEBRA CBD – PREMIUM CBD OIL



ZebraCBD is full-spectrum blend CBD oil precisely formulated to help you manage the stresses of daily life; ease inflammation and discomfort; support and maintain healthy sleep cycles; and boost overall health and wellness.

ZebraCBD.com

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Xlear Rescue Nasal Spray, for when you need a stronger, natural punch against whatever is causing your upper respiratory problems. Featuring herbs like Pau d'Arco and essential oils: oregano, parsley, eucalyptus, and tea tree. All to give you fast, effective, natural relief from congestion, sniffles, and airborne contaminants.

xlear.com



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Carlson Olive Your Heart® blends Greek extra virgin olive oil with Norwegian fish oil. Each serving provides 1,480 mg of omega-3s, including EPA and DHA, which support cardiovascular health and optimal wellness. Enjoy Olive Your Heart® drizzled over a salad or mixed into your favorite dressing recipe.

CarlsonLabs.com





LIGHT & CRISPY

Energy efficiency is the name of the game with the Dash Compact Air Fryer. Featuring a small footprint and four smart colors, you'll be enjoying fries and wings in a matter of minutes.

From \$45, amazon.com



DOUBLE-DUTY STORAGE

Never search for a measuring cup again! These Measure and Store Canisters consist of a glass base made from recycled wine bottles to store dry goods with pretty wooden measuring cups nestled on top. **From \$40, uncommongoods.com**

Shortcut Solutions

Time flies when using these inventive, efficiency-boosting products.

BY RACHEL DEBLING



RAPID & REMOTE

With the small but mighty Breville Joule Sous Vide, you can be a chef from anywhere with a WiFi connection. Evenly cooked meat, fast and hands-free – what more could you ask for? **From \$200, breville.com**

BE A GREEN THUMB

The Garden Seat and Tools kit puts everything an amateur horticulturalist needs into one easy-to-carry package so you can focus your energy on pulling and pruning, not searching for your spade. **\$76, picnictime.com**



editors' pick

HERBAL INFUSION

The LEVO II makes it easy to infuse your oil or butter with herbs of your choice. Their unique method keeps air out of the infusing process, keeping your oils fresher for longer. **\$350, levooil.com**



✓ **Purity** ✓ **Freshness** ✓ **Taste**

Clean Eating's 2020 #1 Pick for Fish Oil. SFH Fish Oil is derived from sustainably sourced and wild-caught Alaskan Pollock from the Bering Sea. The fish are hand-sorted and the oil is cold extracted immediately for maximum freshness. For just \$1.15 a day, you'll get 4000mg of Omega-3s + 1000 IUs of Vitamin D.



For 20% off use code
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Omega-3 Update

How plant sources stack up against fish, and the purest, most sustainable supplement options.

BY LISA TURNER

In the frenzy over fats, we can all agree on one thing: Omega-3 fatty acids have potent health benefits. Dozens of studies suggest omega-3s can protect against cardiovascular disease, inflammation, arthritis, cognitive decline, mood disorders and possibly cancer. Because your body can't make them, omega-3 fats must be consumed through supplements or food sources. But here's the catch: Not all omega-3s are interchangeable. The omega-3s in fatty fish like salmon and sardines are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), while plant sources, such as walnuts and flaxseeds, contain alpha-linolenic acid (ALA). The body converts ALA into EPA and DHA through a series of chemical reactions, but the conversion ratio is very low: In some studies, as little as 5% of ALA is converted to EPA, and less than 0.5% to DHA.

Additionally, the ratio of omega-3 to omega-6 fats is crucial. Healthy ratios of omega-6 to omega-3 fats range from 1:1 to 4:1. But the typical Western diet, as it is high in processed foods, is often closer to a 16:1 ratio of omega-6 to omega-3, prompting inflammation and increasing the risk of cardiovascular disease, cancer and autoimmune diseases.

While there's no recommended daily value for omega-3s, many experts suggest 250 to 500 milligrams combined EPA and DHA every day for healthy adults. The easiest way to get enough is eating fatty fish twice a week. Mercury usually isn't a problem unless you're pregnant or nursing, but if you're concerned, choose low-mercury seafood selections like sardines, trout and wild salmon. If you follow a vegan or vegetarian diet, or just don't like fish, it's hard to get that amount; emphasize plant-based sources of omega-3 fats and consider a supplement made from algae. Otherwise, focus on food. Here are six sources for fish and plant people alike.



Wild salmon is an excellent source of omega-3 fats, with 1,220 milligrams of DHA and 350 milligrams of EPA per three-ounce serving.

Omega-3 levels in farmed salmon vary widely, depending on feed used; while they're generally a good source, they're also higher in omega-6 fats. Additionally, farmed salmon are likely to contain high levels of polychlorinated biphenyls (PCBs), dioxins, chlorinated pesticides and other toxins, so wild-caught salmon is a better choice.

TRY THIS:

- **Toss** cooked salmon with gluten-free penne pasta and pesto.
- **Mix** canned salmon with Greek yogurt and dill for a cracker spread.



Sardines, small, fatty fish in the herring family, are high in omega-3 fats; one tin (about four ounces) has as much as 1,700 milligrams of omega-3 fats. And because they're lower on the food chain, sardines are less likely to be contaminated with mercury. If you buy them canned, look for varieties packed in water or olive oil, not soybean oil; choose the bone-in variety for extra calcium.

TRY THIS:

- **Add** sardines, red onions and minced tarragon to scrambled eggs.
- **Toss** sardines with cooked white beans, chopped tomatoes, Kalamata olives, baby spinach and vinaigrette.

LEAD PHOTO BY DARREN KEMPER, SALMON ICON BY VVUSHAKOV/SHUTTERSTOCK.COM, SARDINE ICON BY ZAUR RAHIMOV/SHUTTERSTOCK.COM



Rainbow trout, a freshwater fish with a mild, light flavor, is rich in omega-3s, with 500 to 1,000 milligrams in a three-ounce serving.

Farmed rainbow trout from US ponds, raceways or recirculating agricultural systems are considered a safe and sustainable choice and are less likely to contain toxins.

TRY THIS:

- **Marinate** trout in lime juice, olive oil, garlic powder and chile powder, then grill.
- **Roast** trout and green beans with lemon juice and shallots, then top with slivered almonds.



Pastured eggs from chickens that are allowed to roam free tend to be higher in omega-3s and other nutrients. In one study, pastured eggs had two-and-a-half times the amount of omega-3 fats and a better omega-6 to omega-3 ratio than eggs from caged hens. Omega-3-fortified eggs, produced by feeding chickens a diet supplemented with flaxseeds, may have more than 400 milligrams of omega-3 fats per egg. But they're generally raised in cages, so pastured eggs are a more ethical choice.

TRY THIS:

- **Top** scrambled eggs with crème fraîche, smoked salmon and chives.
- **Bake** eggs in a mixture of tomato sauce, harissa and feta cheese.



Walnuts are high in healthy monounsaturated fats and ALA omega-3 fats, with 1,670 milligrams per half cup. They've been shown to reduce blood pressure and inflammation, and they can decrease harmful LDL cholesterol by up to 16%. Studies suggest eating a handful of walnuts daily can improve blood lipid profiles in people who don't eat fish.

TRY THIS:

- **Toss** toasted walnuts with beets, baby arugula and cheese.
- **Sauté** walnuts in coconut oil, honey and cinnamon for a sweet, healthy snack.



Chia, flax and hemp seeds are all good sources of ALA omega-3 fats. Per ounce, chia seeds provide 5,000 milligrams, flaxseeds contain about 6,300 milligrams while hemp seeds deliver about 6,000 milligrams. All three contain about three times as much omega-3 as omega-6.

TRY THIS:

- **Make** waffles with ground flax, almond flour, pumpkin purée and pumpkin pie spice.
- **Toss** hemp seeds with spinach, blackberries, pomegranate seeds and a sweet vinaigrette.

PLANT & FISH OMEGA SUPPS FROM THE SEA

FISH OIL. Usually made from sardines, salmon or cod liver, natural fish oil is the closest thing to eating fish. But because fish oil contains only 30% EPA and DHA – the forms of omega-3s linked to significant health benefits – with the remainder being made up of other fats, concentrated omega-3 supplements may be a better option. Studies show EPA and DHA reduce inflammation, balance mood, ease depression, improve rheumatoid arthritis and support reading and cognition in children. Omega-3s may also protect against cognitive decline, dementia and Alzheimer's disease and reduce the risk of certain cancers. While findings are mixed on cardiovascular disease, epidemiologic data shows EPA and DHA are linked with a lower risk for total mortality. Look for supplements that have been third-party tested for purity.

KRILL OIL, made from a small, shrimp-like sea creature of the same name, is high in omega-3s. The difference: in krill oil, EPA and DHA are bound to phospholipids instead of triglycerides, which may increase bioavailability. Krill oil also contains astaxanthin, a powerful antioxidant that increases its stability and has anti-inflammatory and neuroprotective effects. It's also more sustainable than fish oil, and because it's so low on the food chain, it's less likely to be contaminated with mercury and other toxins. Note: If you're allergic to shellfish, check with your doctor first.

ALGAE OIL, usually derived from marine algae, is a vegan source of both EPA and DHA and has some significant advantages over fish oil: It's free from cholesterol and toxins, is odor-free (no fish burps) and is more eco-friendly than fish oil and seafood. Studies also show it's similar to fish in its bioavailability and is as effective as fish oil in reducing triglycerides and increasing beneficial HDL cholesterol levels. 🌱

Coconut Takes a Dip

With an ultra-short ingredient list, these indulgent chocolate-dipped macaroons are gluten-free, grain-free and Paleo-friendly.

Coconut Macaroons

with Dark Chocolate

P V GF

MAKES **20 COOKIES**. HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **40 MINUTES**.*

*PLUS CHILLING AND COOLING TIME.

- 2 large** egg whites
- 2½ cups** unsweetened shredded coconut
- 6 tbsp** pure maple syrup
- 3 tbsp** almond flour
- 1 tsp** each pure vanilla extract and coconut extract
- 3 oz** dark chocolate (75 to 85%)
- 1 tsp** coconut oil

1. Preheat oven to 350°F. Line 2 large baking sheets with parchment paper.

2. In a large bowl, beat egg whites with a handheld electric mixer on medium until frothy and thickened, 45 to 60 seconds. (Do not over-mix.) Fold in coconut, maple syrup, almond flour and extracts until well combined.

3. Scoop 2 tbsp mixture onto prepared sheet and form into a mound. Repeat with remaining mixture.

4. Bake until lightly golden, 12 to 15 minutes. Cool completely on sheet, about 1 hour.

5. Fill a small saucepan with 1 inch of water; bring to a boil, then reduce heat to low. In a heat-proof bowl, place chocolate and oil and set over saucepan, making sure bowl does not touch surface of water. Once chocolate is melted, stir to combine and remove from heat. Carefully dip bottoms of cookies into chocolate and place on a clean parchment-lined sheet. Drizzle remaining chocolate over tops of cookies. Chill until chocolate is set, 30 minutes. Store in an airtight container in the refrigerator for up to 1 week.

PER SERVING (1 cookie):
 Calories: 114, Total Fat: 9 g, Sat. Fat: 7 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 8 g, Fiber: 2 g, Sugars: 5 g, Protein: 2 g, Sodium: 11 mg, Cholesterol: 0 mg



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