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PAGE 124

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The Life Improvement Store™

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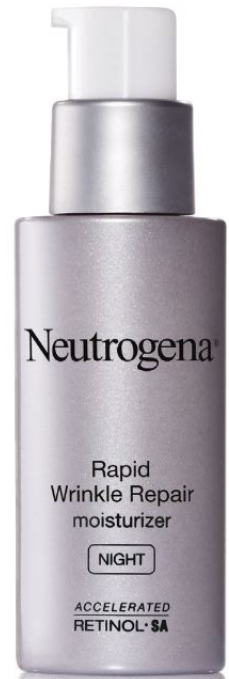
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We were working on this issue during a particularly frigid stretch of January—if I heard “polar vortex” one more time I was going to permanently hibernate. Just thinking about all things spring—shopping for fun, warm-weather fashion (see “Graphic Design,” page 36), celebrating Easter and Passover with family and friends (pages 119 and 126), even giving the house a thorough scrubbing (we offer great

tips in “Clean Finish,” page 26)—while the temperature hovered in the single digits definitely put us in a more cheerful mood. But the story that resonated the most with me was “Proceed with Caution” (page 60), since my youngest will be getting his learner’s permit next month. Even though my husband and I successfully taught our two older kids to drive (and, thankfully, they’ve proven to be conscientious behind the wheel), envisioning Nick maneuvering around our hilly, narrow-road town still makes me nervous—as does the thought of him dealing with the inevitable distractions that cause so many teen accidents, which now go beyond the usual suspects like drinking and speeding. Two parents from my town recently founded an organization called Distracted Operators Risk Casualties (dorcs.org) after their teenage sons were involved in a tragic car accident. I feel grateful that I can share their message with all of you.

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

FAMILY CIRCLE CUP GIVEAWAY

Enter for a chance to win a racket signed by tennis great Serena Williams, who will once again be defending her title at the Family Circle Cup tournament in Charleston, South Carolina, from March 29 to April 6. (If you can’t get there, tune in for live coverage of the matches on ESPN2 April 3 to 6, beginning at 1 p.m. ET). Visit familycircle.com/winracket to enter. For more information, see page 134.



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MOM  Check out our blog for moms of teens and tweens MOMSTER.COM

A FEW OF MY FAVES



Clarisonic Pedi Sonic Foot Transformation System

I had to try the Clarisonic Pedi since I’m a big fan of their facial brush. It makes feet really smooth and soft, and because it’s waterproof you can use it in the shower. Pricey, but consider the money you’ll save by giving yourself at-home pedicures.

Clarisonic.com, \$199



GlamGlow Youthmud

This product isn’t brand-new, but it’s new to me because I normally don’t bother with at-home facial masques. (Who has time?) Still, people rave about this stuff (mud from the south of France, plus antioxidants), and now I know why: After 10 minutes my skin felt clean and firm, and looked radiant—and the results last.

Sephora.com, \$69



PB2 Powdered Peanut Butter

When I asked Articles Director Jonna Gallo Wepler what her favorite healthy food was during her two stints at the Biggest Loser camps, she said smoothies made with this powdered peanut butter. The peanuts are pressed to remove oil, so it’s only about 22 calories a tablespoon.

Amazon.com, \$10

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BRUSH WITH GREATNESS

Create watercolor masterpieces with these egg-cellent ideas from craft stylist Suzonne Stirling.

DOTTED / Dip a round sponge dauber in paint. Press and lift to make polka dots. Mix it up with different shades and sponge sizes.

BANDED / Wet a flat brush and dip in paint. Brush up and down around the egg's circumference to form a wide stripe with jagged edges.

MARbled / Use a round brush to apply a base color. While it's still wet, add another shade using a generous amount of water so the paints blend and swirl.

get inspired!



LIGHT SHOW

Straddling the line between casual and refined, delicate necklaces make a pretty style statement, even more so when you layer them. Play with different combinations—gold and silver, long and short, pendants and charms—to start a chain reaction.

From left: Dogeared, \$52, Delicate Raymond Jewelry, \$34, Blue Nile, \$39, Stella & Dot, \$34, Three Sisters Jewelry Design, \$39, Silpada Designs, \$26. See Buyer's Guide, page 134.

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get inspired!

RISE AND SHINE

Move over, bagels and croissants—biscuits are the new “it” bread. Serve them southern-style as a breakfast sandwich to jump-start your day.

DOWN-HOME BISCUIT SANDWICHES

Whisk 4 **eggs**, 2 **tblsp half-and-half**, $\frac{1}{2}$ **tsp salt** and **freshly cracked pepper** in a bowl. In a small sauté pan, heat 1 **tblsp unsalted butter** over medium heat. Stir in eggs and cook until just scrambled, about 1 minute. Spread 2 **tblsp pimiento cheese** on each of the bottom halves of 4 warm split **biscuits** and 1 **tsp pepper jelly** on the tops. Spoon eggs on bottom halves and cover with top halves. *Makes 4 servings.*



Food styling: Paul Grimes. Prop styling: Leslie Siegel.

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SUGAR CRUSH

“Candy, almonds, my phone, a Baby Ruth, Laffy Taffy.”

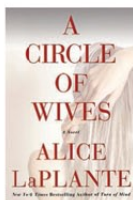
—Jennifer Lawrence, a 2014 Best Supporting Actress nominee, on the contents of her purse at last year’s Oscars

A Fine Mess

April 7 is **National No Housework Day**—and we’re planning to honor it, especially given recent studies showing that **1) the amount of time men spend cleaning has barely changed in 25 years, and 2) a little clutter can boost creativity. Time to kick back, raise a glass and throw in the dish towel.**



READING ROOM //



A CIRCLE OF WIVES
by Alice LaPlante (Atlantic)
Love is a mystery in this clever whodunit about marriage, passion and deception. Three women and the husband they shared—until death do he part. Sharply written and observant.



THE ACCIDENT
by Chris Pavone (Crown)
A wayward manuscript may be the key to reviving literary agent Isabel Reed’s career—if it doesn’t get her killed first. A sly globetrotting spy thriller that gives new meaning to publish or perish.

MANY HAPPY RETURNS

The average tax refund in 2013 was about \$2,750 (thanks, Uncle Sam). We asked FC Facebook fans to tell us what they would do with the extra dough.

65%
PAY OFF DEBT OR BILLS.

13%
VACATION, HERE I COME!

13%
SAVE IT FOR A RAINY DAY.

9%
CAN'T DECIDE BUT JUST WANT TO KEEP DAYDREAMING.



Because you want to give
them the sun, the moon and
sweet swirls of cinnamon.



Start your day together.
Toasty cinnamon, plump juicy raisins
and lots of love.

BEST OF April

1



Swing for the fences! **Major League Baseball** continues its 2014 Opening Week festivities with nine games, including the Houston Astros versus the New York Yankees.

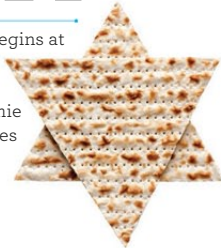
4



Struggling superhero Steve Rogers aims to save the world again in **Captain America: The Winter Soldier**. This time an intriguing new ally, the Falcon, helps foil a global conspiracy.

14

Passover begins at sundown. Queen of Kasher Jamie Geller shares holiday recipes on page 126.



15

Time to pay the piper—aka **Uncle Sam**. You know the drill: File your return or request an extension before the clock strikes midnight!



13

Who will snag a Golden Popcorn statue? Watch the **MTV Movie Awards** at 9 p.m. ET/PT with your kids and find out.

20



Happy Easter! Try your hand at no-dye egg decorating and other simple craft ideas at familycircle.com/holiday/easter.

21



Think **Boston Strong** for the 118th running of the world's oldest annual marathon.

22



Go green for **Earth Day** and beyond with the eco-friendly pet products on page 70.

30

National Autism Awareness Month wraps up, and our inspiring Local Hero (page 50) is making a difference.



Disneynature's newest epic, **Bears**, follows a protective mama and her cubs for a year in the gasp-inducingly gorgeous Alaskan wilderness.

18



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Featured carpet: Tender Tradition in color Bare Essence

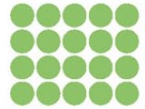


View Messy Moment #1

*See participating retailers for details.


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home life

SUSTAINABLE STYLE

Cork is popping up all over. “The eco-friendly material adds an organic touch to a room,” says Catie Parrish, chief homemaker at the online home furnishings store Wayfair.com. “It’s more casual and playful than traditional wood finishes.” For a pretty and practical table setting, try these coasters and patterned placemats or this rectangular bowl—all are naturally water- and stain-resistant. Or brighten up a space with a clear glass lamp topped with a cork shade. For more information, see Buyer’s Guide on page 134.



Photo: Peter Ardito.

MODERN VIN

Thrift shop furnishings and artful accents transform Julie Neil's cottage into a stylish family home.

BY DANIELLE BLUNDELL PHOTOGRAPHY BY JAMES BAIGRIE



CURB APPEAL

Left: Julie and husband Dan kick back in the sunroom. *Below:* Charlie hangs out with his dad and Gus, the family's yellow Lab.

What sold designer Julie Neil on her Northern California home was its good bones. Constructed in the 1920s as a summer retreat, the cottage had charming built-in cabinetry, deep moldings and large picture windows but needed some updating. “Fortunately, we didn’t have to knock down any walls or do anything major, so we focused on bringing the space back to life with fresh paint and cosmetic changes,” says Julie. When it came to decorating, she went with soothing whites, natural woods and simple accessories that let the architecture shine. “There’s nothing super fancy about my style,” says Julie. “It’s California, after all, so you don’t need carpeting or formal furniture.” Each of the light-filled rooms reflects her less-is-more philosophy, from understated furnishings and undressed windows to the display of a few objects that matter most to her and her husband, Dan Deffner—souvenirs from family vacations and artwork that their children Georgia, now 17, and Charlie, now 14, have created over the years. “Use what you love, and you’ll end up with a space that makes you happy.”



TAGE

DINE IN

Julie found the midcentury modern chairs at a local vintage shop and reupholstered the seats with a trellis-print fabric. The farmhouse dining table cost just \$400 at a warehouse sale. She added cushions to the window bench, which can handle additional dinner-party guests.



LAIID-BACK LOUNGE

"The persimmon sofa in the sunroom complements the walnut floors and bentwood chairs," says Julie. She cut down the base of a round dining table to fit in front of the couch. Decorative pillows, a double gourd lamp and a cheery yellow side table add shots of bold color.

HIGH NOTES

A Steinway upright—a secondhand steal at just \$150—sits opposite the dining area, a quiet place where Georgia can practice. On the wall above hangs an old door painted by their friend, artist Arno Cornillon.







SUITE DREAMS

Julie accented the wall behind her bed with large-scale floral wallpaper. To add extra interest, she draped a striped Mexican blanket over the upholstered headboard. "I love layering, and the beauty is that it can be changed out on a whim for a whole new look," says Julie. Pillow shams made from traditional sari remnants and a block-print quilt bring a global feel to basic linens. *Below:* A small bouquet perks up a plain nightstand.



COOKING CLASS

Most of the kitchen cabinetry was in good shape, so instead of replacing it, Julie and Dan, a builder, painted the upper cupboards and pantry a bright white. Since Julie liked the look of open shelving, she removed two sets of doors along one wall and had lower cabinets and drawers installed. The new beadboard-clad island, outfitted with a marble counter and a cooktop, is a favorite breakfast spot. Julie chose an orange subway tile backsplash to spice up the color scheme.





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THE NITTY-GRITTY

→ **Tackle the obvious problem areas.** In the kitchen, give the countertop a once-over with a multipurpose cleaner. A mild abrasive liquid, sparingly applied, blasts stubborn crusty stains on the stovetop. For the sink, Debra Johnson, training manager at Merry Maids in Memphis, recommends dishwashing liquid and hot water. Run a wipe across the table. Put the garbage and recycling into bags and move them outside. Load dirty dishes into the dishwasher. Sort the pile of mail. Recycle any magazines and catalogs that are more than a month old. Clear clutter off nightstands in the master bedroom and on the coffee table.

CLEAN FINISH

Spray, swipe and sponge your way to sparkling rooms with these simple strategies.



BY LESLEY PORCELLI



**SENSITIVE SKIN, A BLANKIE,
AND A MUD PUDDLE.
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BETTER TOGETHER



BRIGHT IDEA

→ **Shine your surfaces.** Spritz the bathroom sinks and faucets with an all-purpose spray and wipe with a microfiber cloth. Polish mirrors and anything glass—tabletops, pictures—with window cleaner and a microfiber cloth. The best tool for kitchen fixtures, the refrigerator door and the trash bin is a damp microfiber cloth, says Johnson. Buff coffee and side tables with a dry microfiber cloth.

STOW AWAY

→ **Neaten up by putting stuff out of sight.** Round up scattered toiletries and makeup, and store in a bathroom drawer or in a basket on the vanity. Move seldom-used appliances off the kitchen counter and into cupboards. Return DVDs, video games and stray books to where they belong. Toss out-of-place items like shoes and backpacks into a laundry basket and stash in the closet—for your kids to sort through later.

GRIME FIGHTERS

→ **Opt for a quick light cleaning.** Run a stick vacuum over carpets and rugs, then use a dry cloth sweeper on wood, tile and linoleum. Vacuum under beds and couches, and run a long-handled duster beneath large, low-to-the-ground furniture, such as sideboards and dressers. A dry microfiber cloth captures dust on furniture tops, shelves and flatscreens. In the bathrooms, squirt bowl cleanser into toilets and swipe the rim, seat and lid with a biodegradable cloth.



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shining examples

Get the dirtiest jobs done in no time with these smart tools and cleaners. **BY DANIELLE BLUNDELL**



◀The pivoting head and extendable handle access hard-to-reach areas. **OXO Microfiber Extendable Duster**, oxo.com, \$15



▲The biodegradable shortcut for erasing fingerprints and smudges. **J.R. Watkins All Purpose Wipes in Aloe & Green Tea**, jrwatkins.com, \$7



◀Great for removing soap scum on counters, fixtures and more. **Clorox Disinfecting Wipes, Tub & Shower**, clorox.com for stores, \$3

▼This mild abrasive polishes surfaces without scratching. **Better Life Even The Kitchen Sink**, cleanhappens.com, \$7



▲A concentrated no-fume formula for streak-free windows. **Seventh Generation Glass & Surface Natural Cleaner and Concentrate**, Target stores, \$3 for spray, \$2 for refill



◀The wedge shape attacks buildup in crevices. **Brillo Estracell No Scratch Scrub Sponge with Wedge Edge**, brillo.com for stores, \$2.50 for 3



▲A magnet for grime and dust. **Scotch-Brite Microfiber Dusting Cloth**, scotch-brite.com for stores, \$4



▲A bottle of this all-surface cleaner really lasts—just dilute with water. **Mr. Clean Liquid Muscle with lemon**, mrclean.com for stores, \$3



◀Soap bark extract cuts grease. **Caldrea Dish Soap in Black Coriander Lime**, caldrea.com, \$9



◀Tile scrubber and carpet sanitizer in one hard-working tool. **Reliable Steamboxy PRO T3**, reliablecorporation.com, \$109



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(continued on page 32)

DETAILS COUNT

→ Address the small stuff—the key to a spotless room. A dry microfiber cloth and, if needed, a can of compressed air zap dust from lampshades, picture frames and delicate fixtures. Wipe down dirty ceiling-fan blades with a long-armed duster and a wet cloth. A damp eraser pad lifts scuffs and fingerprints from walls.



NOOKS AND CRANNIES

→ Launch an all-out attack on corners and hidden spots. Give windowsills, doorframes and baseboards a once-over with a small handheld vac or the crevice attachment on a regular vacuum, then follow up with a dry microfiber cloth. “Complete the job with a damp microfiber if necessary,” advises Johnson. A cloth spritzed with multipurpose product removes grime from kitchen cabinet pulls, fridge and oven handles. Suck up cobwebs from around the ceiling with a long-handled nozzle. Vacuum over and under sofa cushions with the upholstery and crevice attachments, respectively.



NEAT TRICKS

→ Fake a clean house with a few tidy tactics. Make the beds. Straighten and fluff sofa cushions and pillows. Drape a folded throw over a chair. Pull the shower curtain or tub door closed. Hang fresh bath and kitchen towels. Clean off and refill bottles of hand soap. De-clutter the refrigerator door by taking down magnets and any papers. Check lamps and replace any burned-out bulbs.

Make an
I-didn't-
know-
I-had-
muscles-
there
run.



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looking good

RAIN CHECK

Take on April showers with stylish waterproof gear. A sunny yellow trench brightens up the gloomiest of days—and keeps you dry.

See Buyer's Guide, page 134.

Makeup: Albee Franson. Hair: Sadeh Soltzman at A/S Salon. Manicure: Kim Chiu at Mark Edward Inc.



GRAPHIC

DESIGN

**BOLD PRINTS AND PUNCHY COLORS WILL BE
THE MVPS OF YOUR SPRING FASHION LINEUP.**

BY NICOLE MCGOVERN

PHOTOGRAPHY BY TERRY DOYLE



STROKES OF GENIUS

It's black and white and rad all over. A paint-splattered coat turns any outfit into a work of art.

Coat, Desigual, \$299.
Dress, Bebe, \$119.
Earrings, Kenneth Jay Lane, \$90.

BEAUTY TIP

Bold red lips pop perfectly when you're wearing primary colors. We love Chanel's Rouge Allure Luminous Intense Lip Color in Pirate, \$34.





PANEL DISCUSSION

Go mad for mod in a polished, slimming sheath. Bonus: The strategic color blocking and belt-like stripe optically whittle your waist.

Dress, Mark, \$42. Earrings, Roberta Chiarella, \$68. Heels, AMI Clubwear, \$30.

BEAUTY TIP

Create a contoured look by applying a translucent bronzing cream, like Sonia Kashuk Undetectable Crème Bronzer, \$11, just below cheekbones from apples to temple.





**GEOMETRY
LESSON**

It truly is a shorts story. Diamond-print shorts put a flattering focus on your bottom line when worn with a simple, color-block sweater.

Shorts, Joe Fresh.
Shirt, H&M, \$60.
Sweater, Worthington,
\$30. Necklace, Shop
Design Spark, \$38.

BEAUTY TIP

For a modern take on the cat eye, draw L'Oréal Paris Silkissime Eyeliner by Infallible in black, \$9, across upper lid, flicking it up slightly at the outer corner.



BE SQUARE

Classic yet cutting-edge, the windowpane pattern—which we love on cropped pants—is plaid's cooler cousin.

Pants, Lulu's, \$44. Shirt, RD Style, \$65. Necklace, Glint & Gleam from ShopLately, \$22.50. Watch, May 28th, \$39. Heels, Adam Tucker, \$135.

BEAUTY TIP

Paint a deep blue hue on nails—it's fun and flattering on all skin tones. Try OPI nail lacquer in Incognito in Sausalito, \$9.





Makeup: Joanna Simkin. Hair: Jeanie Syfu at Art. Max. Wardrobe styling: Megan Hungerford. Manicure: Kim Chiu at Mark Edward Inc.



BLOOM BOUNTY

Spring florals are always in style. Mixing faux leather with pretty petals keeps things sweet—but not too girly.

Skirt, Kate Spade Saturday, \$85. Shirt, Karen Kane, \$88. Glasses, Toms, \$149. Bangles, R.J. Graziano, \$45 for set of 3.

BEAUTY TIP

Swipe on Lancôme Lip Lover in Lip Lover, \$23, for a just-right mix of soft pink color and glossy shine.

SEEING *spots?*

They're adorable on a Dalmatian—but not so much on the rest of us. Luckily, it's easier than ever to conceal and treat discoloration.

BY DORI KATZ

PHOTOGRAPHY BY GRACE HUANG



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Age spots, dark spots, sun spots—whatever you call them, they all mean the same thing: excess pigmentation on the top layer of the skin, says Susan Taylor, MD, a dermatologist in Philadelphia. Ultraviolet rays (in other words, too much sun) are usually to blame. But here's the good news: There are numerous ways to lighten these areas, from in-office treatments to simple makeup tricks. Pick your potency for a clearer complexion.

COVER

For a quick fix, hide imperfections with the right concealer. You'll get the best coverage by choosing one that's slightly lighter than your skin tone. Products with anti-aging ingredients, like vitamins C and E, will also help fade discoloration. Apply with a concealer brush, then pat with fingers to blend, suggests NYC makeup artist Sadah Saltzman. Finish with translucent loose powder.

LIGHTEN

Fade discoloration with an OTC product containing 2% hydroquinone. Apply to spots with a cotton swab in the morning and evening. If redness occurs, wait a week, then try again once daily or even every other day. A product with vitamin C or retinol is another option. To maintain an even skin tone, try a weekly at-home chemical peel with salicylic acid or an alpha hydroxy acid (such as glycolic).

REMOVE

If you truly want to erase spots—and are willing to pay the price—Taylor suggests liquid nitrogen treatments. The number of treatments required (about \$100 each) depends on the size and color of the spot. Expect slight redness and peeling afterward. Laser (IPL or Fraxel) treatment is an even more aggressive option that basically burns the spots, which scab and then fall off in a week or two. Each round—generally one to three are needed—can cost up to \$1,000.

Olay Regenerist Luminous Tone Perfecting Cream, \$25. Use twice daily to even out skin tone.

Kate Somerville Spot Reducing Concentrate Skin Lightening Treatment \$48. Boasting powerful pigment reducers—including hydroquinone (2%)—this light cream absorbs instantly.

Bliss That's Incredi-'Peel'! Glycolic Resurfacing Pads, \$49/30 pads. Gentle enough for sensitive skin, the glycolic acid reduces fine lines and wrinkles.

Aveeno Positively Radiant Targeted Tone Corrector, \$17. Soy proteins and vitamin A make this a natural choice.

Revlon Age Defying Targeted Spot Concealer Treatment, \$13. Vitamin C and licorice extract treat imperfections, while the tint hides them.

Cover FX Cream Concealer, \$27. Color matching is easy with 12 different shade options.



Makeup: Albee Franson. Hair: Sadah Saltzman at AWS Salon. Manicure: Kim Chiu at Mark Edward Inc. Stills: Bryan McCoy.

Power TOOLS

These 5 gadgets give a high-energy jolt to your beauty routine.



ILLUMASK ANTI-AGING PHOTOTHERAPY MASK, \$30

This youth-boosting mask reduces fine lines and wrinkles in just 30 minutes a day.



PEARL BRILLIANT WHITE IONIC WHITENING SYSTEM, \$195

A gentle microcurrent activates the gel, instantly (but gently) making teeth whiter and brighter.



REVLON LASER BRILLIANCE DRYER, \$30

Thanks to infrared heat, this blow-dryer helps hair retain moisture and avoid frizz.



SILK'N PEDI CALLUS REMOVER, \$37

Eliminate rough spots on feet with the touch of a button.



INFINITI PRO BY CONAIR CURL SECRET, \$100

The heated curl chamber creates foolproof spirals—even on stick-straight hair.



Prop styling: Karin Olsen.

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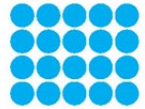
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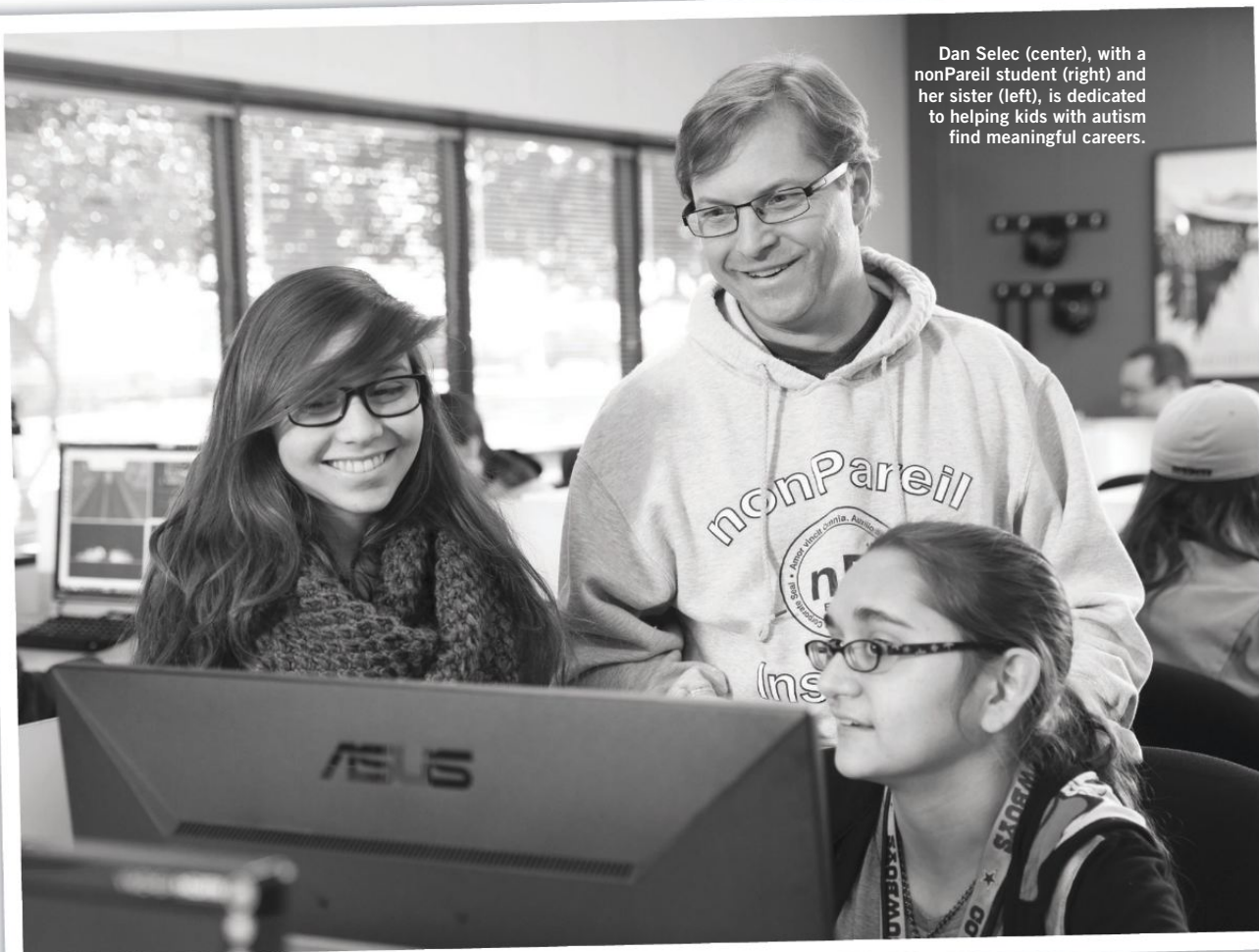


family matters



ALL
CREATURES
GREAT
AND SMALL

Grab up any and all four-legged friends for extra hugs—April is the ASPCA's Prevention of Cruelty to Animals Month. Bone up on creative ways to make a difference to critters in your community at aspc.org/get-involved/aspc-a-pril.



Dan Selec (center), with a nonPareil student (right) and her sister (left), is dedicated to helping kids with autism find meaningful careers.

On the Job



NonPareil Institute doesn't just provide career training for autistic young adults—it gives them and their families hope for the future.

Dan Selec will never forget the day he walked into an elementary school cafeteria in Plano, Texas, to pick up his 10-year-old, Caleb. The room was filled with kids laughing, shouting and horsing around, but Caleb was nowhere in sight. Dan scanned the rows of empty tables until he finally spotted his son, sitting forlornly in a far corner, watching his classmates. “Seeing Caleb there all alone made my heart break,” Dan says. “I knew that if I didn’t do something, I was staring at his future.”

Caleb, now 16, is autistic. Soon he’ll finish high school and face the challenges of adult life. The prospect is terrifying not just for Dan and his wife, Ginny, but for every parent of the approximately 500,000 autistic children in the U.S. who turn 18 each year. While the disorder includes a wide range of symptoms and behaviors, even those who are mildly impaired and have high IQs often have difficulty handling the everyday social interactions and demands of work or

college. According to a study published in the journal *Pediatrics*, in the six years after high school only 55% of young adults with autism held a job and only 35% attended a two- or four-year institution. “After that incident in the cafeteria, I realized that merely getting him through the days was not enough,” Dan says. “I wanted him to have a sense of purpose and passion, and I had to figure out a way to make that possible.”

The lightbulb moment came a few months later, when Dan was reading in his living room while Caleb played Nintendo. “He kept running to his bedroom and back, and after a certain point I realized he was Googling how to get to the next level in the game, using technology to communicate and solve a problem,” he says. Dan, a software engineer, decided he could start teaching kids like Caleb how to design apps for mobile devices and gaming

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Before using TRIFEXIS chewable tablets, please consult the product insert, a summary of which follows:

Caution: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Indications:

TRIFEXIS is indicated for the prevention of heartworm disease (*Dirofilaria immitis*). TRIFEXIS kills fleas and is indicated for the prevention and treatment of flea infestations (*Ctenocephalides felis*), and the treatment and control of adult hookworm (*Ancylostoma caninum*), adult roundworm (*Toxocara canis* and *Toxascaris leonina*) and adult whipworm (*Trichuris vulpis*) infections in dogs and puppies 8 weeks of age or older and 5 pounds of body weight or greater.

Contraindications:

There are no known contraindications to the use of TRIFEXIS Chewable Tablets.

Warnings:

Not for human use. Keep this and all drugs out of the reach of children. Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad alone, one of the components of TRIFEXIS Chewable Tablets (see **ADVERSE REACTIONS**).

Precautions:

Treatment with fewer than 3 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention (see **EFFECTIVENESS**). Prior to administration of TRIFEXIS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an adulticide to remove adult heartworms. TRIFEXIS is not effective against adult *Dirofilaria immitis*. While the number of circulating microfilariae may decrease following treatment, TRIFEXIS is not indicated for microfilariae clearance. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae. Use with caution in breeding females. The safe use of TRIFEXIS in breeding males has not been evaluated. Use with caution in dogs with pre-existing epilepsy. Puppies less than 14 weeks of age may experience a higher rate of vomiting.

Adverse Reactions:

In a well-controlled US field study, which included a total of 352 dogs (176 treated with TRIFEXIS chewable tablets and 176 treated with an active control), no serious adverse reactions were attributed to administration of TRIFEXIS chewable tablets. All reactions were regarded as mild. In some cases, dogs vomited after receiving TRIFEXIS. To ensure heartworm prevention, observe your dog for one hour after administration. If vomiting occurs within an hour of administration, redose with another full dose. Reactions that occurred at an incidence >2% (average monthly rate) within any of the 6 months of observation are presented in the following table:

Average Monthly Rate (%) of Dogs With Adverse Reactions

Adverse Reaction	TRIFEXIS Chewable Tablets*	Active Control Tablets*
Vomiting	6.13	3.08
Pruritus	4.00	4.91
Lethargy	2.63	1.54
Diarrhea	2.25	1.54

*n=176 dogs

In the US field study, one dog administered TRIFEXIS experienced a single mild seizure 2½ hours after receiving the second monthly dose. The dog remained enrolled and received four additional monthly doses after the event and completed the study without further incident.

Following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS, some dogs have experienced the following clinical signs: *trembling/twitching, salivation/drooling, seizures, ataxia, mydriasis, blindness and disorientation*. Spinosad alone has been shown to be safe when administered concurrently with heartworm preventatives at label directions. In US and European field studies, no dogs experienced seizures when dosed with spinosad alone at the therapeutic dose range of 13.5-27.3 mg/lb (30-60 mg/kg), including 4 dogs with pre-existing epilepsy. Four epileptic dogs that received higher than the maximum recommended dose of 27.3 mg/lb (60 mg/kg) experienced at least one seizure within the week following the second dose of spinosad, but no seizures following the first and third doses. The cause of the seizures observed in the field studies could not be determined. For technical assistance or to report an adverse drug reaction, call 1-888-545-5973. Additional information can be found at www.TRIFEXIS.com.

Post-Approval Experience (March 2012):

The following adverse reactions are based on post-approval adverse drug event reporting. The adverse reactions are listed in decreasing order of frequency: vomiting, depression/lethargy, pruritus, anorexia, diarrhea, trembling/shaking, ataxia, seizures, hypersalivation, and skin reddening.

Effectiveness:

Heartworm Prevention:

In a well-controlled laboratory study, TRIFEXIS was 100% effective against induced heartworm infections when administered for 3 consecutive monthly doses. Two consecutive monthly doses did not provide 100% effectiveness against heartworm infection. In another well-controlled laboratory study, a single dose of TRIFEXIS was 100% effective against induced heartworm infections. In a well-controlled six-month US field study conducted with TRIFEXIS, no dogs were positive for heartworm infection as determined by heartworm antigen testing performed at the end of the study and again three months later.

Flea Treatment and Prevention:

In a well-controlled laboratory study, TRIFEXIS demonstrated 100% effectiveness on the first day following treatment and 100% effectiveness on Day 30. In a well-controlled laboratory study, spinosad, a component of TRIFEXIS, began to kill fleas 30 minutes after administration and demonstrated 100% effectiveness within 4 hours. In field studies conducted in households with existing flea infestations of varying severity, flea reductions of 98.0% to 99.9% were observed over the course of 3 monthly treatments with spinosad alone. Dogs with signs of flea allergy dermatitis showed improvement in erythema, papules, scaling, alopecia, dermatitis/pyodermitis and pruritus as a direct result of eliminating the fleas.

Treatment and Control of Intestinal Nematode Infections:

In well-controlled laboratory studies, TRIFEXIS was ≥ 90% effective in removing naturally and experimentally induced adult roundworm, whipworm and hookworm infections.

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Dan Selec and cofounder Gary Moore plan to extend nonPareil's course offerings and expand to other cities.

consoles, and eventually launch a tech company to employ them. "It would be a way for young adults with autism to develop their talents, apply them to meaningful work and sustain themselves for a lifetime," he says.

Dan could handle the technical aspects, but he knew this wasn't a one-person project. Someone else had to focus on meeting with families, networking and fundraising. Through a mutual business contact, he met Gary Moore, a staffing expert for a local tech firm. Gary didn't just have the skills Dan was seeking—he also had an autistic son, Andrew, now 18. They founded nonPareil Institute in 2008. Dan chose the name because it means "a person or thing with no equal or match." He began offering free training sessions to young autistic adults after work and on weekends at his kitchen table while Gary recruited students and donors. Nearly two years later, the nonprofit received its first sizable gift—\$200,000 from an anonymous source, enough for Gary and Dan to quit their jobs and draw a modest salary.

These days nonPareil is thriving. It has 135 students, with tuition and fees covering the rent for a 4,000-square-foot suite on the campus of Southern Methodist University in Plano. Though Dan and a small staff of tech pros pitch in as needed, former pupils, like 22-year-old Aaron Winston, teach most of the classes. It was love at first sight when he toured the institute four years ago with his parents, Cindy and David. "Aaron's bright and always got good grades,

but he had so much social anxiety," Cindy says. "At nonPareil, he didn't have any of his typical hesitation. He felt comfortable because everyone was like him." Aaron learned computer design and coding, and in addition to teaching, he's a full-time staff programmer. "He's grown so much," says Cindy. "It's not a stretch to say nonPareil saved his life." Twenty-eight other former students have become full- or part-time paid instructors. "This is their company," Dan says. "They write all of the software products we are selling, which now include five apps and three e-books. They're nothing less than professionals building a brand."

Dan and Gary plan to expand to other cities, possibly Fort Worth or Houston, and eventually out of state, and to extend training and jobs into the culinary arts, engineering and automotive repair. Dan's ultimate goal is for nonPareil to have its own campuses. "I'm seeking not just job security for my son, but a place where he will be safe and looked after," he says. Caleb, who's currently homeschooled, recently took a nonPareil class in making online videos. Now Dan is waiting until Caleb is 18 and he can officially enroll. "He didn't have a voice or the power to influence his own life," Dan says. "But technology, which he understands and loves, is giving him that voice, a connection to others, and a happy place in the world."

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YOU'RE A MOM ON A MISSION!



The goal: get your family going with fresh and delicious meals.

The reality: between work and homework, play dates and due dates, you're fresh out of ideas. Says blogger Nicole of **MomAlwaysFindsOut.com**, "My kids need energy to get through the day, but most days we dart out the door without eating!" Thanks to crowd-pleasing pancakes with hearty **Quaker Oats**, consider the **MISSION ACCOMPLISHED**.

Oat Pancakes with Fresh Berries

INGREDIENTS:

1/4 cups Quaker® Oats
 3/4 cup whole wheat flour
 1/2 cup all-purpose flour
 1 tablespoon baking powder
 1/4 teaspoon salt
 3 egg whites, beaten
 2 1/4 cups buttermilk
 2 tablespoons cooking oil
 2 tablespoons honey
 Fresh berries (such as blueberries, raspberries or sliced strawberries)
 Honey or pancake syrup

In a large bowl, combine dry ingredients; set aside.

In a medium bowl, combine egg whites, buttermilk, oil and honey. Add liquid mixture to dry mixture. Stir until moistened (batter should be lumpy). Cover; let stand for 15 minutes to soften oats.

Pour 1/4 cup batter onto a hot, lightly greased griddle. Spread batter into a circle about 4" in diameter. Cook over medium heat for 2 minutes on each side. Turn over when edges are set. Serve with fresh berries and syrup. Makes 8 servings (16 pancakes).



Visit QuakerOats.com for more tasty recipes.
 #QuakerUp



Jessica Alba

The actress and mom of two (Honor, 5, and Haven, 2) admits to saying “Because I told you so!” more often than she would like. We can totally relate.

What’s your favorite way to spend time with your daughters?

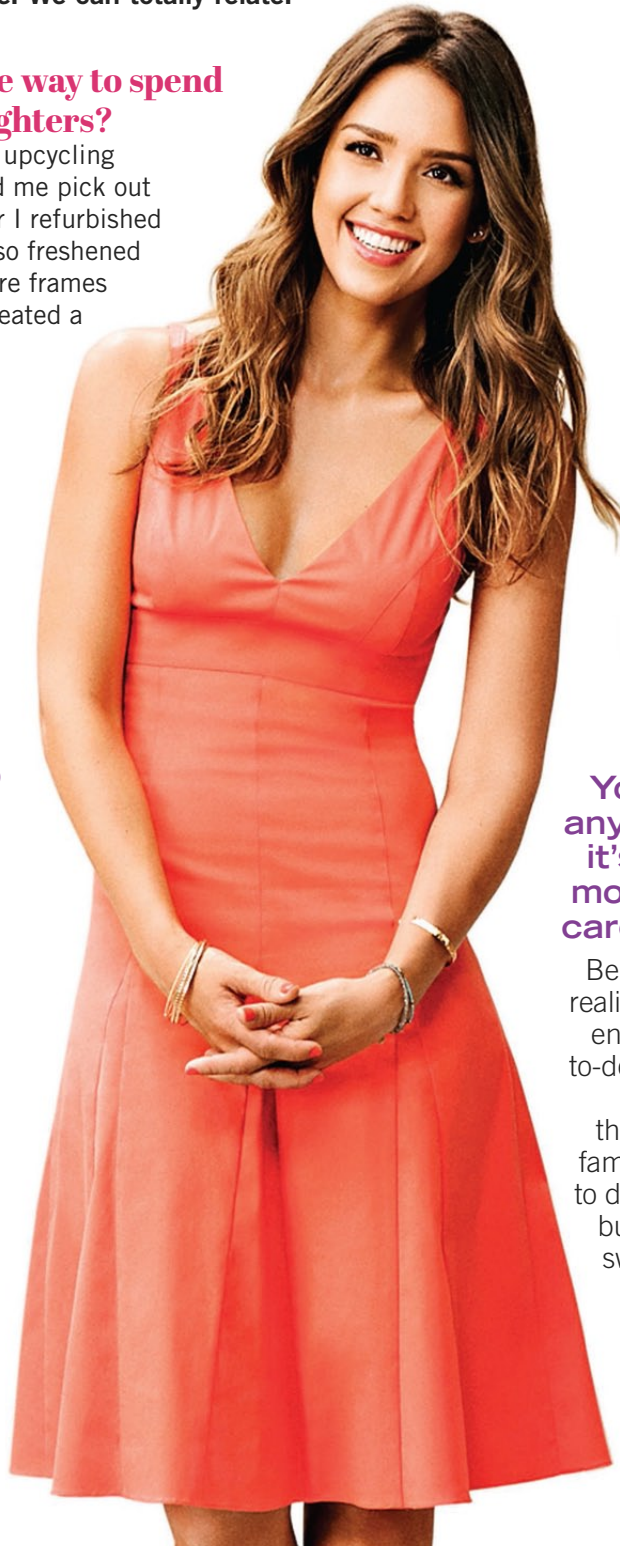
We love getting crafty and upcycling found items. Honor helped me pick out knobs for a vintage dresser I refurbished for Haven’s nursery. We also freshened up some flea-market picture frames with nontoxic paint and created a gallery wall of her artwork.

Who’s the tougher parent?

I’m the bad cop who enforces time-outs. My husband, Cash, is the good cop who tries to reason with the girls. They’re strong-willed—just like I was as a kid—so it can be frustrating when they stick to their guns.

Have you always been eco-conscious?

When I became a mom I learned that many so-called green shampoos, diapers and detergents still contained the toxic chemicals I wanted to avoid. I launched The Honest Company to make it easy for parents to buy children’s gear and products that are safe, natural and effective.



How do you manage to look fabulous all the time? Tell us your secret.

Know what looks best on your body.

Invest in classic pieces and add fun accessories.

Oh, and never leave the house without concealer and mascara!

You’ve said that anyone who claims it’s easy juggling motherhood and a career “is full of it.”

Being supermom isn’t a realistic standard. I rely on endless schedules and to-do lists—not to mention

Cash—to manage the chaos of work and family life. It’s impossible to do everything perfectly, but I’ve learned not to sweat the small stuff.



DIFFERENT BY NATURE UNITED BY MISSION

We come from different places. We come to different conclusions. But underneath it all, we share a passion for improving the human condition. When we LIVE UNITED, we create real, lasting change in the building blocks of life: the education, income and health of our communities, our families, even the person next to us. Real change won't happen without you. **SIGN UP TODAY AT LIVEUNITED.ORG.**



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PROCEED WITH

LECTURING YOUR TEEN ON DRIVING RESPONSIBLY WON'T WORK UNLESS YOU SET A GOOD EXAMPLE. PUT A BRAKE ON THOSE BAD HABITS AND YOUR KIDS WILL FOLLOW YOUR LEAD.

BY JULIE HALPERT • ILLUSTRATIONS BY TAYLOR CALLERY

A few years ago I was rushing to get my daughter after school when I coasted through a stop sign. A policeman gave me a ticket, but luckily I was a few blocks away from her bus stop, and she didn't see it. I'm generally a safe driver, but my kids never hesitate to call me out when I bend—or break—the rules. That's a good thing because I know my transgressions, however few, can have a serious downside. According to a Liberty Mutual Insurance and Students Against Destructive Decisions (SADD) survey, 91% of teens say they've seen their parents talking on a cell phone and 59% have caught them texting while driving. "Teens are definitely watching and paying attention to what adults do behind the wheel," says Angela Patterson, communications manager for Bridgestone Americas. "If moms and dads talk about safe habits but don't model them, their advice can fall on deaf ears." We've assembled a checklist of the most common behaviors everyone needs to steer clear of so that good driving becomes a family affair.

DIGITAL DISTRACTIONS

ROAD RISK Whether chatting, texting, emailing or posting on Facebook or Instagram, we're connected to our phones 24/7. But anything that causes a driver to look away from the road for more than two seconds decreases reaction time and doubles the risk of being in an accident, says C. Raymond Bingham, PhD, a research professor with the University of Michigan Transportation Research Institute. Cell phones, including hands-free devices, are also dangerous: They cause five times more crashes than texting alone because people use them more often, explains John Ulczykcki, a vice president for the National Safety Council.

AUTO CORRECT Let's be honest: We're all guilty of answering the phone in the car. I did it constantly, assuming it was my husband on the line about something urgent. Ironically, my 16-year-old daughter set me straight. After reprimanding me time and again, she now picks up my cell, saying, "Mom can't talk—she's driving. Let me know what you need and she'll get back to you." I, in turn, have stopped calling her when I know she's on the road. "Wait until you're pretty sure your child has arrived at his destination," suggests Dave Melton, managing director of Global Safety for Liberty Mutual Insurance. "And if

you absolutely have to contact him, keep the conversation short." Technology is also your friend—there are apps that prohibit teens from using their cell while driving, but still allow them to dial 911 or phone you in case of emergency. Try AT&T DriveMode (free to AT&T customers; BlackBerry and Android) or TextLimit (\$25 per year; BlackBerry, Android and iPhone).

PASSENGERS

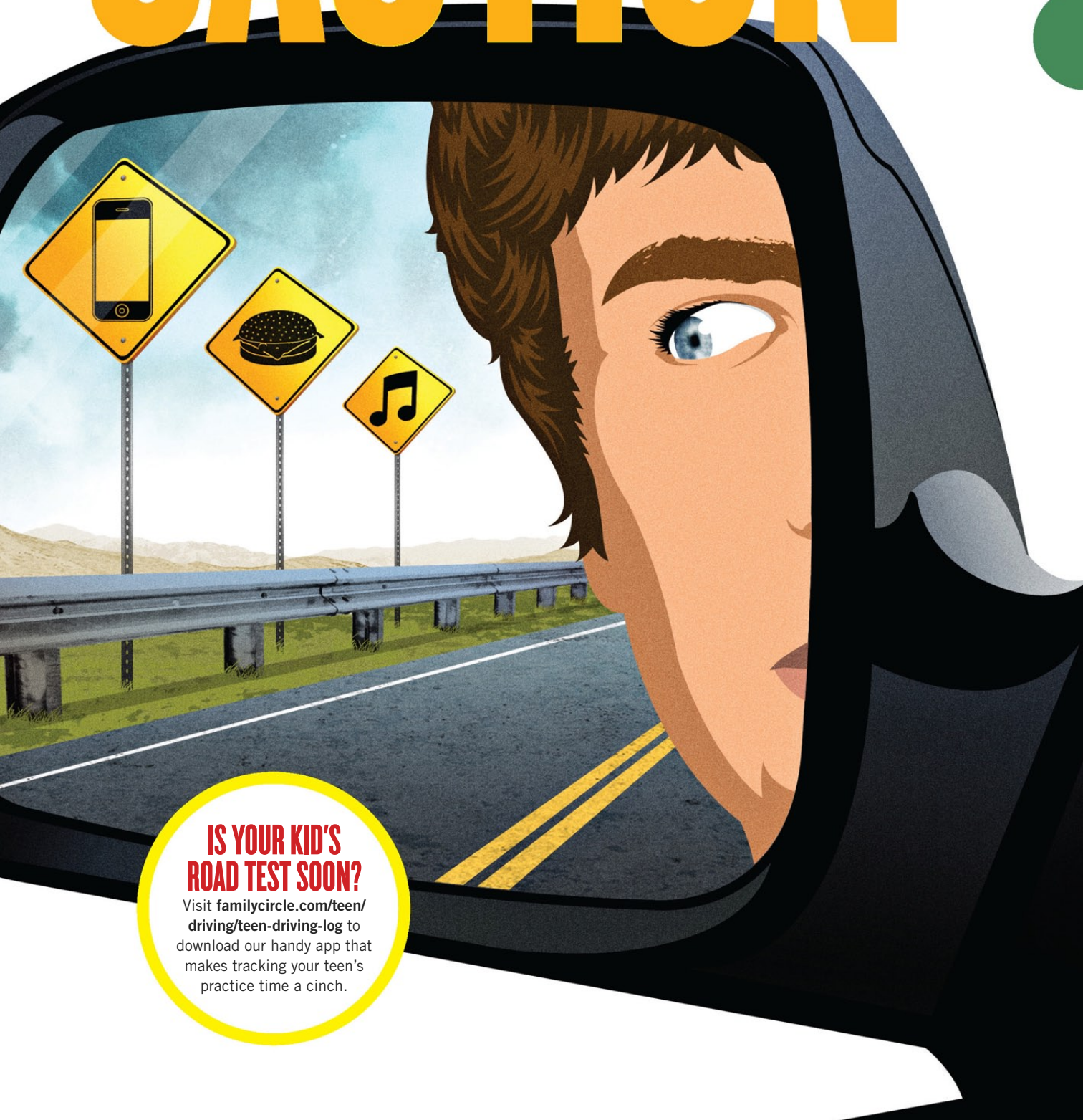
ROAD RISK When I got my license in 1978, it was a rite of passage to take friends for a celebratory spin. Now that's illegal in most states, and for good reason. Teen drivers are six times as likely to have a serious incident when there's loud conversation happening in the car. What's more, nearly 40% of 16- and 17-year-olds killed in crashes had at least one person younger than 21 (and no older passengers) in the vehicle, according to the AAA Foundation for Traffic Safety.

AUTO CORRECT All 50 states have some form of graduated driver licensing that restricts the number of passengers and/or limits night driving in the first year. This strategy works: Fatalities among 16-year-old drivers have been reduced by 38% and injuries by 40%, according to AAA. If your state is more lenient, establish your own curfew and no-passenger rules, and be sure to impose tough penalties—like taking the keys back for a month—for breaking them. "Every teen needs to know that these behaviors have consequences," Patterson says.

11%
OF ALL DRIVERS UNDER THE AGE OF 20 INVOLVED IN FATAL CRASHES WERE REPORTEDLY DISTRACTED AT THE TIME OF THE CRASH.



CAUTION



**IS YOUR KID'S
ROAD TEST SOON?**
Visit familycircle.com/teen/driving/teen-driving-log to download our handy app that makes tracking your teen's practice time a cinch.



GENDER GAP

Boys are more than three times as likely as girls to drive under the influence of marijuana and alcohol, and almost twice as likely to not wear a seat belt.

Girls are three times as likely as boys to hold a cell phone to their ear and nearly twice as likely to become distracted by electronic devices.

Sources: Liberty Mutual Insurance, AAA Foundation for Traffic Safety

EATING

ROAD RISK During our family road trips, we would hit the drive-thrus instead of stopping for meals. That meant either my husband or I would pull out, one hand steering, the other precariously holding a sandwich, then merge onto the freeway. When the kids were little, they were too immersed in their Happy Meals to notice, but now we set a better example. "If a teen's munching on a hamburger behind the wheel, he's thinking about his food—not the road," says Bruce Hamilton, spokesman for the AAA Foundation for Traffic Safety.

AUTO CORRECT As you set up a driving contract with your teen, specify that absolutely no eating or drinking is allowed. Unless they're neat freaks, it's pretty easy to find out whether they're breaking the rules; mine usually leave straw wrappers, empty ketchup packets and sandwich bags on the floor. Before you automatically revoke driving privileges, Patterson suggests getting to the root of the problem. Not having enough time for a decent sit-down meal can be a sign that your kid is overbooked and may need some scheduling adjustments.

SPEEDING

ROAD RISK I used to routinely go 5 to 7 miles over the limit—10 on the highway—until I noticed my kids eyeing the speedometer. Adolescents are already hardwired for excitement and don't need any more encouragement from parents; 94% of teens speed, according to Liberty Mutual Insurance and SADD.

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gummyvites.com



CHANGING COURSE

Ben Lieberman and Deborah Becker were brought together to fight distracted driving under unfortunate circumstances: In 2011, their teenage sons were riding in a car with a friend who was texting and then veered into oncoming traffic. The driver survived the head-on collision, as did Becker's son (after multiple surgeries), but Lieberman's 19-year-old, Evan, lost his life. Together they cofounded **Distracted Operators Risk Casualties (DORCS)**, an organization that is calling for tougher penalties for using smartphones behind the wheel. Learn more at dorcs.org.

And no matter how high-tech, seat belts, airbags and front-end crush zones don't offer immunity from serious collisions.

AUTO CORRECT Constantly remind your kids that yes, speed kills. It's fine to guilt-trip them by citing the damage to your pocketbook. Teens aren't deterred by the possibility of getting a ticket, but they're not paying the insurance premiums, which can rise on average as much as 22% after a single moving violation, according to Insurance.com. Playing Big Brother also works. Free apps like DriveScribe (Android, iPhone) immediately notify you via text or email if your teen is going too fast, braking hard or running a stop sign. The Insurance Institute for Highway Safety found that electronic monitoring reduces risky behavior—teens are more likely to wear seat belts and stick to the speed limit.

WEATHER HAZARDS

ROAD RISK We live in a 1920s house in Michigan with no garage, so on snowy days I'd give the windows a quick scrape

before leaving home, relying on the defroster to do the rest. Last winter, my son followed my lead. He'd only driven a block before he was stopped and given a \$130 citation for having an obstructed windshield. I was shocked, unaware such a penalty even existed. But that's not my only concern: Snow and ice are especially treacherous for those with less experience, who tend not to adjust their driving to rough conditions.

AUTO CORRECT Fact is, only 25% of parents plan to have their teen practice in a variety of weather conditions. To thoroughly prepare your teen, make sure she's comfortable with every situation she might encounter: torrential downpours, blinding fog, pounding sleet. If she gets her license in the summer, insist on a refresher course once winter arrives. Many driving schools offer classes geared specifically to coping with the seasons, and there are free online programs, like Ford Driving Skills for Life (driving.skillsforlife.com). Teens should also do test runs on a variety of roads—rural and urban, school zones and interstates.



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SALE AWAY

Online selling and swapping is simple with these websites and apps. By Ariana Smith



While no longer a common Saturday morning sight, yard sales haven't disappeared—just relocated to the web, making them more accessible to all. No need to wake up at 6 a.m.—buying and selling requires just a few strokes of the keyboard.

BUY/SELL WEBSITES

Pare down and turn a profit, or stock up while sticking to a budget. Jump into the fast-growing world of online resale and teach your kids the value of that outgrown pair of jeans.

THREDUP.COM

Take the quality clothing that's been collecting dust in everyone's closets and ship it to thredUP for free. You may receive up to 40% of your chosen items' resale value up front. If you're looking to revamp your family's wardrobe, don't forget to peruse the cherry-picked bargain, basic, premium or designer brand pieces sold on the site.

TRADESY.COM

Sign up and start listing clothing and accessories in mere minutes. Bonus: You'll make the greatest profit possible from your gently used garb, because Tradesy takes only a 9% commission. To shop, browse by either designer or category, such as "Specialty Sizes," which includes petite, plus and maternity clothing.

SWAP SITES

Bookworms and gamers will be thrilled by the nearly never-ending supply of entertainment on these trading forums.

PAPERBACKSWAP.COM

This site facilitates the sharing of not just paperbacks but also hardcovers and audiobooks. Save on pricey textbooks too. Earn credits by listing and mailing out books, then use those credits to order from other members. With close to 5 million titles available, an infinite library is just a click away.

LEAPTRADE.COM

Once your kids have played the same video games a few times, exchange them for new ones or for LeapTrade credit that you can use later. With direct trading, no price markups and hassle-free shipping, this 2013 Webby Awards Official Honoree is sure to keep pace with your family's gaming needs.

SNAP AND SELL

If you're already into the online resale craze, you should know: There's an app for that!



YARDSALE

Browse and buy from the comfort of your couch.



POSHMARK

Attend in-app parties to buy and sell clothing. Think "Party Dresses" or "Animal Prints."



THREADFLIP

Upload photos of clothing, shoes and accessories that you're ready to part with, and once you have takers, ship the items with prepaid labels. Don't forget to do some browsing of your own.

RECYCLABLE RAGS When you want to clean out your closet but your clothing isn't in resale condition, think before you toss. Keep garments from ending up in landfills by donating to mega-receiver Goodwill or The Salvation Army. You'll be given a receipt you can use to claim a tax deduction, and any unwearable items are recycled. Or bring up to two shopping bags full of clothes (any brand) to your nearest H&M, which also recycles, and receive a 15%-off voucher toward your next purchase.

Finally A Weight Loss Plan That Works

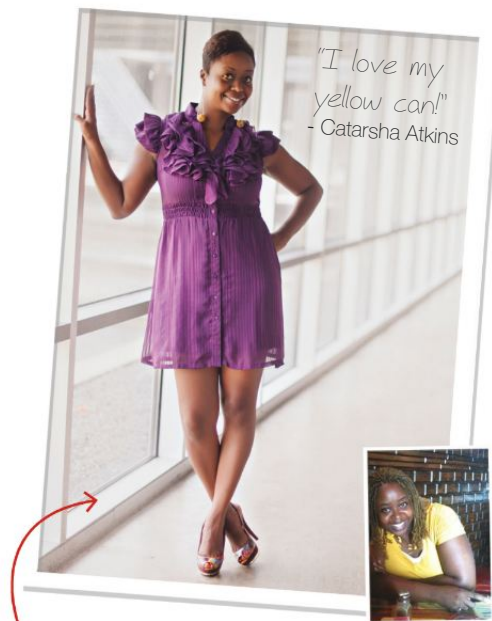
Say goodbye to that sluggish metabolism

The conversion of food to energy is what helps us burn calories, get rid of excess pounds and keep weight off. In a perfect world, our metabolism would be untouchable and we would never have to worry about unwanted weight gain, but in reality, our metabolism can be affected by a number of factors including: Diet, stress, and sleep deprivation.

If you find yourself making a number of changes but still not noticing a difference, your metabolism could be to blame. The key to successful and sustainable weight loss is to reset your metabolism at the beginning of your diet and to keep it active. The unique gluten-free Almased formula, made from non-GMO soy, yogurt and honey

in a special fermentation process helps you achieve just that!

Created over 25 years ago by German holistic therapist Hubertus Trouillé, Almased has become Germany's most popular diet product. With Almased, you can lose weight without hunger or cravings and feel more energized and youthful in the process. Almased contains no artificial fillers, flavors, added sugars, preservatives or stimulants. The formula can even be used by people with diabetes. Its positive effects have been documented in over ten years of clinical studies. The program is easy to follow and the results will amaze you - give it a try! Almased is more than a diet, it's a way of life.



Look at me now

"In 2008, I instantly went from 140 lbs to a whopping 210 lbs overnight. I was suffering from high blood pressure, high cholesterol and pre-diabetes. In 2010, I visited a holistic wellness center, where I found out about Almased. I was skeptical but I decided to give "this stuff" a try. Boy was I impressed! After the first week of following the Almased Diet and working out every other day, I was down 4 lbs. The pounds continually disappeared and today, I am at 135 lbs and healthy! No diabetes and no high blood pressure! I went from a size 16 to a size 6 in the course of a year and the weight has stayed off. I brag about Almased to anyone who will listen now. I love my yellow can!"

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Silke Ullmann is a registered dietitian who provides nutritional guidance for Almased. Contact Silke at nutritionist@almased.com.

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at figureplan.com, enter source code: **FCF**

You can also call us toll-free at **1-877-ALMASED** (1-877-256-2733) and mention *Family Circle*.



9 Ways Almased® works in the body*

1. Nourishes the body with a unique formula of non-GMO soy, yogurt and honey.
2. Speeds up the metabolism and improves energy levels.
3. Burns body fat without reducing muscle mass.
4. Supports blood sugar and thyroid function.
5. Promotes healthy levels of the satiety hormones leptin and ghrelin.
6. Promotes healthy levels of the youth hormone HGH.
7. Promotes a balanced insulin level while stimulating fat reduction and inhibiting storage of fat.
8. Promotes healthy cholesterol and triglyceride levels.
9. Promotes healthy blood pressure.

Your Almased Diet Plan

Week 1

Replace all 3 meals with an Almased shake (8 Tbsp Almased and 1-2 tsp of oil mixed in 10-12 oz of liquid each). In addition, drink plenty of vegetable broth.



Week 2 and Beyond

Replace 2 meals, preferably breakfast and dinner, with an Almased shake and have 1 healthy meal with lots of vegetables, lean protein, and a side of whole grains.



*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. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.



AHEAD OF THE PACK



We share our home with quite a cast of furry and feathered friends. Mason, our rescue dog, is a natural-born worrier who takes responsibility for seeing that the other animals—a rambunctious hound, two cats and a free-range chicken—are clean, cared for and following the house rules. Believe me, he has his work cut out for him,

especially with Hoover, the hound, who is notorious for finding his way through the fence to freedom.

Enter technology to close the gap. In the past, when Hoover made a break for it, all Mason could do was bark his head off. Now Hoover wears a Tagg Tracker, and I promptly receive a text message when he breaches the border. A tap to open

the app on my smartphone reveals his whereabouts so that I (or my husband or one of the kids) can go get him. Talk about an upgrade: Efficiency-wise, this method is far superior to wandering the streets calling his name. It also keeps his adventures short and unexciting, which should make the Great Escape prospect a lot less appealing.

In our pre-Tagg days, Hoover once went missing for several days. Turned out a concerned citizen had taken him in to “keep him safe”—a kindhearted gesture for sure, but then our hapless hound couldn’t come when we were outside calling him. In that type of scenario, the Finding Rover app offers a solid solution by pairing facial recognition software with a searchable database to reunite lost dogs and their owners.

I’ve even installed home video surveillance so that I can check on the pets when none of us are around. Apparently, after Mason has taken care of important tasks such as grooming the cats and sampling everyone else’s breakfast, he curls up for a long nap in my favorite—and most definitely off-limits to canines—armchair. Seems he has no trouble whatsoever breaking that rule.

Worthwhile Options

Tagg—The Pet Tracker

This collar (suitable for cats or dogs that weigh over 10 pounds) alerts you right away via text or email if your furry friend leaves home, and pinpoints his location on an easy-to-read map. It also tracks physical activity—as in, a sudden uptick could mean trouble. Pettracker.com, \$100 for collar and first three months of service, then \$8/month

Finding Rover

At the core of this app—which claims 98% accuracy—is a database of registered animal faces to connect lost dogs with their owners. Obviously, Finding Rover can only be as effective as its database, so the company is on a mission to get owners everywhere to snap photos of their canine companions. Findingrover.com, free for iOS, Android and the web

Samsung SmartCam HD PRO

An easy-to-install camera taps into your home Wi-Fi to let you peek in on the pets via the Internet or your smartphone when you’re elsewhere. It even lets you talk to them. Samsungsv.com, \$189

DogVacay.com

If traveling is tough because of the what-do-we-do-with-the-dog dilemma, this site can connect you with nearby fellow pet lovers willing to board yours. Rates start at \$25/night and include pet insurance.

Rover.com

Check out this community of animal lovers who are willing to watch your pet at your home or theirs. Prices range from \$10 to \$75 per night and include pet insurance.

familycircle.com

For product recs and tips on parenting in the digital age, visit Christina’s blog at familycircle.com/tech.

CHRISTINA TYNAN-WOOD is the mom of two tech-savvy teenagers and a fan of using digital means to better manage her household. Check out her website, GeekGirlfriends.com.



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freshstep.com

Thrive Every Day

There are several steps you can take to help gain control and continue to pursue your passions and thrive everyday.



More than 20 million women in the United States suffer from Overactive Bladder Syndrome (OAB), primarily categorized by two or more of the following symptoms for at least 3 months:

- » **Frequency.** Urinating typically more than 8 times in a 24-hour period.
- » **Urgency.** A strong, urgent need to urinate right away.
- » **Incontinence.** Leaking or “accidents” if you cannot control the urge to urinate.

START LIVING LIFE TO THE FULLEST

If these symptoms are keeping you from enjoying everyday activities, try a few of these tips:

- » **Try Oxytrol® For Women**, the first and only over-the-counter treatment that can help women manage their symptoms of OAB so they can continue to thrive everyday in their everyday pursuits.
- » **Don't limit water intake** and drink when you are thirsty. If waking up at night to urinate, try to stop drinking liquids 2-3 hours before bedtime.
- » **Keep a “diary”** of what you eat and drink and your trips to the bathroom for a few days. This can help you better understand some of the things that could be making your OAB worse.

*For a list of additional Lifestyle tips, visit our website

Overactive Bladder has met its patch....

OXYTROL FOR WOMEN is the first and only over-the-counter treatment that can help provide day and night relief from the most bothersome symptoms.

OXYTROL FOR WOMEN is a thin, flexible patch that is discretely applied to your hip, abdomen or buttocks.

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Use as directed

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Use as directed. OxytrolForWomen.com

NATURAL WONDERS

Eco-friendly products that minimize your pet's carbon pawprint. Mother Nature would approve.



GO FETCH!

Vibrant tennis balls colored with Earth-friendly dyes make playtime a walk in the park. **Play Ball Gift Bucket**, harrybarker.com, \$30 for 15

HOLD TIGHT

Available in seven patterns, this colorful collar is made from recycled plastic bottles. **Dublin Dog EcoLocks Collar**, dublindog.com, from \$24



SERVED WITH LOVE

A bamboo and cornstarch feeding bowl lets your little carnivore eat green. **Loving Pets Heart Shaped Bambú Bowl**, amazon.com, \$9.50 for small



THE CHEW

This mouse-shaped linen and raffia plaything is sure to be the cat's meow. **Catit Eco Cat Toy Mouse with Feather**, amazon.com, \$5



LIGHT UP THE NIGHT

A 100% recyclable and nontoxic glow-in-the-dark disk is perfect for a late game of fetch. **Zisc Glow**, westpawdesign.com, from \$12



BAG IT

Ditch ordinary plastic sacks for these, made from corn-based renewable resources. **Earth Rated PoopBags Compostable Bags**, chewy.com, \$8 for 60



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Photos: (BarkBox) Bryan McCay, (cat) iStockphoto.



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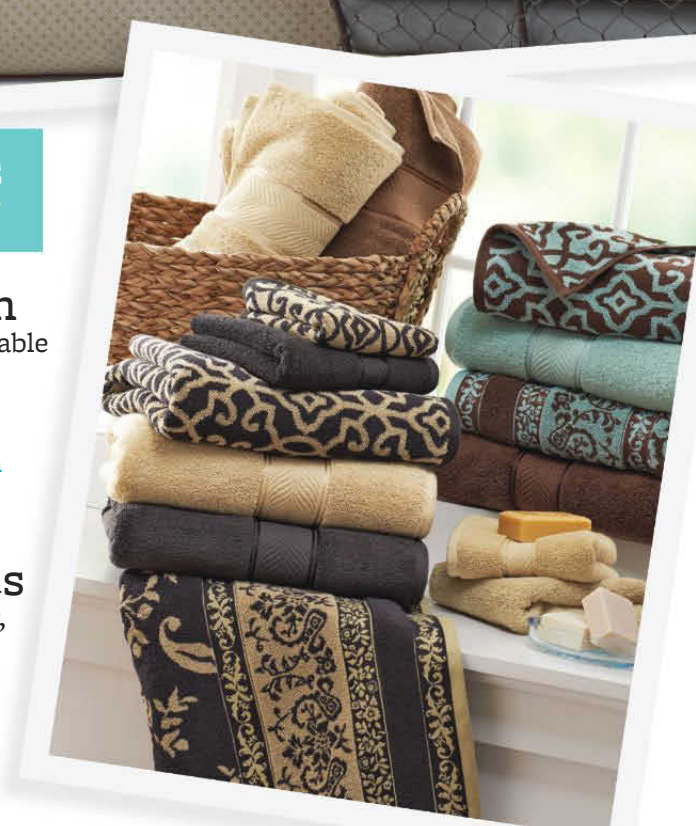
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NEW

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healthy living

PLAY IT SMART

The next time your child grabs the PlayStation or Nintendo controller, don't fight her—join her. Studies show that playing certain video games improves your mind's flexibility and ability to process information. "Making rapid decisions while juggling multiple tasks and goals gives you a mental workout that may pay off in real-life scenarios," says researcher Bradley C. Love, PhD. So take a seat—it can boost your brain and your bond.



Photo: Bambu Productions/Getty Images.

STRAIGHTEN UP



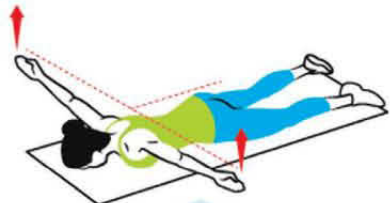
Your child isn't the only one who needs a reminder to sit up in her chair—chances are your posture could use some perfecting too. "People tend to lean forward during their day-to-day activities, like when they're at their desk," says Kathy Dieringer, EdD, a member of the National Athletic Trainers' Association board of directors. Do these three exercises two to three times per week to fortify your shoulder and neck muscles and you'll be sitting pretty in no time at all.



"I" RISE Lie flat on your stomach on a yoga mat or towel with arms stretched straight out in front of you, thumbs pointing up. Keeping your core muscles engaged, raise hands toward the ceiling, about 4 to 5 inches off the floor. Hold for 5 to 10 seconds, then lower to starting position. Perform 5 reps.



"Y" LIFT Next, bring arms 45 degrees out to your sides. Keeping your neck neutral, lift arms about 4 to 5 inches off the ground, hold for 5 to 10 seconds, then lower, for a total of 5 reps. You can make this exercise more challenging by adding a 1-to-2-pound dumbbell.



"T" UP Finally, rotate arms so that they're at a 90-degree angle from your back. Focusing on your shoulder muscles, lift arms about 4 to 5 inches and hold this position for 5 to 10 seconds before returning them to the starting position. Perform a total of 5 reps.



Q&A

EVEN THOUGH I DON'T HAVE HIGH BLOOD PRESSURE, SHOULD I START USING A SALT SUBSTITUTE?

Don't empty your salt shaker just yet. While these products can be used freely by many people, they also swap potassium chloride for sodium chloride. And too much potassium could trigger complications in people with certain underlying conditions, including kidney disease, or those who take particular blood pressure medications, says cardiologist Willie Lawrence, MD, a spokesperson for the American Heart Association. Your best bet is to clear any salt substitute with your doctor first. But even if you're in good health, consider tempering your family's sodium intake by perking up your food with spices, chile peppers or citrus instead.

151

That's the number of calories you'll save by eating at a restaurant that displays nutrition information. If the menu doesn't feature calorie counts, try looking up the numbers on the company's website or on an app by MyFitnessPal.

Source: Drexel University School of Public Health

Salonpas

FOR LIFE'S MANY PAINS, THERE'S *Salonpas*

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The advertisement features five women in a blue-toned setting. From left to right: a woman in a teal tank top holds her right knee; a woman in a blue shirt looks upwards; a woman in a light blue button-down shirt holds a green fan; a woman in a green and white striped shirt holds a young child; and a woman in a white sweater holds her shoulder. In the foreground, four Salonpas products are displayed on a reflective surface: a box of Salonpas Pain Relief Patch (5 patches, 8-12 hours relief), a box of Salonpas DEEP Relieving Gel (8 hours relief), a bottle of Salonpas JET-SPRAY (6 patches, 8 hours relief), and a box of Salonpas pain relieving GEL-PATCH HOT (6 patches, 8 hours relief).

Q&A

My daughter wants to wear purple contacts to color coordinate for prom. Are they safe?

Decorative lenses are safe to wear if they've been properly fitted and prescribed by a doctor, says Barb Horn, OD, a spokesperson for the American Optometric Association. But if she bought them without consulting an optometrist—some beauty salons, flea markets and websites sell them illegally—she could be setting herself up for trouble. “Not all teens are able to successfully wear contacts,” says Horn. “Plus, people’s eyes can differ in shape, which is another reason why you need to be fitted by a doctor.” Too-tight contacts can restrict the oxygen to your cornea, triggering inflammation and infection. Once your daughter obtains a prescription, order the lenses at the office or from a website (we like 1800contacts.com) that will verify the Rx.



CURE CONFUSION

Just because your child is sick doesn't mean she needs a prescription. In fact, an estimated 10 million scripts for antibiotics are unnecessarily written for respiratory conditions every year. “Too many kids are prescribed these medicines when they're not needed,” says Adam Hersh, MD, assistant professor of pediatrics at the University of Utah. “And this overuse isn't good.” If your pediatrician is considering antibiotics, know that:

THEY DON'T TREAT EVERYTHING

“Antibiotics only work on bacterial infections,” explains Hersh, “but the vast majority of coughs, colds and sinus infections are caused by viruses. Plus, even if your child has a bacterial infection, it may resolve itself on its own.” On the other hand, some illnesses, like strep throat, require penicillin or amoxicillin; a pediatrician can confirm those conditions with a test first.

THEY CAN TRIGGER SIDE EFFECTS

Common complications include diarrhea, nausea or vomiting. But experts also worry about antibiotic resistance, both on a global and an individual level. “Taking these medications can increase a person's risk of having a future infection that can't be cured with them later on,” says Hersh.

THEY DON'T HAVE TO BE TAKEN IMMEDIATELY

MDs can't always easily distinguish between viral and bacterial illnesses, he admits. “Sometimes doctors prescribe antibiotics ‘just to be safe,’ ” Hersh says. “But it might be better in certain cases to hold off on filling the script, wait a day or two and then follow up with a phone call or visit instead.” In the meantime, manage your child's symptoms with a pain reliever.



That's the estimated increase in the number of young people who will be diagnosed with type 2 diabetes by 2050. Overweight or obese kids can lower their risk with 20 minutes of daily aerobic exercise.

Source: Centers for Disease Control and Prevention, Medical College of Georgia

Photos: (teen) Sanna Limberg/Corbis, (rope) iStockphoto.

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ANNOYING ALLERGY PROBLEMS

SOLVED

Put an end to issues you told us drive you crazy with this expert advice. BY JESSICA GIRDWAIN

I never had allergies before—but I sure do now. What happened?

Just because you weren't sneezy as a teen doesn't mean you'll have an allergy-free adulthood. Eczema as an infant, wheezing as a baby or recurrent ear or sinus infections may have been signs of seasonal allergies to come, says Jacqueline Eghrari-Sabet, MD, founder of Family Allergy & Asthma Care in Gaithersburg, Maryland. Environmental factors can also trigger them, so a change of location could be your undoing.

Why do I struggle with allergies year-round?

Allergy season is getting longer, with tree pollen running from January to June, grass from May to June, and weeds from August to November. And most people have multiple allergies, so you could also be reacting to indoor irritants (pet dander, mold, dust mites), explains James Sublett, MD, president-elect of the American College of Allergy, Asthma & Immunology.

Which meds won't make me drowsy?

Newer allergy drugs will not leave you dozing during your daughter's recital. To relieve an itchy, runny or congested nose, try a steroid nasal spray, like Nasacort Allergy 24HR (newly available over-the-counter) or get an Rx for one like Nasonex or Flonase. For broader symptoms such as watery eyes and itchiness,

pick up a non-drowsy OTC oral antihistamine, like Claritin or Allegra.

If I don't want to take meds—or they don't work—what can I do?

Go holistic. For a stuffy nose, rinse your sinuses with a mild saline solution using a neti pot every few days. With body-wide reactions, consider the natural antihistamine vitamin C (500 mg) and the antioxidant quercetin (200–300 mg) three to four times daily, says Susanne Bennett, DC, author of *The 7-Day Allergy Makeover*. And be sure to bump up your intake of foods high in these nutrients, like cherries, blackberries, parsley and broccoli.

Should I be getting allergy shots?

Consider them if you have moderate to severe allergies and can't control your symptoms. Similar to vaccines, the injections contain small amounts of allergens and your body builds tolerance. You may require weekly or monthly shots for several years. "They're 85% or more successful, a cost-saver for many and the closest thing we have to a cure," says Clifford W. Bassett, MD, medical director of Allergy and Asthma Care of New York. If you hate needles, the FDA is set to approve immunotherapy in the form of a dissolvable tablet to treat ragweed and grass allergies. Either way, relief is around the corner.



Pollen Allergy Symptoms ▶ This search phrase saw a **271%** spike on Yahoo in April 2013.

What are allergies?

A group of diseases (e.g., hay fever, asthma, eczema) characterized by an immune system overreaction to foreign bodies that are normally harmless—pollen, dust mites, animal dander. In response, the body produces antibodies that prompt a histamine release. The result: symptoms like watery eyes and sneezing.

41% of allergy sufferers have had a special occasion ruined due to their symptoms.



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*dreaming
of
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sleep*

Your sleep routines could actually be keeping you up at night. Ditch these rest-robbing moves and wake up a new woman.

By Jessica Girdwain

PHOTOILLUSTRATIONS
BY DARRELL EAGER



Falling asleep at night is the hardest thing some women do all day. Thanks to go-go-go schedules of meal planning, after-school chauffeuring and homework wrangling, it's no wonder studies show women are more likely than men to develop insomnia and log less shut-eye. Problem is, in our never-ending search for a good night's sleep, we tend to look for help in all the wrong places. In fact, many of our favorite ways to wind down at night actually worsen our sleep. *Family Circle* is sounding the alarm on five habits you may think bring on the zzz's but really leave you up all night. Beat them with our advice, and you'll wake up feeling more relaxed, refreshed and energized than ever.

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SLEEP CRUTCH #1

A goblet of vino

WHY IT BACKFIRES

Although alcohol can cause drowsiness and make you doze off faster, it also throws off your body's sleep-wake cycle. Booze relaxes your throat muscles and rushes you into slumber, making it more likely that you'll snore or have difficulty breathing. Plus, alcohol is a diuretic, which increases your odds of getting a wake-up call from Mother Nature. The third strike: You won't feel restored the next day. Alcohol shortens the amount of time you spend in the REM (rapid eye movement) sleep phase, which is crucial for rebuilding next-day memory and concentration levels.

SLEEP-WELL SOLUTION

Finish off that one glass of Merlot at least three hours before bedtime and unwind with a relaxing activity, like



reading or light yoga, instead. "You may miss its calming effects," says Jay Puangco, MD, service chief at the Judy & Richard Voltmer Sleep Center at Hoag Hospital in Newport Beach, California. "But you'll eventually teach your brain to power down on its own."

SLEEP CRUTCH #2

Nodding off during The Voice

WHY IT BACKFIRES

Zoning out in front of the tube isn't the relaxing remedy it appears to be. In fact, TV can stimulate your brain, making it even harder for you to unwind. Plus, electronics (including tablets and cell phones) emit light, particularly blue waves, that inhibits your body's release of melatonin, the hormone that helps you prepare for sleep.

SLEEP-WELL SOLUTION

Remove the TV from your bedroom—the sooner, the better. Over time, your brain associates screen time with sleep, which reinforces this bad habit, says Steven Lockley, PhD, a neuroscientist with the Division of Sleep Medicine at Harvard Medical School. Experts suggest turning off the TV at least 30 minutes before bedtime, although they say that a 60-to-90-minute window is ideal. If you can't quit cold turkey, try powering down for the night in 15-minute increments, working toward 90 minutes. Forgo watching TV on a tablet or computer in the hours before bed—your best bet is to sit farther away from the screen—and dim the lights in your house in order to minimize the suppression of melatonin.



7 Ways to Survive a Sleepless Night

WHAT TO DO WHEN YOU'RE LYING AWAKE STARING AT THE ALARM CLOCK

1. PRACTICE MINDFUL BREATHING

Sit quietly and focus on taking deep breaths. When your mind wanders, return your focus to your inhaled and exhaled. Research shows this helps stop your mind from racing and lessens insomnia symptoms.

2. TRY SELF-MASSAGE

Twice-weekly rubdowns helped the women in a Brazilian study drift off quicker, improve their sleep quality and wake up feeling more refreshed.

3. READ Using as dim a light as possible, pick up a paper book or magazine (avoid e-readers, which emit blue light). Aim for a relaxing read, not a page-turner that keeps you wide-eyed.

4. TIDY UP Some light, monotonous cleaning (like dusting or straightening up your desk, not rearranging the fridge or scrubbing baseboards) can be soothing, making you rest-ready.

5. DO YOGA The relaxing practice is associated with better-quality sleep, according to new research. Get up and perform a few gentle stances, like the child's pose or corpse pose, to unwind.

6. RELAX YOUR MUSCLES

Starting at your toes, tense and release your muscles, working your way up to your face. This method, called progressive muscle relaxation, helped lull insomniacs to sleep in a study in the *Journal of Cognitive and Behavioral Psychotherapies*.

7. TURN ON TUNES In a Dutch study review, music helped participants relax enough to improve sleep quality. Light tunes before bed (think smooth jazz) cue your body to wind down.

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SLEEP CRUTCH #3

Tackling your to-do list

WHY IT BACKFIRES

We're all guilty of trying to cram chores we couldn't complete during the day into the hours when the kids are finally in bed. Although you might believe that doing a few loads of laundry or finishing up work assignments gives you the peace of mind to drift off, it's actually a surefire way to increase your stress level. "You can't zoom around at 80 miles per hour and then go right to sleep," says Ruth Benca, MD, PhD, a sleep specialist and professor of psychiatry at the University of Wisconsin-Madison. "You need to unwind, otherwise you tend to ruminate about the day's worries and stresses."

SLEEP-WELL SOLUTION

Try to finish the to-do list before dinner, says Mary Esther, MD, a sleep medicine specialist in Charlotte, North Carolina. Any tasks you don't complete can wait until tomorrow. Planning out when you'll take on bigger projects (like researching a family vacation or calculating next month's budget) can also keep you on track. If you're worrying about long-term problems, consider this trick from Spanish researchers: Write down your concern on a piece of paper, tear it up and throw it in the trash.

SLEEP CRUTCH #4

Earplugs—for a snoring husband

WHY IT BACKFIRES

There's nothing wrong with earplugs per se. But if your husband's snoring wakes you up in the middle of the night (and if it's punctuated by pauses in breathing), he may have sleep apnea, a serious condition that can increase the risk of heart disease. Getting him treated is healthy for you as well: "When we take care of one partner's poor sleep, the other gets better rest too," says Esther. Besides, you may want to talk to your doctor if you're struggling with daytime sleepiness, as you may be

waking up in the middle of the night unknowingly. Need more convincing? Researchers from the University of California, Berkeley, found that just one night of tossing and turning makes you more likely to fight with your partner the next day.

SLEEP-WELL SOLUTION

Talk to your husband about scheduling an appointment with his doctor or a sleep specialist, who will examine his nose and throat or recommend an overnight sleep study. Now, if it's your husband who needs the earplugs, mention this to your doctor. Women's symptoms may differ from men's, and can include waking up gasping for breath and a morning headache or dry throat.

SLEEP CRUTCH #5

Popping over-the-counter sleep medications

WHY IT BACKFIRES

Many OTC sleep aids contain antihistamines, which become less effective the more you use them, says Benca. Although they're safe to turn to occasionally, these meds are only FDA-approved for short-term use and should be taken under the guidance of your doctor. And just because they're OTC doesn't mean you won't experience side effects—including dry mouth and grogginess.

SLEEP-WELL SOLUTION

If you're dependent on an OTC aid to get your rest, it's time to consult your MD for an evaluation, says Benca. The culprit for your insomnia might be a certain medication, like a beta blocker, or an underlying medical condition, such as anxiety, menopause, arthritis or heart failure. Or it may be that you need a stronger sleep prescription. In this case, knowledge is more than power—it's eight hours of uninterrupted bliss.



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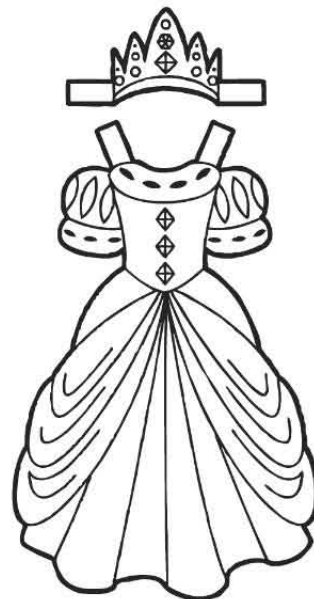
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SENIOR MOMENTS

Looking after an elderly loved one can be similar to raising a child, except your kid wouldn't accuse you of hiding the car keys. Learn how to handle difficult situations and still keep your cool.

BY GINA ROBERTS-GREY

1 *It's 3 a.m. when your aunt with early-stage dementia calls in a panic. She lives alone but says there are strangers in her house who won't leave. What should you do?*

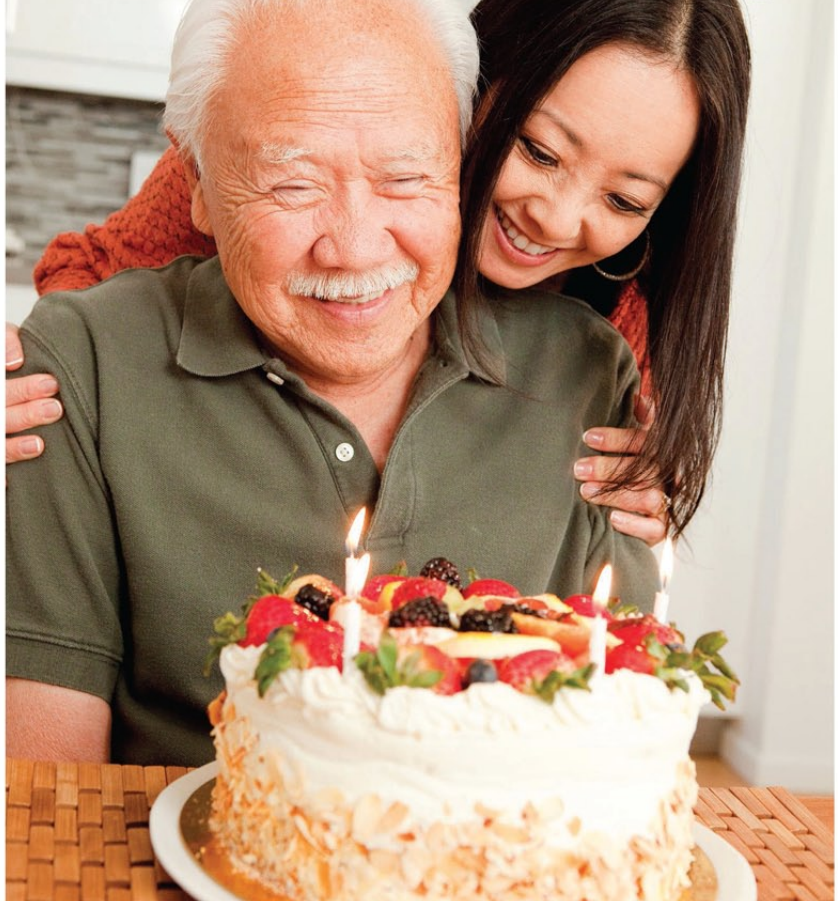
- A) Calmly assure her it's nothing, but promise you'll check her doors and windows in the morning.
- B) Call 911, then drive to her house.
- C) Change the subject so she forgets about the strangers.
- D) Ask her to give the phone to one of them, so you can tell them to leave.

Those "strangers" could be characters from an episode of *Law & Order* your aunt was watching—or actual burglars. "Until you identify a pattern of delusional behavior, always respond as if there is a real problem," says Molly Carpenter, caregiver advocate at Home Instead Senior Care and author of *Confidence to Care*. Moving forward, assess your aunt's house for lighting issues or shadows that might trigger a delusion. And don't spruce up her place by rearranging furniture or pictures. Familiar surroundings will reduce the chance of future 3 a.m. calls.

ANSWER: B

2 *You're putting in long days caring for your dad, who lives across town. Not only are you exhausted, but your husband and kids say they never see you. It's time to:*

- A) Suggest your dad move in to eliminate your drive time.



- B) Explain that your dad needs you more right now.
- C) Solicit friends for help with household tasks.
- D) Have a heart-to-heart with your family about how they can help you reduce your caregiving workload.

"Focus on quality—not quantity—of time when caring for an ailing loved one," suggests Patricia Moon, RN, director of Family Care Services at Virginia Commonwealth University. "That will help you balance your and your family's needs with those of your dad." If family members, friends and church groups are able to lend a hand, set up a caregiving schedule for them with general chores (grocery shopping, mowing the lawn) that allows you time for more personal tasks (bathing, help with eating) and some free time of your own.

ANSWER: C & D

3 *On a recent visit, you notice that your father appears to have lost weight and his refrigerator is nearly empty. You realize you have to:*

- A) Gently scold your father for his poor diet choices.
- B) Take dad to lunch to share your concern and offer to help him plan meals.
- C) Research meal ideas for a single person.
- D) Cook a week's worth of dinners for him.

Time to make a reservation at your dad's favorite restaurant. Once your meals arrive, ask if you can accompany him to his next doctor's appointment (if he doesn't have one scheduled, suggest you make one for him) to rule out any medical issues. Medications that suppress appetite, dental



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problems, illness, memory concerns and physical constraints can all compromise a senior's ability to eat. Then work with your dad to create a meal plan of easy-to-make foods and hang it up where he'll see it every day, suggests Carpenter. ANSWER: B

4 *Mom has misplaced her purse, which happens often due to her dementia. She's agitated and accuses you of stealing it. Slightly ruffled, you tell her:*

- A) "I would never do that!"
- B) "How can you accuse me of such a thing? I'm the one caring for you."
- C) "I am sure your purse is in a safe place. Let's look for it together."
- D) "You probably just forgot where you put it. Do you remember when you last saw it?"

"People with dementia often become delusional and may say unthinkable things, like 'I didn't misplace it; you hired a team of thieves to steal it,'" says Jordan Klesmer, MD, a geriatric psychiatrist in Great Neck, New York. Logic won't sway her. Instead, ease your mom's paranoia by reassuring her that you two will find the purse. And don't take it personally or expect an apology when the item is located. She may forget she even accused you. Instead, celebrate locating the missing purse. ANSWER: C

5 *No matter what you say, it's impossible to convince your uncle that he can no longer drive. To ensure his safety you:*

- A) Take a ride with him to assess his driving reflexes, judgment and timing.
- B) Ask his doctor to tell him it's no longer safe to drive.
- C) Hide his car keys.
- D) Disconnect the battery cables so the car won't start.

Unless you're a trained driving instructor on a closed course, getting into a car with an elderly driver whose ability you question puts you both at risk. Instead of opting for a temporary fix, let the MD play bad cop. "It's easier to accept the loss of driving privileges if a doctor says he can no longer drive safely," explains Linda J. Welsh, a gerontologist at Parenting Your Parent, a geriatric management service. ANSWER: B



6 *It's been getting harder and harder to coax your mother with Alzheimer's to bathe. When she refuses to even freshen up for an upcoming doctor's appointment you:*

- A) Go to her house the day before the appointment and force her into the shower.
- B) Take her to the appointment in a disheveled state so the doctor can see how she's behaving.
- C) Explain the process of bathing in small steps.
- D) Reschedule the appointment.

Your mom may no longer understand what a bath is. "She might even find the water frightening," says Carpenter. Try breaking tasks like this into simple steps. "For example, say, 'First, let's step into the shower,' then 'Let's put soap in your hand,' and 'Put your hand on your head and rub in the suds,'" says Carpenter. Create a spa-like atmosphere by playing music, dimming the lighting and using scented soaps. ANSWER: C

7 *Lately you've detected the smell of urine at your parent's house. Embarrassed, you decide to:*

- A) Be tactful but direct and ask about their bathroom habits or possible problems.
- B) Drop hints about the smell.
- C) Show up with an armful of air fresheners.

D) Order adult diapers online and have them delivered to their house.

Urinary incontinence is one of the main reasons people wind up in nursing homes, says geriatric specialist Terry Fulmer, RN, a professor and the dean of Bouvé College of Health Sciences at Northeastern University. Leakage can lead to infections or unsanitary conditions that require daily care. "Talk to your parent about available solutions, including pads (like Poise) and adaptive undergarments (such as Depend) as well as limiting beverages an hour before bedtime." ANSWER: A

SCORING

6-7 Caregiving Queen

You're calm and clever in the face of any challenge. Keep up the good work—by avoiding burnout. Try to get the same assistance from others that you give so well yourself.

4-5 Lady-in-Waiting

Hone your skills by joining a support group to exchange stories of the challenges you face and share smart strategies for overcoming them.

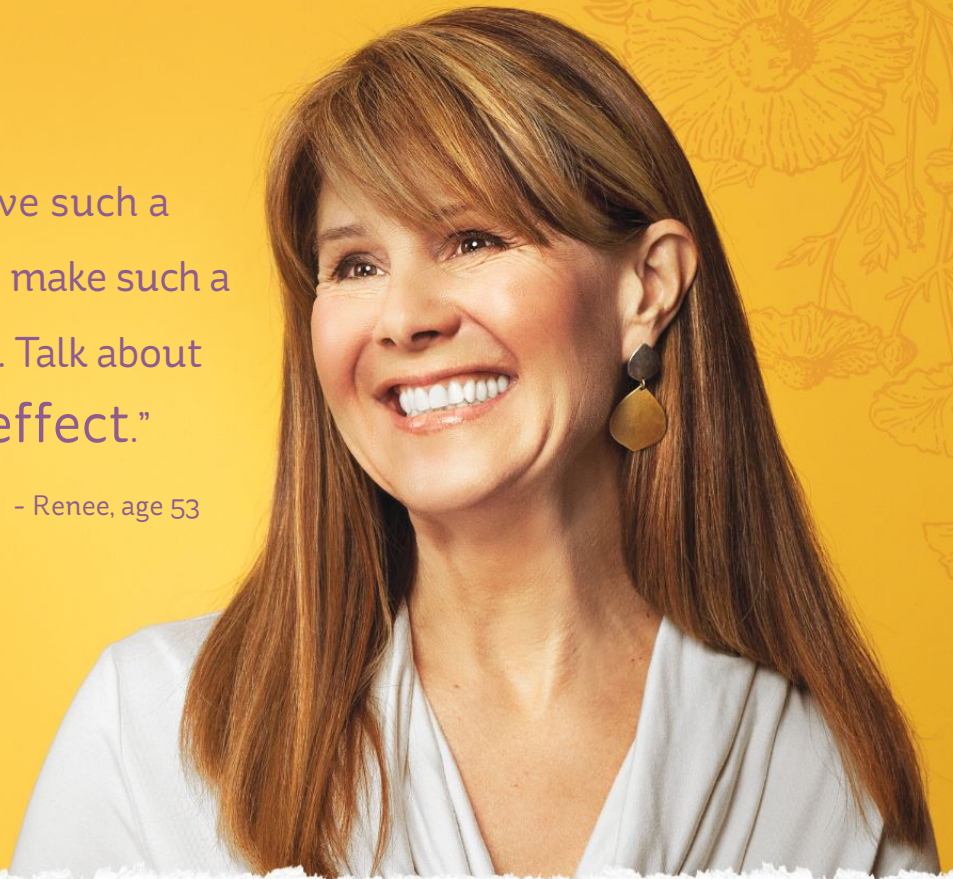
0-3 Humble Helper

Don't despair. Being a caregiver—especially for your parents—isn't easy. Hone your skills by asking your relative's doctor for advice or taking an e-learning course.



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How to manage your moods, your relationships, your life
BY JANET TAYLOR, MD, MPH

FAILING BETTER

Inspired by my work at an inner-city hospital—but dismayed by what seemed a revolving door of the same critical patients—I decided to obtain a graduate degree in public health 10 years ago. I was exhausted by having a job during the day and school at night, but I felt like the luckiest student in the world when I confidently turned in my first paper.

I can still remember gasping for air when I checked my grade on my smartphone: C minus. I had let myself and my family down. I was an academic disappointment—or was I? Looking back, that episode taught me a valuable lesson. I realized that there is a difference between a moment and an experience. Yes, I had let myself down in that moment. But the

experience made me want to improve. This was not a fatal event, but one from which I could regroup.

Whenever you attempt a victory—whether it’s hitting a fundraising goal for your child’s school trip or creating the ultimate Easter basket—there is a risk that you may not succeed. The question is whether you stay in the game, knowing that there is always room for improvement, or slink over to the sidelines and never try, try again.

Be willing to learn from the experience of failing and be determined to turn things around. I did so with hard work and a willingness to listen to painful but honest feedback from my advisor. You can too. Remember: Failure is a symptom. It does not have to be a condition.

one way to find your purpose

Write a personal mission statement by finishing the following sentence: “Living a life of purpose means ____.” Perhaps it’s being selfless. Or using your gifts. Whatever the answer, ask yourself whether your daily actions reflect that value. If there’s a discrepancy, now’s the time to rebalance the equation.



Q&A

My 15-year-old daughter has met a boy she wants to date, but my husband forbids it. He’s afraid she’ll end up a teen parent like he did, but I trust her. I’ve tried talking to him about it and he won’t budge. What should I do?

One of the greatest gifts that parents can give their kids—and each other—is a united front regarding rules. Before the two of you talk to your daughter, talk to each other. Take a few minutes to understand your feelings about teen dating without judgment. Talk about your experiences as teens (which you may want to share with your daughter later), review how old you both were, discuss what your own parents’ attitudes were, and try to understand the origin of your rules. Then pick an appropriate dating age for your daughter, tell her and stick to it. Even if you agree to disagree as individuals, support each other and hold mutual values as parents. This conflict isn’t just about your daughter’s maturity. It’s also about your maturity as a couple. Good luck.

familycircle.com

Got a question for Dr. Janet? Email us at askdrjanet@familycircle.com.

➔ A mother of four, JANET TAYLOR, MD, MPH, is a psychiatrist in New York City. Follow her on Twitter @drjanet.



“I have osteoporosis.
I also play many roles in life,
including active grandmother.
I take Prolia[®] to help
strengthen my bones.”

Blythe Danner
Award-winning actress



Prolia[®] is a prescription medicine used to treat osteoporosis in women after menopause who:

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**



Important Safety Information

Do not take Prolia[®] if you: have low blood calcium; or are pregnant or plan to become pregnant, as Prolia[®] may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia[®].

What is the most important information I should know about Prolia[®]?

If you receive Prolia[®], you should not receive XGEVA[®]. Prolia[®] contains the same medicine as XGEVA[®] (denosumab).

Prolia[®] can cause serious side effects:
Low blood calcium (hypocalcemia). Prolia[®] may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during

treatment. Your low blood calcium must be treated before you receive Prolia[®].

Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

Serious allergic reactions have happened in people who take Prolia[®]. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia[®]. You may need to go to the hospital for treatment.

Prolia[®] is a medicine that may affect your immune system. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Severe jaw bone problems (osteonecrosis) may

For women with postmenopausal osteoporosis
at high risk for fracture: there's Prolia®.

 **prolia® is different:**
It's 2 shots a year.

**It's proven to help
strengthen bones.**

Prolia® is also proven to:

- **Significantly reduce fractures of the spine, hip, and other bones**
- **Help increase bone density**

Is Prolia® right for you? Ask your doctor today.

occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken

bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®.

For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on the next page.

Ask your doctor about your bone strength and if Prolia® is right for you.

 **prolia®**
(denosumab) injection

2 shots a year proven to help strengthen bones.
www.prolia.com



BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÓ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

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

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

• Low calcium levels in your blood (hypocalcemia).

Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

• Serious allergic reactions.

Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reactions. Symptoms of a serious allergic reaction may include:

- low blood pressure (hypotension)
- trouble breathing
- throat tightness
- swelling of your face, lips, or tongue
- rash
- itching
- hives

• Serious infections.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

Prolia is a medicine that may affect your immune system. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

Call your doctor right away if you have any of the following symptoms of infection:

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

• Skin problems.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:

- Redness
- Itching
- Small bumps or patches (rash)
- Your skin is dry or feels like leather
- Blisters that ooze or become crusty
- Skin peeling

• Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia.

• Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Call your doctor right away if you have any of these side effects.

What is Prolia?

Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who:
 - are at high risk for fracture (broken bone).
 - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

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

Who should not take Prolia?

Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
 - **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen's Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

- See "**What is the most important information I should know about Prolia?**"
- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

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

How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide



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Heart disease is the No. 1 killer of women, taking more lives than all forms of cancer combined. But we have the power to save our lives.

**The time is now to stand together. To fight harder. To shout louder.
It's time to Go Red For Women.**



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Heart
Association.



GoRedForWomen.org

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Allison Janney, *National Ambassador*
Watch Allison's story here ▶
or at Youtube.com/GoRedForWomen



Photograph by Jesse Dylan

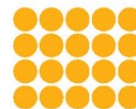


**The slower we make it,
the faster you eat it.**

We start with the very best cuts and cure them for 12 hours, then it's on to our natural hardwood smokehouse for another 12 hours. Because bacon this good can't be rushed.



It's Unanimous Food. It's *Oscar Mayer*.



what's cooking

ETHNIC BLEND

For a surprising take on roasted chicken, try za'atar—a versatile, flavorful Middle Eastern spice mix. Sold at specialty food shops and penzeys.com, the blend typically features dried thyme, sumac (a dried, ground berry with lemony notes) and sesame seeds. Pat a 3 lb **chicken** dry and transfer to a rimmed baking sheet fitted with a wire rack. Place a halved **lemon** and $\frac{1}{4}$ of a **yellow onion** inside the cavity; tie legs. Under skin, rub 1 tsp **za'atar** and $\frac{1}{2}$ tsp **kosher salt**. On skin, rub 1 tbsp za'atar and 1 tsp kosher salt. Roast at 450° for 50 to 60 minutes, until temperature reaches 165°. Let rest 5 minutes before carving.



Food styling: Paul Grimes. Prop styling: Leslie Siegel.



HEALTHY family dinners



SUNDAY
Double-Duty Pot Roast

MONDAY
Shrimp Marinara

TUESDAY
Curried Beef and Biscuits

WEDNESDAY
Baked Penne

THURSDAY
Chicken Fajitas

FRIDAY
Hoisin-Glazed
Pork, Bok Choy and
Snap Peas

AT LESS THAN \$3 A SERVING, YOU CAN BANK
ON THESE BUDGET-FRIENDLY MEALS.

BY MICHAEL TYRRELL
PHOTOGRAPHS BY LINDA PUGLIESE

All the sound without all the wires.



Shown in
Platinum White.

Bose® Wave® music system III

Just plug it in and hear what you've been missing. With the Bose Wave® music system III, there are no stacks of components. No tangle of wires. No dials to adjust. Advanced Bose technologies work together to fill the room with the acclaimed performance that has made Bose the most respected name in sound. You enjoy clear, realistic sound that you may have only thought possible from a much larger, more complicated stereo. And the Wave® music system III also has improved AM/FM radio reception. Radio text for song and station information. Convenient touch-top controls for on, off and snooze. And dual alarms so you can set two different wake-up times. You enjoy

an audio system like no other, an improvement on what was already the most highly acclaimed system in its class.

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Try it for 30 days, risk-free. Choose your favorite color: Platinum White, Graphite Gray or Titanium Silver. And experience the Wave® music system III in your own home risk-free for 30 days. Order it by March 31, 2014, and you'll save \$50. Also ask about making **12 easy payments**, with no interest charges from Bose.* Compare the performance side by side with much larger, more complicated, more expensive stereo systems. You'll soon discover how delightfully simple it is to enjoy Bose sound.



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optional Multi-CD Changer.

SAVE \$50
when you order the
Wave® music system III
by March 31, 2014.

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ext. TZ1121
Bose.com/Wave

BOSE
Better sound through research

*Bose payment plan available on orders of \$299-\$1500 paid by major credit card. Separate financing offers may be available for select products. See website for details. Down payment is 1/12 the product price plus applicable tax and shipping charges, charged when your order is shipped. Then, your credit card will be billed for 11 equal monthly installments beginning approximately one month from the date your order is shipped, with 0% APR and no interest charges from Bose. Credit card rules and interest may apply. U.S. residents only. Limit one active financing program per customer. ©2014 Bose Corporation. The distinctive design of the Wave® music system is a registered trademark of Bose Corporation. Financing and savings offers not to be combined with other offers or applied to previous purchases, and subject to change without notice. Offer valid 2/1/14-3/31/14 and is limited to purchases made from Bose and participating authorized dealers. Risk-free refers to 30-day trial only, requires product purchase and does not include return shipping. Delivery is subject to product availability. CC013809C

SUNDAY

SHOPPING LIST

MEAT, CHICKEN AND FISH

- 1 bottom round pot roast (4 lbs)
- ½ cup chopped ham
- 4 chicken cutlets (4 oz each)
- 4 boneless pork chops (4 oz each)
- 1 lb peeled and deveined medium shrimp

DAIRY

- 1 pkg grated Parmesan
- 1 pkg (12 oz) refrigerated biscuits
- 1 pkg (8 oz) shredded reduced-fat mozzarella
- 6 eggs
- 8 corn tortillas
- ½ cup reduced-fat sour cream

PRODUCE

- 2 large yellow onions
- 1 large sweet onion
- 1 bulb garlic
- 1 bunch celery
- 1 large carrot
- 1 bunch basil
- 1 large baking potato
- 1 sweet red pepper
- 2 green bell peppers
- 1 zucchini
- 1 yellow squash
- 1 lime
- 1 bunch bok choy
- 1 bunch broccoli rabe
- ½ lb sugar snap peas
- 1 small red cabbage
- 1 lb green beans
- 1 apple

GROCERY

- 1 quart beef broth
- 1 can reduced-sodium beef broth
- 1 can (6 oz) tomato paste
- 1 pkg (12 oz) whole-grain noodles
- 2 cans (28 oz) crushed tomatoes
- 1 can (14½ oz) no-salt-added diced tomatoes
- 2 pkg (13¾ oz) whole wheat penne
- 1 jar McCormick Perfect Pinch Mexican seasoning
- 1 cup uncooked jasmine rice
- 1 pkg Minute Rice Multigrain Medley

FREEZER

- 1 pkg (10 oz) green peas

PANTRY

- Olive and canola oil, nonstick spray
- Dried thyme
- Low-sodium Worcestershire sauce
- Cornstarch
- Dried oregano
- Red pepper flakes
- Ground cumin
- Garam masala
- Ground ginger
- Bread crumbs
- Hoisin sauce
- Light soy sauce

Double-Duty Pot Roast

MAKES 6 servings, plus leftovers

PREP 15 minutes SLOW COOK on HIGH for 6 hours or LOW for 8 hours COOK 1 minute

- 1 large onion, chopped
- 3 cloves garlic, chopped
- 2 ribs celery, chopped
- 1 large carrot, chopped
- 1 bottom round pot roast (about 4 lbs)
- 1 tsp salt
- 1 tsp dried thyme
- ½ tsp black pepper
- 4 cups beef broth
- ¼ cup tomato paste
- 2 tbsp reduced-sodium Worcestershire sauce
- 6 tbsp cornstarch
- 1 pkg (12 oz) whole-grain noodles, cooked per pkg directions

- Coat slow cooker with **nonstick cooking spray**.

- Add onion, garlic, celery and carrot. Season pot roast with salt, thyme and black pepper; place on top of vegetables.

- Combine broth, tomato paste and Worcestershire sauce; pour over roast. Cover and cook on HIGH for 6 hours or LOW for 8 hours.

- Remove roast and cut in half. Cool half, wrap in plastic and refrigerate for Curried Beef on Tuesday.

- Strain liquid into a medium saucepan and bring to a simmer. Combine cornstarch with **3 tbsp water** and stir into liquid. Cook, stirring continuously until thickened, about 1 minute. Cool half and refrigerate for Curried Beef.

- Serve remaining pot roast and gravy with cooked noodles and, if desired, Red Cabbage and Apples (recipe below).

PER SERVING 498 CAL; 15 g FAT (5 g SAT); 41 g PRO; 46 g CARB; 2 g FIBER; 564 mg SODIUM; 138 mg CHOL



QUICK SIDE RED CABBAGE AND APPLES

Cook 8 cups shredded **red cabbage**, ½ thinly sliced **green pepper** and 1 diced **apple** in 1 tbsp **vegetable oil** over medium-high heat for 15 minutes, stirring occasionally. Toss with ¼ cup **cider vinegar**, 2 tbsp **sugar** and ⅛ tsp *each* **salt** and **pepper**.



MONDAY

Shrimp Marinara

MAKES 6 servings

PREP 20 minutes

COOK 34 minutes

- 2 **tbsp olive oil**
- 6 **cloves garlic, sliced**
- 2 **cans (28 oz each) crushed tomatoes**
- 1 **can (14½ oz) no-salt-added diced tomatoes**
- 2 **tsp sugar**
- 2 **tsp dried oregano**
- 1 **tsp salt**
- ½ **tsp red pepper flakes**
- 1 **lb medium shrimp, peeled and deveined**
- 1 **cup frozen green peas, thawed**
- 2 **pkg (13¼ oz each) whole wheat penne**
- ½ **cup basil leaves, torn (optional)**

• Heat oil in a large pot over medium-high heat; add garlic and cook for 1 to 2 minutes, until golden. Stir in crushed tomatoes, diced tomatoes,

sugar, oregano, salt and red pepper flakes. Bring to a boil; reduce heat to medium and simmer, with lid ajar, for 30 minutes. Stir occasionally.

▪ Spoon half the sauce, about 3½ cups, into a container and cool. Cover and refrigerate for Baked Penne on Wednesday.

▪ Stir shrimp and peas into remaining sauce. Cook for 2 minutes or until shrimp are cooked through.

▪ Meanwhile, cook penne following package directions. Cool half the penne, about 6 cups, and place in a plastic resealable bag. Refrigerate for Baked Penne.

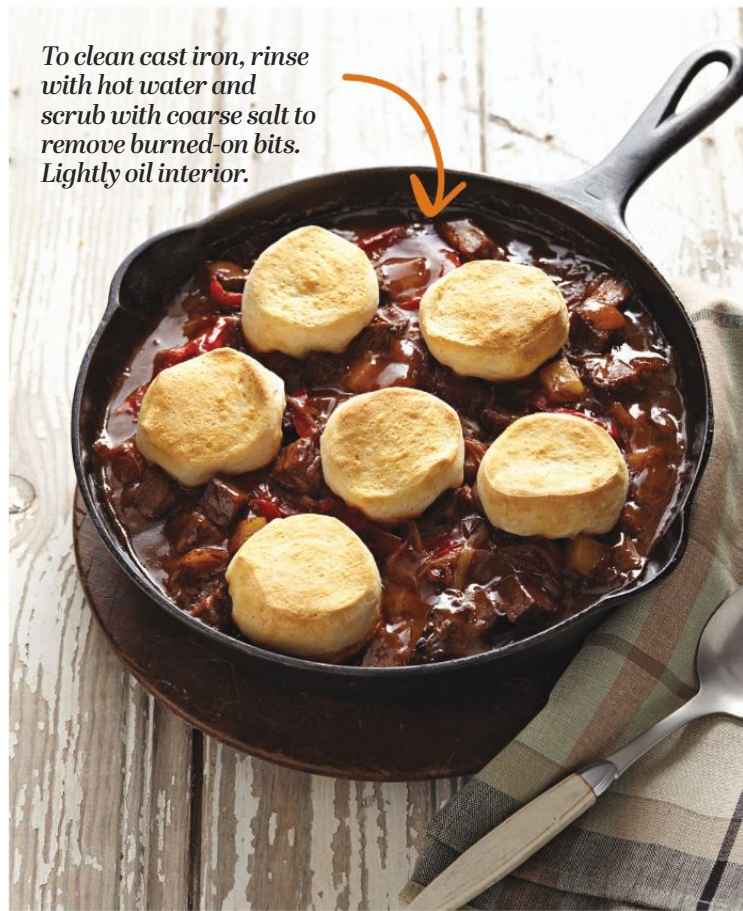
▪ To serve, toss remaining penne with shrimp sauce and, if desired, basil. Serve with Sautéed Broccoli Rabe, if desired (recipe below).

PER SERVING 410 CAL; 5 g FAT (1 g SAT); 27 g PRO; 62 g CARB; 10 g FIBER; 552 mg SODIUM; 115 mg CHOL

QUICK SIDE SAUTÉED BROCCOLI RABE

Sauté 3 sliced cloves **garlic** in 1 **tbsp olive oil** 1 minute. Add 1 head **broccoli rabe**, cut into 2-inch pieces. Sauté 5 minutes, stirring occasionally. Season with ¼ **tsp salt** and ⅛ **tsp black pepper**.

To clean cast iron, rinse with hot water and scrub with coarse salt to remove burned-on bits. Lightly oil interior.



TUESDAY

Curried Beef and Biscuits

MAKES 6 servings

PREP 15 minutes COOK 16 minutes

BAKE at 350° for 30 minutes

- 1 **tbsp olive oil**
- 1 **large onion, thinly sliced**
- 1 **large baking potato (12 oz), peeled and diced**
- 1 **sweet red pepper, seeded and thinly sliced**
- 1 **tsp garam masala**
- ½ **tsp ground cumin**
- ½ **tsp ground ginger**
- 4 **cups cubed cooked pot roast (page 104)**
- 2 **cups gravy (page 104)**
- 6 **refrigerated country-style biscuits (from a 12 oz pkg) Steamed green beans (optional)**

• Heat oven to 350°.

• Heat oil in a large cast-iron or ovenproof skillet over medium-high heat. Add onion and potato; cook for 15 minutes, stirring occasionally. Add red pepper, garam masala, cumin and ginger; cook for 1 minute, stirring occasionally.

• Spoon in pot roast and gravy. Cover and bake at 350° for 15 minutes, until bubbly. Arrange biscuits on top and bake, uncovered, an additional 15 minutes or until biscuits are golden brown.

• Serve warm with steamed green beans, if desired.

PER SERVING 410 CAL; 15 g FAT (5 g SAT); 35 g PRO; 32 g CARB; 2 g FIBER; 739 mg SODIUM; 72 mg CHOL



WEDNESDAY

Baked Penne

MAKES 6 servings PREP 15 minutes
BAKE at 350° for 45 minutes

- 3 **tbps unseasoned bread crumbs**
- 6 **cups cooked whole wheat penne (page 105)**
- 3½ **cups marinara sauce (page 105)**
- 2 **cups shredded reduced-fat mozzarella**
- ½ **cup diced ham**
- 6 **eggs, lightly beaten**
- 3 **tbps grated Parmesan**
- Tossed salad (optional)**

▪ Heat oven to 350°. Coat a 3-quart casserole with **nonstick cooking spray** and

sprinkle bottom and sides with bread crumbs.

▪ In a large bowl, combine penne, 3 cups of the marinara sauce, 1½ cups of the mozzarella, the ham and eggs. Spoon into prepared casserole and sprinkle remaining ½ cup mozzarella over top. Bake at 350° for 30 minutes. Sprinkle Parmesan over casserole and bake an additional 15 minutes.

▪ Cut into portions and serve with remaining ½ cup of marinara sauce, warmed, and, if desired, a tossed salad.

PER SERVING 376 CAL; 10 g FAT (3 g SAT); 23 g PRO; 47 g CARB; 6 g FIBER; 806 mg SODIUM; 170 mg CHOL

THURSDAY

Chicken Fajitas

MAKES 4 servings PREP 20 minutes
BROIL 6 minutes COOK 10 minutes

- 4 **thin-cut boneless, skinless chicken breasts (about 4 oz each)**
- 2 **tbps McCormick Perfect Pinch Mexican seasoning**
- 1 **tbps canola oil**
- 1 **large sweet onion, cut into ¼-inch slices**
- 1 **green bell pepper, seeded and cut into ¼-inch slices**
- 1 **small zucchini, cut into matchsticks**
- 1 **small yellow squash, cut into matchsticks**
- ½ **tsp salt**
- 8 **corn tortillas**
- 1 **pouch Minute Rice Multigrain Medley, cooked per pkg directions**
- ½ **cup reduced-fat sour cream**
- 1 **lime, cut into wedges**

▪ Heat broiler. Coat broiler pan with **nonstick cooking spray**.

▪ Season chicken on both sides with 4 tsp of the Mexican seasoning. Broil 3 minutes, turn and broil 3 more minutes or until internal temperature reaches 165°. Place chicken on a cutting board and keep warm.

▪ Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add onion; cook for 5 minutes, stirring occasionally. Stir in green pepper, zucchini, summer squash, salt and remaining 2 tsp of the Mexican seasoning; cook an additional 5 minutes, stirring occasionally.

▪ Slice chicken breasts and wrap in tortillas with vegetables. Serve with rice, sour cream and lime wedges for squeezing over fajitas.

PER SERVING 438 CAL; 12 g FAT (3 g SAT); 31 g PRO; 51g CARB; 6 g FIBER; 712 mg SODIUM; 78 mg CHOL

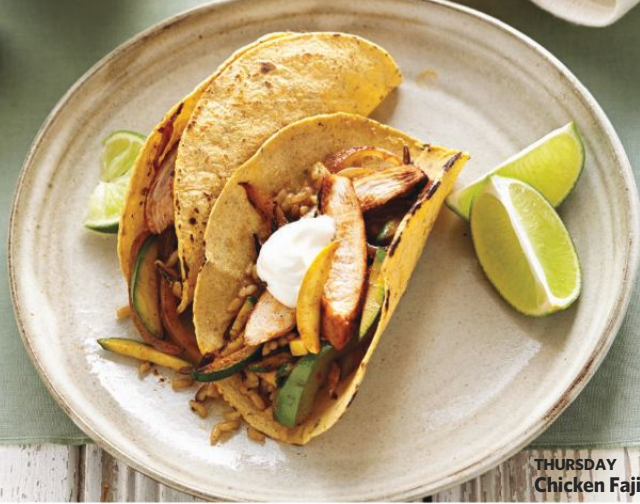
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Healthy Family Dinners



THURSDAY
Chicken Fajitas



FRIDAY
Hoisin-Glazed
Pork

FRIDAY

Hoisin-Glazed Pork, Bok Choy and Snap Peas

MAKES 4 servings PREP 20 minutes
COOK 11 minutes

- 4 tsp vegetable oil
- 4 boneless pork chops (about 4 oz each), cut into ½-inch slices against the grain
- 2 tbsp hoisin sauce
- 1 bunch bok choy (about 1 lb), trimmed and cut into 1-inch pieces
- ½ lb sugar snap peas, trimmed
- 1 cup reduced-sodium beef broth
- 2 tbsp cornstarch
- 1 tbsp light soy sauce
- 3 cups cooked jasmine rice

- Heat 2 tsp of the oil in a large nonstick skillet over medium-high heat. Add pork and stir-fry for 2 minutes; remove to a bowl and toss with hoisin sauce. Keep warm.

- Add remaining 2 tsp vegetable oil and bok choy to skillet; stir-fry for 2 minutes. Add snap peas and stir-fry for 5 minutes or until vegetables are tender.

- Combine broth, cornstarch and soy sauce; add to skillet and simmer for 2 minutes, until thickened.

- Spoon stir-fried vegetables and pork over cooked rice.

PER SERVING 373 CAL; 12 g FAT (3 g SAT); 30 g PRO; 35 g CARB; 4 g FIBER; 728 mg SODIUM; 62 mg CHOL

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SLOW COOKER SURPRISES

10 NOVEL IDEAS—THINK STUFFED ARTICHOKES,
ZUCCHINI GRATIN, EVEN VEGGIE LASAGNA.

BY JULIE MILTENBERGER PHOTOGRAPHY BY KATE MATHIS



1

STUFFED ARTICHOKES

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2. Seafood and Spring Veggie Chowder

MAKES 5 servings

PREP 24 minutes

SLOW COOK on HIGH for 4 hours, 45 minutes or LOW for 7 hours

- 2 leeks, white and light-green parts only, sliced and cleaned well
- 2 medium carrots, peeled and sliced in half-moons
- 1 large rib celery, diced
- 1 lb russet potatoes, peeled and diced
- 2 cups milk
- 2 cups ½-less-sodium vegetable broth
- 1 tsp Old Bay seasoning
- ½ tsp garlic powder
- Pinch ground nutmeg
- 1 bunch pencil-thin asparagus, trimmed, cut into ¼- to ½-inch pieces
- ½ lb peeled, deveined shrimp, cut in half
- ½ lb small bay scallops (thawed, if frozen)
- ½ lb lump crab meat or imitation crab (surimi), torn into small pieces
- 3 tbsp instant potato flakes
- Salt and pepper to taste (optional)

▪ Coat slow cooker bowl with **nonstick cooking spray**. Add leeks, carrots, celery and potatoes. Whisk in milk, vegetable broth, Old Bay seasoning, garlic powder and nutmeg. Cover and cook on HIGH for 4½ hours or LOW for 6 hours, 45 minutes.

▪ Uncover and stir in asparagus, shrimp, scallops, crab and potato flakes. Re-cover and cook for an additional 15 minutes (on either HIGH or LOW; see Note). Season to taste with salt and pepper, if desired.

NOTE: Seafood cooks very quickly and can easily get tough. Make sure that shrimp and scallops are opaque yet tender and crab is heated through.

PER SERVING 330 CAL; 5 g FAT (2 g SAT); 29 g PRO; 44 g CARB; 5 g FIBER; 957 mg SODIUM; 103 mg CHOL

Want to see more slow cooker recipes? Visit familycircle.com/slowcooker.

3. Lasagna Primavera

MAKES 6 servings

PREP 20 minutes COOK 6 minutes

SLOW COOK on LOW for 4 hours

LET STAND 30 minutes

- 2 tbsp olive oil
- 1 pkg (8 oz) shredded carrots
- 1 pkg (8 oz) sliced mushrooms
- 1 pkg (5 oz) mixed baby kale, coarsely chopped
- 1 can (12 oz) evaporated milk
- 1 envelope (1.6 oz) Alfredo mix (such as Knorr)
- 2 cloves garlic, sliced
- ¼ tsp salt
- ¼ tsp black pepper
- 1 cup fresh basil leaves, chopped
- Pinch ground nutmeg
- 1 container (15 oz) part-skim ricotta
- 3 cups shredded part-skim mozzarella
- 12 traditional lasagna noodles
- 2 tbsp grated Parmesan

▪ Line a 4½- to 5-quart slow cooker with a slow cooker liner. Coat liner with **nonstick cooking spray**.

▪ Heat oil in a large skillet over medium heat. Add carrots, mushrooms and kale and cook, stirring, for 4 minutes.

▪ In a small bowl, whisk together evaporated milk and Alfredo mix. Add to skillet along with garlic, salt and pepper. Bring to a simmer and cook for 2 minutes. Remove from heat and stir in basil and nutmeg.

▪ Meanwhile, in a small bowl, blend ricotta with 1 cup of the shredded mozzarella.

▪ Begin layering: Break 3 of the noodles into thirds and spread over bottom of slow cooker. Top with half of the vegetable mixture (about 2 cups). Continue layering with 3 more noodles (in thirds), then ricotta mixture.

▪ Top ricotta mixture with 3 more noodles (in thirds), and remaining vegetable mixture. Finish layering with remaining 3 noodles (in thirds), then scatter noodles with remaining 2 cups shredded mozzarella and the grated Parmesan.

▪ Cover and cook on LOW for 4 hours. Uncover and lift lasagna from crock with slow cooker liner.

▪ Let lasagna stand for 30 minutes, then cut into 6 pieces and serve.

PER SERVING 563 CAL; 27 g FAT (14 g SAT); 35 g PRO; 48 g CARB; 3 g FIBER; 1,036 mg SODIUM; 81 mg CHOL





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4. Fennel and Zucchini Gratin

MAKES 6 servings **PREP** 25 minutes
SLOW COOK on HIGH for 5½ hours or LOW for 8 hours

- 1½ cups brown rice (uncooked)
- 1¼ lbs zucchini, trimmed and cut diagonally into ¼-inch slices
- ¼ tsp salt
- ¼ tsp black pepper
- 4 tbsp seasoned dry bread crumbs
- 1 fennel bulb (about 1¼ lbs), trimmed and thinly sliced
- 1 pkg (14 oz) uncooked mild chicken sausage
- 2 cups shredded Gruyère or Jarlsberg cheese
- 2 tbsp cornstarch
- 1 cup low-sodium chicken broth
- 1 tbsp Dijon mustard

- Coat a 5½- or 6-quart slow cooker bowl with **nonstick cooking spray**. Scatter uncooked rice over bottom. In a medium-size bowl, toss zucchini with ⅛ tsp *each* of the salt and pepper and 2 tbsp of the bread crumbs. Layer half the zucchini over rice.

- In a second medium bowl, toss sliced fennel with remaining ⅛ tsp *each* of the salt and pepper and remaining 2 tbsp bread crumbs. Layer half over zucchini.

- Remove half the sausage links from their casings and crumble over fennel layer. In a small bowl, toss cheese with cornstarch and scatter half over sausage layer.

- Repeat layering with remaining zucchini, fennel, sausage and cheese. Whisk together chicken broth and mustard and pour into slow cooker. Cover and cook on HIGH for 5½ hours or LOW for 7½ to 8 hours. (Keep an eye on slow cooker for last ½ hour; if edges of gratin begin to get overly brown, stop cooking.)

PER SERVING 543 CAL; 22 g FAT (10 g SAT); 33 g PRO; 54 g CARB; 7 g FIBER; 1,057 mg SODIUM; 111 mg CHOL

5. Potato-Topped Beef Stew

MAKES 5 servings
PREP 15 minutes **COOK** 5 minutes
SLOW COOK on HIGH for 5 hours or LOW for 7 hours

- 2 tbsp vegetable oil
- 1½ lbs beef chuck for stew
- 3 tbsp all-purpose flour
- ½ tsp salt
- ¼ tsp black pepper
- 1 pkg (8 oz) cremini mushrooms, cleaned and quartered
- 1 medium onion, diced
- 2 carrots, peeled and cut into ½-inch slices
- 2 cloves garlic, chopped
- ½ cup reduced-sodium beef broth
- ½ cup red wine
- 1 cup thawed frozen peas
- 3 tbsp snipped chives
- 1 pkg (24 oz) prepared mashed potatoes

- Heat oil in a large skillet over medium-high heat. Toss beef with 2 tbsp of the flour, ¼ tsp of the salt and the pepper. Add beef to skillet and brown on all sides, 5 minutes. Remove from heat.

- Meanwhile, coat a 4-quart slow cooker bowl with **nonstick cooking spray**.



Add mushrooms, onion, carrots and garlic. Season with remaining ¼ tsp salt. Stir in broth and wine, then browned beef. Cover and cook on HIGH for 5 hours or LOW for 7 hours.

- Scoop ½ cup liquid from slow cooker and whisk in remaining 1 tbsp flour. Stir back into slow cooker along with thawed peas and 1 tbsp of the chives. Cover slow cooker and keep warm.

- Heat potatoes as per package directions. Stir in remaining 2 tbsp chives and ¼ cup **warm water**. Spread potatoes over filling and serve.

PER SERVING 503 CAL; 10 g FAT (7 g SAT); 35 g PRO; 38 g CARB; 6 g FIBER; 886 mg SODIUM; 76 mg CHOL

6. Chicken Chili with Cilantro Pesto

MAKES 6 servings
PREP 15 minutes
SLOW COOK on HIGH for 6 hours or LOW for 8 hours

CHILI

- 1 green bell pepper, cored, seeded and diced
- 2 Cubanelle peppers, cored, seeded and diced
- 1 medium onion, diced
- 2 lbs boneless, skinless chicken thighs
- 1½ tsp chipotle chile powder
- ¾ tsp salt
- 1 tsp cumin seed

- 1 can (14.5 oz) low-sodium chicken broth
- 1 can (15 oz) hominy, drained and rinsed
- 1 can (15 oz) cannellini beans, drained, rinsed and mashed
- ¼ cup sour cream or plain yogurt, for garnish

PESTO

- 1 cup cilantro
- ¼ cup pepitas
- 1 large clove garlic
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp olive oil
- 1 tbsp fresh lime juice

- **Chili.** Combine peppers and onion in a large slow cooker.

Season chicken thighs with chipotle chile powder and ½ tsp of the salt. Place on top of peppers and onion. Add cumin seed and chicken broth. Cover and cook on HIGH for 6 hours or LOW for 8 hours.

- **Pesto.** Just before chili is done cooking, combine cilantro, pepitas, garlic, salt, pepper, olive oil and lime juice in a mini chopper or mortar and pestle. Process until fairly smooth, scraping down sides often.

- Remove chicken from slow cooker and shred with 2 forks. Stir shredded chicken back into slow cooker along with remaining ¼ tsp salt, the

hominy and mashed beans. Spoon into bowls and top with sour cream and pesto.

PER SERVING 398 CAL; 18 g FAT (4 g SAT); 39 g PRO; 26 g CARB; 7 g FIBER; 886 mg SODIUM; 148 mg CHOL





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7. Easy Bolognese

MAKES 4 servings, plus enough sauce for another meal **PREP** 15 minutes **COOK** 5 minutes
SLOW COOK on HIGH for 5½ hours

- 6 oz turkey bacon, chopped
- 3 medium shallots, chopped
- 2 ribs celery, chopped
- 2 medium carrots, finely chopped
- 3 cloves garlic, sliced
- 1 can (28 oz) crushed San Marzano tomatoes
- 1 can (8 oz) tomato sauce
- ⅓ cup dry red wine
- ½ tsp black pepper
- ¼ tsp salt
- 1 lb lean ground beef
- 1 small pkg (8 oz) pappardelle
- ½ cup heavy cream
- 6 tbsp grated Parmesan

Place turkey bacon in a medium nonstick skillet over medium to medium-high heat. Cook 5 minutes, until lightly browned.

Combine turkey bacon, shallots, celery, carrots, garlic, crushed tomatoes, tomato sauce, red wine, black pepper and salt in



slow cooker. Crumble in ground beef and gently stir together.

Cover and cook on HIGH for 5½ hours.

Just before serving, bring a large pot of salted water to a boil. Cook pasta per package directions for al dente. Drain and transfer to a serving bowl. Stir heavy cream and 3 tbsp of the Parmesan into sauce in slow cooker. Place half the sauce (3 cups) in a resealable container, cool and freeze for another meal. Spoon remaining 3 cups sauce over pasta. Sprinkle with remaining 3 tbsp Parmesan.

PER SERVING 470 CAL; 16 g FAT (8 g SAT); 27 g PRO; 54 g CARB; 6 g FIBER; 803 mg SODIUM; 146 mg CHOL

8. Chocolate Pudding Cake

MAKES 6 servings **PREP** 10 minutes **SLOW COOK** on HIGH for 2½ hours **LET STAND** 30 minutes

- ¾ cup all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 box (3.4 oz) cook-and-serve chocolate pudding and pie filling
- ¾ plus ⅓ cup sugar
- 2 tsp baking powder
- ¼ tsp salt
- ½ tsp ground cinnamon
- ¼ tsp ancho chile powder (optional)
- 1 cup milk
- 2 tbsp canola oil
- 1 tsp vanilla extract
- ¾ cup mini chocolate chips
- 3 tbsp chocolate sauce
- 1½ cups boiling water

Whipped cream (optional; recipe follows)

Coat a 4-quart slow cooker bowl with **nonstick cooking spray**. In a medium bowl, whisk together flour, cocoa powder, pudding mix, ¼ cup of the sugar, the baking powder, salt, ground cinnamon and, if desired, ancho chile powder. Make a well in center and add milk, canola oil and vanilla. Gently stir until batter is

smooth. Stir in chocolate chips. Pour evenly into prepared slow cooker bowl.

In a small bowl, stir together chocolate sauce and remaining ⅓ cup sugar; pour in boiling water and stir until smooth. Pour over batter in slow cooker. Cover and cook on HIGH for 2½ hours or until cake is puffed and top layer is set. Let stand, covered, 30 minutes before serving. Serve with whipped cream, if desired.

Whipped Cream

Combine ½ cup heavy cream with 1 tbsp sugar in a medium bowl. Whip with a whisk or handheld mixer until soft peaks form. Dust with ground cinnamon, if desired.

PER SERVING 403 CAL; 16 g FAT (8 g SAT); 5 g PRO; 63 g CARB; 3 g FIBER; 300 mg SODIUM; 25 mg CHOL



Food styling: Mariana Velazquez. Prop styling: Megan Hedgpeth.



9. Beer-Braised Corned Beef and Cabbage

MAKES 6 servings PREP 15 minutes

SLOW COOK on HIGH for 6 hours or on

LOW for 7 hours plus 1½ hours on HIGH

- 1 tsp peppercorns
- 1 cinnamon stick
- 12 whole cloves
- 1 bottle (12 oz) lager or pilsner beer
- 2½ lbs flat corned beef brisket, trimmed of excess fat
- 2½ lbs baby potatoes, large potatoes halved
- 1 head green cabbage, cut into wedges
- 3 tbsp unsalted butter
- 2 tbsp chopped parsley

Place peppercorns, cinnamon stick, cloves and beer in a 6-quart slow cooker. Add **1 cup water**. Top with corned beef brisket. Add potatoes to slow cooker (around sides of brisket where possible). Cover and cook on HIGH for 4½ hours or LOW for 7 hours.

Uncover and add cabbage to slow cooker. If cooking on LOW, increase temperature to HIGH. Re-cover and cook for 1½ hours.

To serve, lift cabbage wedges carefully from slow cooker and place on a platter. With a slotted spoon, remove potatoes from slow cooker to a bowl. Toss with butter and parsley. Remove brisket from cooker and slice against the grain into ¼-inch-thick slices (you may want to halve this crosswise first). Serve brisket with potatoes and cabbage.

PER SERVING 531 CAL; 28 g FAT (13 g SAT); 20 g PRO; 4 g CARB; 7 g FIBER; 782 mg SODIUM; 15 mg CHOL

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10. Fruit Compote

MAKES 6 servings PREP 15 minutes
SLOW COOK on HIGH for 3 hours
BAKE at 375° for 15 minutes LET COOL 15 minutes

COMPOTE

- 2 lbs fresh strawberries, hulled, larger berries halved
- 12 oz fresh or frozen diced rhubarb (not thawed, if frozen; see Note)
- 1 pint fresh raspberries
- ¾ cup packed light brown sugar
- ¼ cup quick-cook tapioca
- 2 tbsp fresh lemon juice
- ½ tsp ground cardamom
- Vanilla ice cream (optional)

TOPPING

- 1 cup all-purpose flour
- ½ cup rolled oats
- ¾ cup packed light brown sugar
- ¼ tsp ground cinnamon
- Pinch of salt
- 6 tbsp unsalted butter, cut up

• **Compote.** Coat the bowl of a 4-quart slow cooker with **nonstick cooking spray**. Add strawberries, rhubarb, raspberries, brown sugar, tapioca, lemon juice and cardamom and stir to combine.

• Cover and cook on HIGH for 3 hours.

• **Topping.** Meanwhile, heat oven to 375°. In a medium bowl, combine flour, oats, brown sugar, cinnamon and salt. Cut in butter with a pastry blender or your hands until crumbs the size of small peas form. Crumble onto a large baking sheet. Bake at 375° for 15 minutes or until browned and set. Break apart into small pieces.

• Uncover slow cooker and let cool 15 minutes. Spoon into bowls and top each with a scoop of ice cream, if desired, and some of the topping. Serve slightly warm.

NOTE: If you cannot find fresh or frozen rhubarb, swap in 2 Granny Smith apples, peeled, cored and diced. Reduce brown sugar to ½ cup.

PER SERVING 386 CAL; 10 g FAT (5 g SAT); 4 g PRO; 74 g CARB; 5 g FIBER; 21 mg SODIUM; 44 mg CHOL

Stuffed Artichokes

MAKES 5 servings
PREP 25 minutes
SLOW COOK on HIGH for 4 hours

- 5 globe artichokes
- ⅔ cup seasoned bread crumbs
- ¼ cup grated Parmesan, plus more for garnish
- ¼ cup pine nuts, chopped
- 1 tbsp chopped parsley
- 1 clove garlic, grated
- 1 tsp fresh lemon zest plus 1 tbsp lemon juice
- 2 tbsp melted unsalted butter
- ⅓ cup white wine

• With a very sharp knife, cut top third off each artichoke. Trim stems to ¼ to ½ inch. With scissors or kitchen shears, snip off pointed tips of remaining leaves. Gently pry open leaves of artichokes.

• In a large bowl, combine bread crumbs, Parmesan, pine nuts, parsley, garlic, lemon zest and juice and butter. Stir until well combined.

• Hold one of the artichokes over bowl with stuffing mixture. With a large spoon, press stuffing into center of artichoke and into spaces in between leaves, packing as tightly as possible. Repeat with all artichokes.

• Combine wine with 1 cup water in a 5-quart slow cooker. Place artichokes in slow cooker and cook on HIGH for 4 hours. Use a large spoon to carefully remove artichokes to a platter. Garnish with additional Parmesan. To eat, pull a leaf from artichoke and scrape between teeth to remove stuffing and soft part of leaf at base.

PER SERVING 242 CAL; 11 g FAT (4 g SAT); 10 g PRO; 30 g CARB; 10 g FIBER; 493 mg SODIUM; 16 mg CHOL





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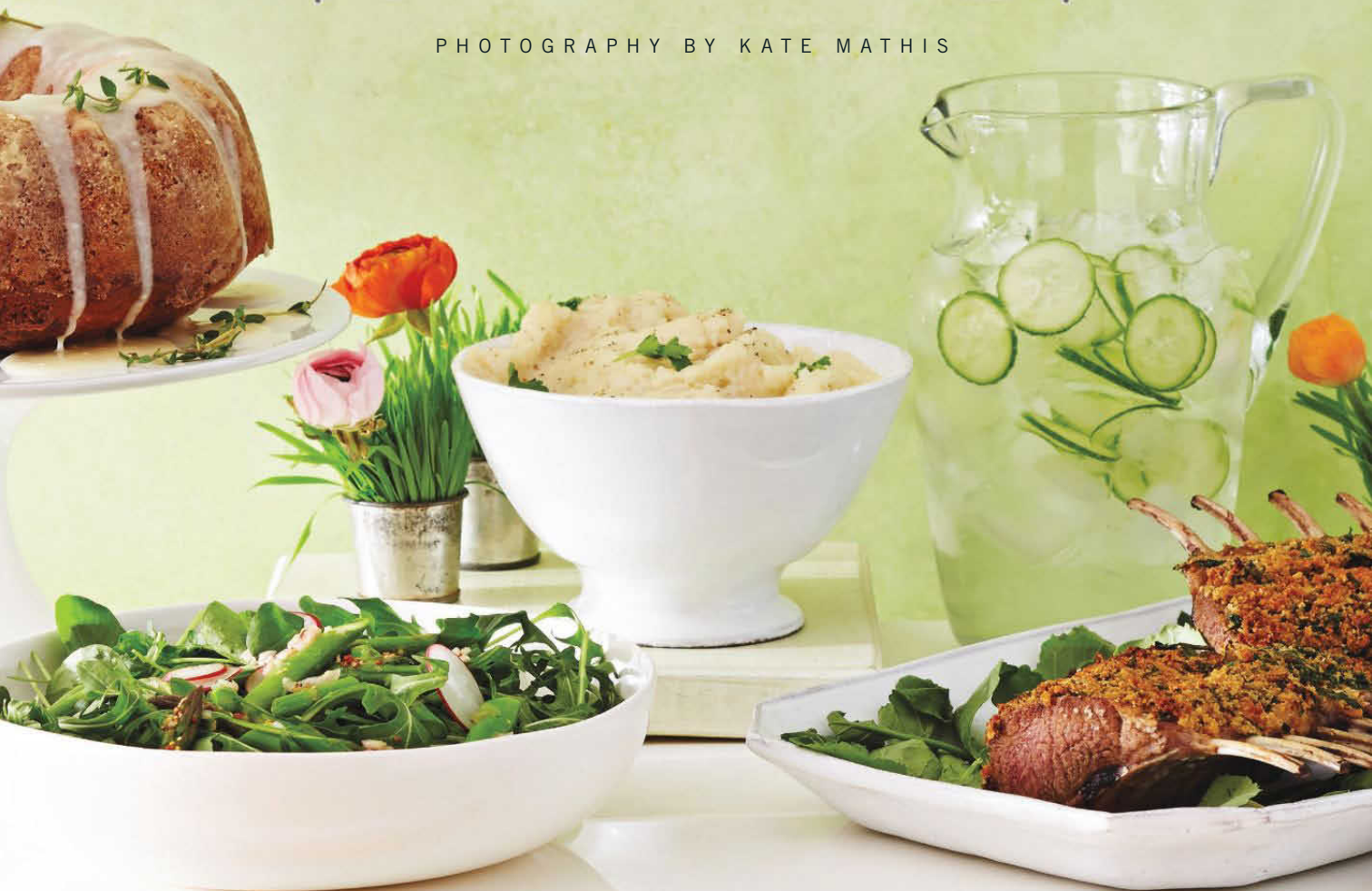
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HAPPY EASTER!

A delicious do-ahead menu

BY MELISSA KNIFIC

PHOTOGRAPHY BY KATE MATHIS





Chilled Pea Soup

MAKES 8 servings

PREP 5 minutes COOK 9 minutes

- 1 **tblsp olive oil**
- 1 **cup diced sweet onion**
- 2 **cloves garlic, chopped**
- 4 **cups reduced-sodium chicken broth**
- 2 **bags (14.4 oz each) frozen peas**
- 1 **cup fresh mint, plus more for garnish**
- ¼ **cup fresh parsley**
- 2 **tblsp fresh lemon juice**
- 1 **tsp salt**
- ¼ **tsp freshly cracked black pepper**
- Greek yogurt or crème fraîche for garnish (optional)**

- Heat oil in a large pot over medium heat. Stir in onion and cook for 3 to 5 minutes, until softened. Add garlic and cook for 1 minute. Pour in chicken broth and peas; bring to a boil. Reduce heat to a simmer and cook for 3 minutes. Stir in mint and parsley.

- Transfer mixture to a bowl. Stir in lemon juice, salt and pepper. Pour into a blender; blend until smooth. Cool, then refrigerate until chilled.

- Serve chilled. Garnish with mint and, if desired, yogurt or crème fraîche.

PER SERVING 130 CAL; 2 g FAT (0 g SAT); 8 g PRO; 21 g CARB; 6 g FIBER; 416 mg SODIUM; 0 mg CHOL

Watercress, Arugula and Asparagus Salad

MAKES 8 servings

PREP 15 minutes COOK 1 minute

- 2 **tblsp olive oil**
- 2 **tblsp white wine vinegar**
- 2 **tsp grainy mustard (such as Maille Old Style whole-grain Dijon)**
- ¼ **cup finely diced shallots**
- ½ **tsp salt**
- ¼ **tsp black pepper**
- 1 **lb asparagus, trimmed, sliced into 1-inch pieces**
- 10 **cups (4 oz) watercress, roughly chopped**
- 10 **cups (4 oz) arugula**
- 8 **radishes, thinly sliced**

- In a small bowl, whisk olive oil, vinegar and mustard. Stir in shallots, ¼ tsp of the salt and the pepper.

- Bring a pot of lightly salted water to a boil. Add asparagus; cook for 1 minute. Drain and run under cold water to cool.

- In a large bowl, toss asparagus with watercress, arugula and radishes. Right before serving, stir in remaining ¼ tsp salt and the dressing.

PER SERVING 47 CAL; 4 g FAT (1 g SAT); 2 g PRO; 3 g CARB; 1 g FIBER; 174 mg SODIUM; 0 mg CHOL

Cauliflower-Potato Mash

MAKES 8 servings

PREP 15 minutes COOK 10 minutes

- 1 **head cauliflower, cored and cut into florets**
- 1½ **lbs baking potatoes, peeled and cut into 1-inch cubes**
- 1 **clove garlic, chopped**
- 2 **cups milk**
- 3 **tblsp unsalted butter**
- 1¼ **tsp salt**
- ¼ **tsp black pepper**
- Fresh parsley (optional)**

- Bring cauliflower, potatoes, garlic and milk to a boil in a lidded pot. Reduce heat, cover and simmer for 10 minutes, until vegetables are fork-tender. Drain, reserving milk. Return vegetables to pot. Stir in butter and half the milk; mash until smooth. (If too thick, pour in more milk.) Stir in salt and pepper. Garnish with parsley, if desired.

PER SERVING 150 CAL; 5 g FAT (3 g SAT); 5 g PRO; 22 g CARB; 3 g FIBER; 411 mg SODIUM; 16 mg CHOL

Herb-Crusted Rack of Lamb

MAKES 2 lamb racks (16 ribs)

PREP 15 minutes COOK 4 minutes

ROAST at 450° for 25 minutes

LET REST 10 minutes

- ¼ **cup fresh mint, finely chopped**
- ¼ **cup parsley, finely chopped**

- 1 **tblsp fresh thyme, finely chopped**
- 1 **tblsp lemon zest**
- 2 **cloves garlic, finely chopped**
- ⅓ **cup plain bread crumbs**
- 3 **tblsp olive oil**
- ½ **tsp salt**
- ¼ **tsp black pepper**
- 2 **lamb racks (1¼ lbs each), frenched**

- Heat oven to 450°. In a bowl, combine mint, parsley, thyme, lemon zest, garlic, bread crumbs, 2 tblsp of the olive oil, ¼ tsp of the salt and ¼ tsp of the pepper. Set aside. Season lamb racks with remaining ¼ tsp salt and ¼ tsp pepper.

- Heat remaining 1 tblsp olive oil in a large pan over medium-high heat. When pan is hot, sear lamb for 2 minutes per side (4 minutes total), using tongs to turn. Place lamb on a rimmed baking sheet fitted with a wire rack. Cool slightly (a few minutes), then firmly pat herb mixture on top of each lamb rack.

- Roast lamb at 450° for 20 to 25 minutes, until internal temperature reaches 135°. Let rest for 10 minutes; temperature will increase about 10 degrees to medium-rare. Slice ribs and serve.

PER RIB 237 CAL; 20 g FAT (9 g SAT); 12 g PRO; 2 g CARB; 0 g FIBER; 138 mg SODIUM; 48 mg CHOL

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Philadelphia® Double-Lemon Cheesecake Bars

Prep Time: 35 min. | Total Time: 7 hrs. 15 min. incl. refrigerating | Makes: 16 servings

- | | |
|--|------------------------------|
| 2 cups vanilla wafer crumbs | 1 Tbsp. lemon zest |
| 3 Tbsp. butter, melted | 1/3 cup lemon juice, divided |
| 4 pkg. (8 oz. each) Philadelphia® Cream Cheese, softened | 1/2 tsp. vanilla |
| 1 3/4 cups sugar, divided | 4 eggs, 1 separated |
| 3 Tbsp. flour | 2 Tbsp. cornstarch |
| | 1/2 cup water |

HEAT oven to 325°F and line a 13x9-inch pan with foil. Mix wafer crumbs and butter; press onto bottom of pan. Bake 10 min.

BEAT cream cheese, 1 cup sugar, flour, lemon zest, 2 Tbsp. lemon juice and vanilla with mixer until blended.

ADD 1 egg white and remaining 3 whole eggs, beating after each just until blended. (Reserve yolk for later use.)

POUR batter over crust. Bake 40 min. or until center is almost set. Cool 1 hour. Refrigerate 4 hours.

MIX cornstarch and remaining sugar in saucepan; gradually stir in water and remaining lemon juice. Bring just to boil, stirring constantly; cook and stir until clear and thickened. Lightly beat reserved egg yolk until blended; stir in 2 Tbsp. hot cornstarch mixture. Return to remaining cornstarch mixture in saucepan; cook and stir 1 min. or until thickened. Cool.

SPOON glaze over cheesecake. Refrigerate 1 hour. Use foil handles to remove cheesecake from pan before cutting to serve.



Lemon-Thyme Cake

MAKES 18 servings

PREP 15 minutes BAKE at 350° for 1 hour

- 3 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 2 sticks (1 cup) unsalted butter, softened
- 2 cups granulated sugar
- 5 eggs
- ¼ cup plus 2 tbsp lemon juice
- 2 tbsp lemon zest
- 3 tbsp fresh thyme, roughly chopped, plus sprigs for garnish (optional)
- 1 tsp vanilla extract
- 1 cup buttermilk
- 2 cups confectioners' sugar
- ¼ cup heavy cream

▪ Heat oven to 350°. Butter and flour a 12-cup Bundt pan, making sure to cover every crease so that cake will release after it is baked.

▪ In a bowl, whisk together flour, baking powder, baking soda and salt. In a separate larger bowl, beat butter and granulated sugar on high speed for 2 to 3 minutes, until fluffy. Beat in eggs 1 at a time. Whisk in ¼ cup of the lemon juice, the zest, thyme and vanilla. On low speed, beat in half the flour mixture, then the buttermilk, followed by remaining flour mixture. Pour batter into prepared Bundt pan, tapping it on the counter to release air bubbles.

▪ Bake at 350° for 50 minutes to 1 hour, until a toothpick inserted in center of cake comes out clean.

▪ Cool in Bundt pan for exactly 10 minutes. Loosen edges with a paring knife, then turn out onto a cake stand or plate, gently shaking to remove. Allow cake to cool completely.

▪ In a bowl, beat confectioners' sugar, cream and remaining 2 tbsp lemon juice on low until combined. Drizzle over cake with a spoon. Garnish with thyme sprigs, if desired.

PER SERVING 337 CAL; 13 g FAT (7 g SAT); 5 g PRO; 53 g CARB; 1 g FIBER; 193 mg SODIUM; 89 mg CHOL



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McCormick[®] Easy Lemon Daisy Cupcakes

INGREDIENTS

1 pkg. (2-layer size) white cake mix
1 tbsp. plus 2 tsp. McCormick Pure Lemon Extract, divided
1 pkg. (8 oz.) cream cheese, softened
1/4 cup (1/2 stick) butter, softened
2 tbsp. sour cream
1 pkg. (16 oz.) confectioners' sugar
10 drops McCormick Yellow Food Color
18 large marshmallows
Decorating sugar
Jelly beans

PREPARE cake mix as directed on package, adding 1 tbsp. extract. Spoon into 18 paper-lined muffin cups, filling each cup 2/3 full. Bake as directed for cupcakes. Cool on wire rack.

FOR the frosting, beat cream cheese, butter, sour cream and remaining 2 tsp. extract until light and fluffy. Gradually beat in confectioners' sugar until smooth. Stir in food color until evenly tinted. Frost cooled cupcakes.

CUT marshmallows crosswise into 5 slices. Sprinkle 1 side of each slice with decorating sugar. Arrange 5 marshmallow petals on top of each cupcake to resemble a daisy, pressing the marshmallows into the frosting. Place jelly beans in the center of the petals.

Makes 18 cupcakes.



Choosing rich, distinctive McCormick flavors guarantees cupcakes as fun to eat as they are to make. For more great-tasting recipes, visit mccormick.com or [facebook.com/mccormickspice](https://www.facebook.com/mccormickspice)

Go to familycircle.com/bunnycones to watch a step-by-step video on how to make these adorable treats.



Egg Cookie Ornaments

MAKES 28 servings
PREP 10 minutes BAKE at 350° for 13 minutes per batch
DECORATE 1 hour

- 1 pkg (16.5 oz) refrigerated sugar cookie dough
- ½ cup all-purpose flour
- 1 box (1 lb) confectioners' sugar
- 3 tbsp powdered egg whites (such as Del El) or meringue powder
- Bright orange and mint green gel food colors
- Assorted sparkling sugars (optional)

- Heat oven to 350°. Place cookie dough in a large bowl. Add flour and knead in until incorporated.
- Roll out dough to ¼-inch thickness. Cut out cookies with a 2¾-inch egg-shaped cookie cutter, re-rolling and re-cutting scraps. Transfer cutouts to 2 large cookie sheets. With a drinking straw or chopstick, make a hole in top of each cookie (so you can thread a ribbon through it). Bake at 350° for 13 minutes, until set and just beginning to brown at edges.
- Prepare icing: Combine confectioners' sugar,

powdered egg whites and **6 tbsp water** in a large bowl. Beat with a mixer on low for 30 seconds, then on high for 4 minutes. Divide about 1¼ cups icing between 2 smaller bowls. Tint 1 bowl orange and 1 green.

- Spread cookies with white icing (thinning with water if needed). Decorate cookies with colored icings. Add sparkling sugars, if desired.

Brownie Bird Nests

MAKES 16 servings
PREP 5 minutes
BAKE at 325° for 25 minutes

- ⅓ cup unsalted butter, melted
- 1 large egg
- ¼ cup milk
- 1 box (20 oz) brownie mix
- 48 Jordan almonds or malted milk eggs

- Heat oven to 325°. In a large bowl, whisk butter, egg and milk. Stir in brownie mix just until combined.
- Coat 16 muffin tin cups with **nonstick cooking spray** and divide brownie batter evenly among prepared cups. Bake at 325° for 25 minutes. Cool in pans on a wire rack for 15 minutes, then run a thin knife or spatula around brownie edges and remove from pans.
- Gently press centers of brownies to make an indent. Place 3 almonds in each brownie nest.

Bunny Surprise Cones

MAKES 24 servings
PREP 20 minutes BAKE at 350° for 18 minutes ASSEMBLY 30 minutes

- 1 box (15.25 oz) yellow cake mix
- 3 large eggs
- ⅓ to ½ cup vegetable oil
- 1 box (3 oz) wafer ice cream cones
- 2 cans (16 oz each) white frosting
- 1½ cups assorted jelly beans or M&M's
- 1 pkg Wilton small candy eyeballs
- 24 small round pink candy beads (check Michaels or stores where baking supplies are sold)
- 24 marshmallows
- Pink sparkling sugar

- Heat oven to 350°. Prepare cake mix with eggs, oil and **1 cup water** as per package directions. Transfer to a large resealable plastic bag.
 - Coat 2 mini muffin pans with **nonstick cooking spray**. Fill each cup almost to top. Bake at 350° for 16 to 18 minutes. Remove cakes from pan, re-coat, re-fill and bake a second batch. Cool cakes.
 - Trim cakes level. Transfer frosting to a large pastry bag. Snip tip to create a ¼-inch opening. Pour 1 tbsp jelly beans or M&M's into bottom of each cone (see Note). Place 1 cake into an ice cream cone, pressing lightly to fit. Squeeze a little frosting onto cake in cone and place another cake, trimmed side down, into cone. Repeat with all jelly beans or M&M's, cakes and cones.
 - Pipe or spread frosting onto cakes to cover. Add eyes and pink beads for noses.
 - Cut marshmallows in half diagonally and dip cut edges into sparkling sugar. Press into bunnies (to resemble ears).
- NOTE:** The candies in the bottom of each cone are not just for fun; they help keep the bunnies from tipping over.

Coconut Chicks

MAKES 24 servings
MICROWAVE 25 seconds
ASSEMBLY 45 minutes

- 3½ cups sweetened flake coconut
- Lemon yellow gel food color
- 24 store-bought doughnut holes
- 1 can (16 oz) white or yellow frosting
- 32 mini chocolate chips
- Dot candies, orange slice candies or Mike & Ike candies

- Place coconut in a large resealable plastic bag. Add enough food color to tint to desired shade of yellow. Using bag, knead color into coconut until evenly distributed. Pour coconut into a shallow dish.
- Spoon ¼ cup of the frosting into a piping bag. Place remaining frosting (in can) in microwave and heat for 15 seconds. Stir until thin enough to coat doughnut holes, about the consistency of honey. Microwave 5 to

10 seconds more, if needed.

- Spear 1 doughnut hole on a fork. Dip in frosting to coat. Tap fork gently against frosting can until excess has dripped off.
- Push doughnut hole off fork into coconut. Gently roll to coat. Transfer to wax-paper-lined sheet. Repeat with all doughnut holes.
- Snip piping bag. Pipe frosting to affix chocolate chips for eyes. Cut candies into triangles to resemble beaks.

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Set the Seder Table

*Cookbook author Jamie Geller offers
5 kosher recipes perfect for Passover.*

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Crystal Clear Chicken Soup with Julienned Vegetables and Angel Hair

KOSHER STATUS meat
MAKES 6 quarts; 24 servings
PREP 15 minutes COOK 4 hours
REFRIGERATE overnight

STOCK BASE

- 1 chicken (about 3½ lbs), cut into 8 pieces
- 2 bone-in chicken breasts (about 1½ lbs)
- 4 or 5 beef marrow bones (about 2 lbs)
- 5 medium carrots, quartered
- 2 large parsnips, quartered
- 2 small turnips, quartered
- 2 medium parsley roots, quartered, or sub in a combo of more parsnips and turnips
- 1 large green bell pepper, halved, ribs and seeds removed
- 1 large onion
- 3 tbsp kosher salt
- 20 parsley sprigs
- ½ head cauliflower, broken into florets
- 7 cloves garlic
- 20 black or white peppercorns
- 4 whole allspice

SOUP

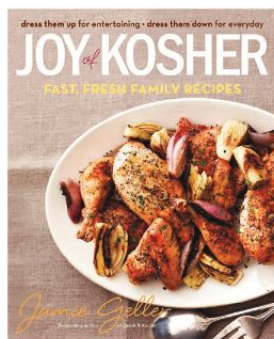
- 1 large zucchini, cut into ½-inch julienne
- 1 large carrot, peeled, cut into ½-inch julienne
- 1 large daikon radish, peeled, cut into ½-inch julienne
- 1 lb Passover noodles, cooked and drained, at room temperature

- Place chicken, marrow bones, carrots, parsnips, turnips, parsley roots, green pepper, onion and 1 tbsp of the salt in a 12-quart stockpot. Cover with 6 quarts cold water and bring to a boil over high heat. Skim and discard foam that forms at the top when it comes to a boil.
- Add remaining 2 tbsp salt, the parsley, cauliflower, garlic, peppercorns and allspice and

return to a boil. Simmer, covered, over low heat for 1 hour. Remove the 4 chicken breasts and allow them to cool slightly. Remove meat from bones. Shred or chop meat and store it in fridge to serve in soup or for another use. Return bones to pot. Continue simmering, covered, over low heat, for at least 2 hours more.

- Strain entire contents of pot through a colander lined with cheesecloth or a clean old T-shirt. Discard all solids or save them for another use. Chill broth overnight.
- To serve soup, remove surface fat and pour broth into a large pot. Bring to a simmer over low heat and cook until warm, 10 to 15 minutes. Add zucchini, carrot, daikon and, if desired, reserved chicken. Simmer 5 minutes to cook vegetables and heat chicken. Be careful to keep soup over low heat; bringing soup to a boil can make it cloudy. Season to taste with salt.
- Place ¼ cup Passover noodles in each soup bowl and ladle hot soup over pasta. Serve immediately.

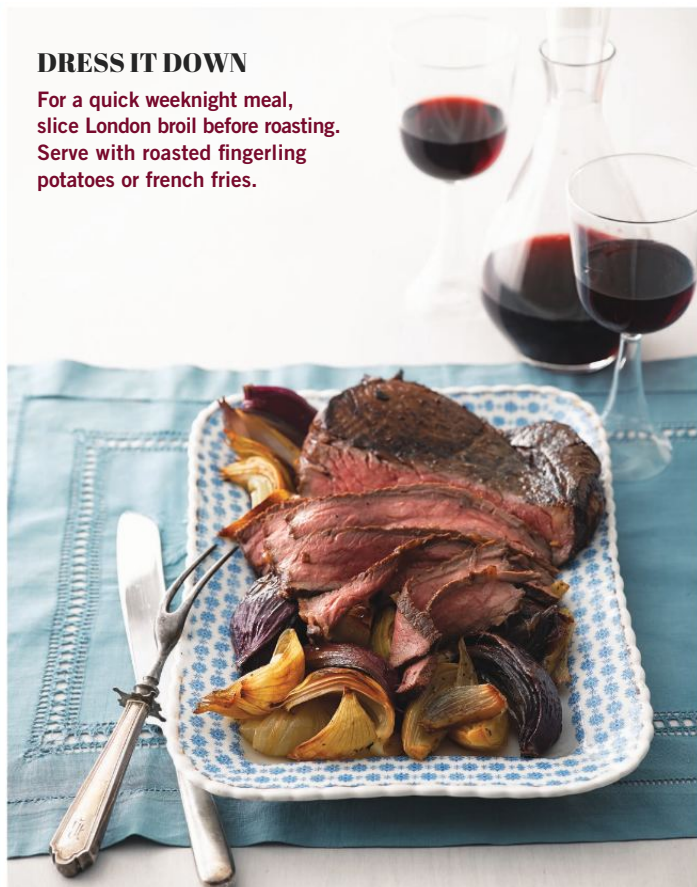
- This soup can be frozen after surface fat is removed. You can freeze breast meat separately if you want to use it for other dishes.



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DRESS IT DOWN

For a quick weeknight meal, slice London broil before roasting. Serve with roasted fingerling potatoes or french fries.



Balsamic London Broil

KOSHER STATUS meat
MAKES 8 to 10 servings
PREP 10 minutes MARINATE 3 to 6 hours ROAST at 400° for 50 minutes LET REST 5 minutes

- 1 2½ lb London broil
- 5 cloves garlic, minced
- ¾ cup balsamic vinegar
- ¼ cup plus 1 tbsp olive oil
- 2 medium red onions
- 2 medium yellow onions
- 8 medium shallots
- Kosher salt
- Freshly ground black pepper

- Combine meat with garlic, vinegar and ¼ cup of the olive oil in a large resealable plastic bag. Marinate in refrigerator for 3 to 6 hours.
- Heat oven to 400°. Remove meat from refrigerator so it can come to room temperature.
- Cut onions into quarters and

halve shallots. On a large rimmed baking sheet, toss together onions, shallots and remaining 1 tbsp olive oil. Season with salt and pepper and roast at 400° until tender, 40 to 50 minutes.

- After veggies have been roasting for 20 minutes, pour off and discard marinade from meat. Pat meat dry and season it all over with salt and pepper. Heat a large ovenproof skillet over medium-high heat and sear meat until nicely browned, about 5 minutes per side. Transfer skillet to oven and cook alongside vegetables until an instant-read thermometer inserted into meat reads 130° for medium-rare, 12 to 18 minutes. Remove meat and veggies from oven. Let meat rest for 5 minutes before slicing.

RESIDUE



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Daddy's Deep-Dish Potato Kugel

KOSHER STATUS pareve **MAKES** 6 to 8 servings **PREP** 15 minutes
BAKE at 400° for 1 hour, 40 minutes

- 1** **tblsp plus 1 tsp canola oil**
- 3¼ lbs russet potatoes (about 7 large)**
- 7 large eggs**
- 1½ tsp kosher salt**
- ½ tsp freshly ground black pepper**

- Heat oven to 400°.
- Brush an 8-inch square glass baking dish with 1 tsp of the canola oil. Wipe oil all over the bottom of dish and up the sides using a paper towel. Set aside.

- Peel potatoes and rinse in cold water. Grate potatoes into a large bowl on smallest side of a box grater. Pour off all water. Add eggs, remaining 1 tblsp oil, the salt and pepper. Mix really well by hand, breaking up yolks, until everything is thoroughly combined and batter is smooth. Pour into prepared dish and bake at 400° until top is crispy and deep golden brown and a toothpick comes out clean, 1 hour, 30 minutes to 1 hour, 40 minutes.

- Check your kugel at the 45-minute, 1-hour and 1-hour-and-15-minute marks. If your kugel has risen in the center, use a fork to poke holes in it, then use the back of the fork to pat down and flatten it. You want a perfectly flat top. If your kugel doesn't rise, don't worry; this is a good thing.

- Remove kugel from oven. Using a knife, separate kugel from walls of baking dish, being careful not to break kugel and paying special attention to corners. Place a square serving platter over kugel and invert kugel onto platter. It's best to cut kugel into squares at the table, to order, so it does not dry out.

Wilted Spinach with Crispy Garlic Chips

KOSHER STATUS pareve **MAKES** 6 servings
PREP 5 minutes **COOK** 12 minutes

- 8 cloves garlic, thinly sliced**
- ½ cup plus 2 tblsp olive oil**
- ½ tsp kosher salt**
- Freshly ground black pepper**
- 3 bags (5 oz each) baby spinach**



- Line a plate with paper towels.
- Place garlic and ½ cup of the olive oil in a small saucepan and bring to a simmer over medium-high heat. Reduce heat to medium-low and cook until garlic is lightly browned and crispy, 5 to 8 minutes, taking care not to burn it. Transfer garlic with a fork or slotted spoon to prepared plate; set aside to drain.
- Heat remaining 2 tblsp olive oil in a large sauté pan over medium-high heat. Add spinach and cook, stirring continually, until wilted and warm, 2 to 4 minutes. Season with salt and pepper to taste.
- Transfer spinach to a serving plate and garnish with crispy garlic chips.

Olive Oil Dark Chocolate Mousse

KOSHER STATUS pareve **MAKES** 6 servings
PREP 20 minutes **MICROWAVE** 1½ minutes
REFRIGERATE overnight

- 10 oz high-quality 72% cacao bittersweet chocolate, finely chopped, or chocolate chips**
- 8 large eggs, separated, at room temperature**
- ¾ cup granulated sugar**
- ½ cup extra-virgin olive oil**
- 1 tsp instant coffee granules dissolved in 2 tblsp boiling water**
- ¾ tsp kosher salt**
- Grated zest of 1 small orange (optional)**

- Place chocolate in a microwave-safe bowl and melt in microwave, stirring after each 10-second increment, until smooth, about 1½ minutes. Let cool slightly.

- Place egg yolks and ½ cup of the sugar in a medium bowl and whisk until pale yellow. Whisk in olive oil, coffee, salt and, if desired, orange zest until combined. Add melted chocolate and whisk until smooth.

- Beat egg whites in the bowl of a stand mixer or with a hand mixer until soft peaks form. Gradually sprinkle in remaining ¼ cup sugar and beat just until stiff peaks form. Add a generous spoonful of the egg white mixture to chocolate mixture. Stir firmly until completely incorporated. Pour chocolate mixture into bowl of egg whites. Gently fold with a large spoon or rubber spatula until completely combined.

- Divide mousse into 6 dishes and cover with plastic wrap. Refrigerate overnight.

Food styling: Paul Grimes. Prop styling: Leslie Siegel.

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Domino® Sugar's All-in-One Cake & Frosting recipe.



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All-in-One Cake & Frosting

- 6 oz. cream cheese, softened
- 1 cup butter, softened (2 sticks)
- 1 tbsp vanilla extract
- 1 (2 lb.) pkg. Domino® Confectioners Sugar
- 2/3 cup milk
- 4 large eggs, lightly beaten
- 2 1/2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 2/3 cup water, room temperature

Preheat oven to 350°F. Generously grease and flour a Bundt baking pan.

Frosting: In a large bowl, beat cream cheese, butter and vanilla; mix well. Add sugar alternately with milk; mix well. Remove 2 1/2 cups of mix, place into a plastic sealable bag; set aside.

Cake: With mixer at slow speed, add eggs to remaining frosting; beat until blended. In separate bowl, combine flour, baking powder and salt. Add flour mixture to mix alternately with water; mix well.

Pour into pan and bake 65-75 min. or until toothpick inserted in center comes out clean. Cool 30 min. While cake is still warm, use a knife to loosen the cake edges from pan. Cool completely before removing from pan. Top with frosting.

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A MONTH OF HEALTHY WEEKNIGHT DINNERS

WEEK

MONDAY

TUESDAY

WEDNESDAY

1



SHRIMP MARINARA

Page 105

Dessert: Fruit Salad with Creamy Honey-Lime Dressing.

Combine one 8 oz container plain yogurt, 2 to 3 T honey, 1/2 tsp finely shredded lime zest and 2 T lime juice. Spoon over fresh fruit salad.



CURRIED BEEF AND BISCUITS

Page 105

Serve with: Spinach-Apple Salad. Combine 2 T cider vinegar,

1 tsp sugar and 1/4 tsp curry powder. Whisk in 1/4 cup olive oil. Toss with 12 cups torn fresh spinach and 1 thinly sliced apple. Sprinkle with 1/4 cup toasted chopped pecans or walnuts.



BAKED PENNE

Page 106

Serve with: Tossed Salad with Creamy Parmesan Dressing. Combine 1/3 cup light sour

cream, 1/4 cup shredded Parmesan, 1 T red wine vinegar, 1 tsp sugar and 1/2 tsp Dijon mustard. Toss with 6 cups leaf lettuce and 1 cup halved cherry tomatoes.

2



DOUBLE-DUTY POT ROAST

Page 104

Serve with: Toasted French Bread Slices. Cook

1 clove minced garlic and 1/8 tsp dried rosemary in 2 T olive oil until garlic sizzles. Broil 10 thick slices French bread for 1 to 2 minutes on each side. Brush bread slices with olive oil mixture.



TUSCAN LAMB SKILLET

Cook 8 lamb rib chops in 2 tsp olive oil for 10 minutes. Remove lamb. Cook 3 cloves minced garlic for

1 minute. Stir in one 19 oz can cannellini beans, 1 cup undrained canned Italian tomatoes, 1 T balsamic vinegar and 2 tsp chopped fresh rosemary. Simmer for 3 minutes. Serve with lamb.



SEAFOOD AND SPRING VEGGIE CHOWDER

Page 110

Serve with: Toasted Cheese

Melts. Spread 1 tsp brown mustard over 5 slices whole wheat toast. Top each with sliced red onion, sliced plum tomato and a slice of Swiss cheese. Broil for 5 minutes.

3



CHILLED PEA SOUP

Page 120

Serve with: Ham-and-Cheddar Sandwiches. Pulse 1 cup grated

cheddar cheese, 1 oz ham, 2 T pimientos, 2 T sour cream and 1 T mayonnaise in a food processor. Cut 16 slices wheat bread with 3 1/2-inch round cookie cutters. Spread bottom bread cutouts with about 1 T filling and top with remaining cutouts.



CHICKEN CHILI WITH CILANTRO PESTO

Page 112

Serve with: Cucumber-Radish

Salad. Combine 1/2 cup plain yogurt, 1 clove minced garlic, 1/8 tsp salt and dash pepper. Add 1 large thinly sliced cucumber, 1/2 cup each sliced red onion and radishes; toss. Chill for 4 to 24 hours, stirring often.



WATERCRESS, ARUGULA AND ASPARAGUS SALAD

Page 120

Serve with: Baked Ham with

Raspberry-Chipotle Sauce. Bring 1 1/2 cups seedless raspberry preserves, 2 T white vinegar, 2 chopped canned chipotle chile peppers in adobo sauce and 3 cloves minced garlic to a boil. Simmer for 5 minutes. Serve with baked ham.

4



FENNEL AND ZUCCHINI GRATIN

Page 112

Serve with: Dinner Rolls with Caesar Butter.

Beat 1 stick softened butter until creamy. Beat in 1 T Caesar salad dressing mix. Transfer butter to wax paper and shape into a 6-inch log. Wrap and refrigerate until firm.



MAPLE-GLAZED PORK CHOPS

Cook 4 boneless pork loin chops in 1 T melted butter for 12 minutes. Combine 2 T

softened butter and 2 T pure maple syrup. Spread over chops. Let stand for 1 minute, until melted. Sprinkle with 1/3 cup toasted chopped pecans.



EASY BOLOGNESE

Page 114

Serve with: Roasted Lemon Asparagus. Toss 2 lbs asparagus

spears, trimmed, with 1/4 cup olive oil and sprinkle with 1/4 tsp sea salt. Roast at 400° for 15 to 20 minutes. Sprinkle with 2 T shredded lemon zest, 1/2 tsp sea salt and 1/4 tsp pepper just before serving.

● Slow Cooker

● Vegetarian

● 20-Minute Meals



THURSDAY



CHICKEN FAJITAS

Page 106

Serve with:
Mock Margaritas.
Blend one 6 oz can
frozen limeade

concentrate, $\frac{3}{4}$ cup orange juice and $\frac{2}{3}$ cup grapefruit juice. With the blender running, gradually add 4 cups ice cubes, blending until slushy.

FRIDAY



HOISIN- GLAZED PORK, BOK CHOY AND SNAP PEAS

Page 107

Serve with:
Five-Spice Rice.

Bring 2 cups chicken broth, 1 T butter and $\frac{1}{4}$ tsp five-spice powder to a boil. Pour into a $1\frac{1}{2}$ -quart casserole. Stir in $\frac{3}{4}$ cup uncooked rice. Bake, covered, at 350° for 30 minutes. Stir in 1 T chopped fresh parsley.



CAULIFLOWER- POTATO MASH

Page 120

Serve with: Baked
Chicken. Dip 24
chicken drumsticks
in 3 beaten eggs, then

in a mixture of 2 cups cornflake crumbs, $\frac{1}{2}$ cup grated Parmesan, 1 tsp salt and $\frac{1}{4}$ tsp ground red pepper. Place on greased baking pans. Coat chicken with nonstick cooking spray. Bake at 350° for 1 hour.



● TORTELLINI ALFREDO

Cook one 9 oz
package meat-filled
tortellini. Heat
 $\frac{1}{2}$ cup refrigerated
light Alfredo sauce
and 1 cup chopped

roasted red peppers for 5 minutes. Stir in cooked tortellini and $\frac{1}{4}$ cup shredded fresh basil. Sprinkle with $\frac{1}{4}$ tsp black pepper and $\frac{1}{4}$ cup shredded basil.



● POTATO- TOPPED BEEF STEW

Page 112

Serve with:
Roasted Radishes
with Chive

Vinaigrette. Roast $1\frac{1}{2}$ lbs radishes at 425° for 35 minutes, stirring once. Combine 2 T each white wine vinegar and olive oil, 1 T chopped fresh chives, $\frac{1}{2}$ tsp Dijon mustard and $\frac{1}{8}$ tsp each salt and pepper. Drizzle over radishes.



●● LASAGNA PRIMAVERA

Page 110

Dessert:
Balsamic Berries
with Mascarpone.
Divide 4 cups

assorted berries among 6 bowls. Sprinkle with 2 T balsamic vinegar. Combine one 8 oz container mascarpone cheese and 2 T milk. Spoon mascarpone mixture over berries. Drizzle 1 tsp honey over each serving.



●● TOMATO- TORTELLINI SOUP

Bring 2 cups
vegetable broth, one
14.5 oz can diced
tomatoes with
basil, garlic and

oregano, 1 cup water and 2 T tomato paste to a boil. Stir in 1 cup chopped zucchini and one 9 oz package cooked refrigerated cheese tortellini. Heat through. Top with shredded Asiago cheese.



● PAN-SEARED SCALLOPS

Coat 1 lb sea
scallops with
2 T flour and 1 tsp
Cajun seasoning.
Cook scallops in
1 T vegetable oil for

5 minutes. Remove scallops. Add 10 oz fresh spinach to skillet. Cook for 2 minutes. Add 2 T balsamic vinegar, $\frac{1}{4}$ cup cooked bacon pieces and scallops; heat through.

Top That!

We pro dietitians are known for having nutrition-boosting tricks up our sleeves. These picks are my current faves for quick, easy diet upgrades.



Nuttzo's Seven Nut & Seed Butters include good-for-you cashews, almonds, hazelnuts, flax and more. I like both varieties—smooth and crunchy—spread on whole-grain toast or apple slices. (If allergies are an issue, there's a peanut-free variety.) **Supermarkets, \$13**



A spoonful of Purely Elizabeth's Ancient Grain Granola—a blend of organic grains, oats, seeds and coconut sugar—lends a crunchy contrast to yogurt. **Supermarkets, \$8**



Sprinkling Vermont Creamery's Goat Cheese Crumbles on salad instantly adds calcium, protein and loads of flavor from herbs and dried fruit. **Supermarkets, \$6**

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FROM THE EDITOR

👉 Family Circle Cup Sweepstakes

PAGE 4: No purchase necessary to enter or win. Subject to Official Rules at familycircle.com/winracket. The Family Circle Cup Giveaway begins at 12:01 a.m. ET on 3/3/14 and ends at 11:59 p.m. ET on 4/6/14. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address. Void where prohibited. Sponsor: Meredith Corporation.

GET INSPIRED

👉 Light Show

PAGE 10: **Dogeared**, dogeared.com, \$52. **Delicate Raymond**, delicateraymond.com, \$34. **Blue Nile**, bluenile.com, \$39. **Stella & Dot**, stelladot.com, \$34. **Three Sisters**, threesistersjewelrydesign.com, \$39. **Silpada Designs**, silpada.com, \$26.

HOME LIFE

Items pictured but not listed below are from private collections.

👉 Sustainable Style

PAGE 19: Clockwise from front left: **Ferm Living** Cork Dinner Mats, fermlivingshop.com, \$30/set of 2. **Cork Coasters** Polka Dot Chevron 4" Round Cork Coasters, etsy.com/shop/CorkCoasters, \$12/set of 4. **Working Class Studio** Cork Planters, uncommongoods.com, \$50/set of 2. **Cortizza** Cork Picture Frame, cortizza.com, \$29. **Bambu** 'Adjust-A-Bowl' Rectangular Cork Bowl, bambuhome.com, \$37. **Elk Lighting HGTV Home** Table Lamp (SKU #: NULC1029), wayfair.com, \$110.

👉 Modern Vintage

PAGES 20–24: Designer, stylist and stager, **Julie Neil**, julieneil.com. Builder, **Dan Deffner**, creativebuilders.com. Custom sewing, **Jennifer Venne**, Fairfax, California. Wooden candlesticks and vases on piano, **Columbine Home**, Corte Madera, California. Various pottery, **Tivoli Mercantile**, Red Hook, New York. Dining table, **Summer House Home**, summerhouse57millvalley.com.

LOOKING GOOD

Items pictured but not listed are available at drugstores or mass-market retailers.

👉 Looking Good

PAGE 35: Coat, **Nautica**, nautica.com, \$140. Shirt, **Guess**, guess.com, \$34.50. Pants, **Boden**, bodenusa.com, \$78. Necklace, **Roberta Chiarella**, robertachiarella.com, \$48. Watch, **Timex**, timex.com, \$80. Umbrella, **Totes**, dlrainwear.com, \$25.

👉 Graphic Design

PAGE 37: Coat, **Desigual**, desigual.com, \$299. Dress, **Bebe**, bebe.com, \$119. Earrings, **Kenneth Jay Lane**, 877-953-5264 to purchase similar styles, \$90. **Chanel** Rouge Allure Luminous Intense Lip Color in Pirate, chanel.com, \$34. **PAGE 38:** Dress, **Mark**, meetmark.com, \$42. Earrings, **Roberta Chiarella**, robertachiarella.com, \$68. Heels, **AMI Clubwear**, amiclubwear.com, \$30. **Sonia Kashuk** Undetectable Crème Bronzer, Target, \$11. **PAGE 39:** Shorts, **Joe Fresh**. Shirt, **H&M**, hm.com, \$60. Sweater, **Worthington**, jcpenny.com, \$30. Necklace, **Shop Design Spark**, shopdesignspark.com, \$38. **PAGE 40:** Pants, **Lulu's**, lulus.com, \$44. Shirt, **RD Style**, bluefly.com, \$65. Necklace, **Glint & Gleam from ShopLately**, shoplately.com, \$22.50. Watch, **May 28th**, may28th.com, \$39. Heels, **Adam Tucker**, metooshoes.com, \$135. **OPI** nail lacquer in Incognito in Sausalito, ulta.com, \$9. **PAGE 41:** Skirt, **Kate Spade Saturday**, saturday.com, \$85. Shirt, **Karen Kane**, karenkane.com, \$88. Glasses, **Toms**, toms.com, \$149. Bangles, **R.J. Graziano**, rjgraziano.com, \$45 for set of 3. **Lancôme** Lip Lover in Lip Lover, nordstrom.com, \$23.

👉 Seeing Spots?

PAGE 44: **Olay** Regenerist Luminous Tone Perfecting Cream, olay.com, \$25. **Kate Somerville** Spot Reducing Concentrate, katesomerville.com, \$48. **Bliss** That's Incredi-'Peel!' Glycoloc Resurfacing Pads, Sephora and blissworld.com, \$49 for 30 pads. **Cover FX** Cream Concealer, coverfx.com, \$27. **Silk'n Pedi** Callus Remover, silkn.com, \$37.

👉 Beauty Insider

PAGE 47: **illuMask** Anti-Aging Phototherapy Mask, Walmart, Ulta, Target and Walgreens, \$30 for 30 treatments. **Pearl** Brilliant White Ionic Whitening System, Nordstrom and ionicpearl.com, \$195. **Revlon** Laser Brilliance Dryer, Target, \$30.

FAMILY MATTERS

👉 Pets BarkBox Sweepstakes

PAGE 70: No purchase necessary to enter or win. Subject to official rules at familycircle.com/winpets. The BarkBox sweepstakes begins at 12:01 a.m. ET on 3/1/14 and ends at 11:59 p.m. ET on 4/1/14. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per day. Void where prohibited. Sponsor: Meredith Corporation.



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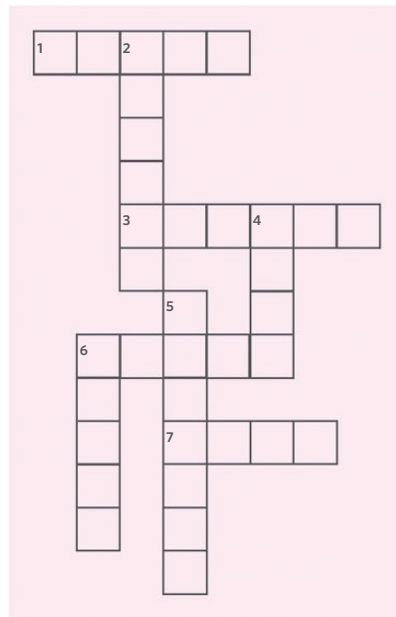
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Matt Lewis & Renato Poliafito



When life in the ad industry wasn't as sweet as they'd hoped, these work buddies, who'd bonded over a shared love of chocolate, decided to indulge their dream of running a bakery. Their hip, homey Brooklyn shop, called Baked, offered classic American treats and immediately caused a stir. Soon they were being profiled in print, appearing on TV and writing best-selling cookbooks. "Brownies started it all for us, and this recipe is a spicy variation on the basic," says Matt (*on left*). Now, with a second Baked location opening in downtown Manhattan, these two are really turning up the heat.



NUTTY TWIST

For Peanut Butter Brownies, omit chile powder, cinnamon and ginger and add $\frac{3}{4}$ cup slightly warmed smooth peanut butter and 2 tsp pure vanilla extract to batter after adding eggs.



SPICY BROWNIES

- 1 $\frac{1}{4}$ cups all-purpose flour
- 2 tbsp dark unsweetened cocoa powder (such as Valrhona)
- 1 tbsp ancho chile powder
- 2 tsp freshly grated cinnamon
- 1 tsp salt
- 1 tbsp freshly grated ginger, or $\frac{1}{2}$ tsp ground ginger
- 9 oz good-quality dark chocolate (60% to 72%), coarsely chopped
- 2 oz good-quality milk chocolate, coarsely chopped
- 8 oz (2 sticks) unsalted butter, cut into 1-inch cubes
- 1 $\frac{1}{2}$ cups granulated sugar
- $\frac{1}{2}$ cup firmly packed light brown sugar
- 5 large eggs, at room temperature

• Heat oven to 350°. Butter bottom and sides of a 9x13-inch glass or light-colored metal baking pan. Line pan with parchment paper and butter the parchment.

• In a medium bowl, whisk together flour, cocoa powder, chile powder, cinnamon, salt and ginger. Set aside.



• Place chopped chocolates and butter in bowl of a double boiler over medium heat and stir occasionally until completely melted and combined.

• Turn off heat but keep bowl over water in double boiler. Add both sugars and whisk until completely combined. Remove bowl from water and let mixture come to room temperature.

• Add 3 of the eggs to chocolate mixture and whisk until just combined. Add remaining eggs and whisk until just combined. Do not overbeat or brownies will be cakey.

• Sprinkle flour mixture over chocolate. Using a spatula, fold dry ingredients into wet ingredients until there is just a trace amount of flour mixture visible. Pour batter into prepared pan and smooth top with a spatula.

• Bake for 30 minutes, rotating pan halfway through baking time, until a toothpick inserted in center comes out with a few moist crumbs. Remove from oven and transfer to a wire rack to cool completely.

Makes 12 large or 24 small brownies.



Each chapter in their latest book is dedicated to a favorite ingredient: chocolate, peanut butter, banana and seven more. Amazon.com, \$32.50

familycircle.com

Try the duo's three-ingredient recipe for chocolate syrup (it's amazing!), at familycircle.com/bakednycsyrup.

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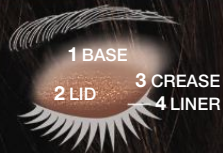
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