

HEALTHY SLOW COOKER DINNERS

FamilyCircle[®]

6 EASY WAYS TO
SAVE MORE MONEY

GET ORGANIZED!
LESS MESS = LESS STRESS

*Braided
Cinnamon Buns
for Brunch!*

**WHAT SKIN
PROS KNOW**
(that you don't)

**3-MINUTE
MOVE TO
RESCULPT
YOUR BODY**

see page 96

JANUARY 2017
familycircle.com

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FC.Jan.17

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Cover photograph by **David Prince** Food styling by **Cyd McDowell**
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**TRADITIONS DON'T
HAPPEN OVERNIGHT.**



**THEY HAPPEN ONE
MORNING AT A TIME AND
ONE CUP AT A TIME.**

A Fresh Start

Ready or not, here comes 2017! Our issue is packed with ways to make it your most awesome year yet. Let's vow together to focus on everyday wellness, starting with healthy eating. So after serving our festive apps and cocktails on New Year's Eve ("Ring It In," page 61), set yourself up for success on day one by stocking up on groceries for cooking our Healthy Family Dinners (page 66) and "Veg Out" slow cooker recipes (page 76). The *Family Circle* Food Department—led by our super-talented food director, Regina Ragone, a registered dietitian—is guided by a mission to create easy-to-prepare, nutritious fare that's low in calories, fat and all the other things we need to watch, but is still high in flavor. When I prepare our recipes—which I do all the time, because they turn out perfectly and my family loves them—dinner becomes one less thing to worry about. (There are literally thousands of options at familycircle.com.) Eating well is also the best first step to a luminous complexion, but there's lots more get-glowing skin advice from the experts in "What the Pros Know" (page 41).

For those of you for whom being organized is a constant goal, don't miss our "Pinner's Circle" story—we searched Pinterest for the most pinned ideas and brought them to life on page 49. If all this isn't enough inspiration, consider starting a future journal ("Manifest Your Destiny," page 88). According to success coach Jen Sincero, author of *You Are a Badass*, sometimes all it takes to make dreams come true is to write them down.



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and join the conversation at familycircle.com.

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

My Favorite Healthy Recipes in This Issue



Cream of Tomato Tortellini Soup, page 80



Cream of Tomato Tortellini Soup, page 68



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Contributors

Christiane Lemieux

Interiors expert, "Talented Tastemaker," page 26



This leading entrepreneur kick-started her career as a fabric assistant for Isaac Mizrahi and later opened her own interiors company (from her apartment) in 2000. Since then, the New York mom has written two books on design and landed a recurring position as cohost and judge on the show *Ellen's Design Challenge*.

Jonny Valiant

Photographer, "Ring It In," page 61



For more than 20 years, this seasoned photographer has been snapping delicious food photos for brands like *Bon Appétit* and Williams-Sonoma. When he's not behind the camera, the father of two can be found whipping up his own signature Spaghetti alle Vongole for his family.

Padma Lakshmi

Food personality, Last Bite, page 116



Best known for her role as host and judge on Bravo's Emmy-winning *Top Chef*, the mom and cookbook author has established herself as a food expert. Her latest book gives home chefs the lowdown on how to cook with her favorite exotic spices and herbs.

Photo: (Fears) David A. Land; Wardrobe styling: Kelly Mealia, (blouse) Rebecca Taylor, (necklace) Gerard Darel; Hair: Rosa at Christo Fifth Ave. Makeup: Viktorija Bowers; Manicure: Kim Chiu at Mark Edward Inc. Illustrations by Alexandra Compain-Tissier.

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*Cheese up hors d'oeuvres
for the new year.*

ASIAGO-ROSEMARY BREADSTICKS



Cut 2 sheets thawed frozen puff pastry (from a 17.3 oz box) into 28 strips. Brush with ¼ cup melted unsalted butter, then sprinkle with 1 cup shredded Asiago cheese and 1 tbsp chopped fresh rosemary. Twist each strip and place on 2 greased baking sheets. Bake at 400° for 12 minutes. Let cool.

Linda Fears
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Best of January

1



16

Okay, so you'll never be a superhero, but you can save someone's life. It's National Blood Donor Month, offering you another great reason to give. To find the nearest blood drive, go to redcrossblood.org.



Martin Luther King Jr. kindly said, "I have decided to stick with love...Hate is too great a burden to bear." Honor the civil rights activist by visiting nationalservice.gov/mlkday to discover volunteer opportunities in your community.

2

Paws up for the first week of 2017. Keep tails wagging with our good-for-your-pet resolutions on page 106.



19

Skip the butter on National Popcorn Day and try unexpected flavors like cinnamon spice instead. See the rest of our favorites at familycircle.com/popcorn.

8

Whip out your ballots. The 74th Golden Globe Awards air live at 8 p.m. ET/5 p.m. PT on NBC. Get a jump-start on Hollywood's trophy season with this film and TV showdown hosted by Jimmy Fallon.



27

Good karma is unleashed when *A Dog's Purpose* premieres in theaters nationwide. Listen up for *Frozen's* Olaf (Josh Gad) as the voice of a reincarnating pup in this movie based on the best-selling novel.

13

Look what's hitting the small screen. *Lemony Snicket's A Series of Unfortunate Events* starts streaming today on Netflix. Get your kids ready for a little mystery and intrigue in this TV adaptation of the popular children's books.



28

Welcome to the Year of the Rooster! Celebrate the Chinese New Year with our homemade versions of well-known takeout dishes. Go to familycircle.com/chinesefood for recipes.



Photos: (King) Tom Hollyman/Getty; (A Dog's Purpose) Joe Lederer; © Universal Pictures/DreamWorks II Distribution Co., LLC; and Walden Media, LLC. All rights reserved. (A Series of Unfortunate Events) Joe Lederer/Netflix; (statuette) GOLDEN GLOBE(S)®, HOLLYWOOD FOREIGN PRESS ASSOCIATION® and GOLDEN GLOBE® statuette design mark are the registered trademarks and service marks and the GOLDEN GLOBE® statuette the copyrighted property of the Hollywood Foreign Press Association. Copyright © Hollywood Foreign Press Association. All rights reserved. iStockphoto (3).

fresh finds | fall 2016

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one step at a time.



Style
Meets
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Social Circle: Pins, 'Grams, Posts and More



Pins You <3

13,916 carb lovers viewed our 15-minute Linguine with Chicken and Mushrooms recipe. Trying to cook more in the New Year? We've got you covered. For more pronto pasta recipes, head to familycircle.com/easypasta.



We asked our Facebook fans: What's your go-to healthy snack?

"Some of my favorites are half an avocado with a sprinkle of garlic salt or sliced cucumbers with blue cheese dressing."

—Tricia Bruno

"A plate full of cut-up veggies and fruit, peanut butter, hummus, crackers and sliced cheese. I serve it with a glass of half water and half juice."

—Mary Moro

"Grapes, almonds and string cheese!"

—Chris Kassien



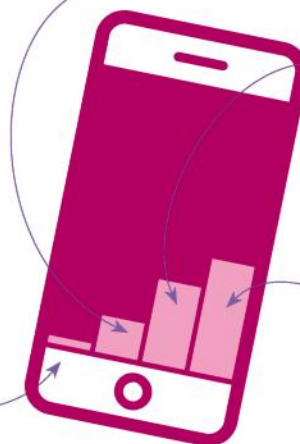
How old was your kid when he got his first cell phone?

20%
9 to 11

33%
15 to 17

6%
8 or younger

41%
12 to 14



Coming Clean

Clear the clutter this year once and for all! For tips on getting started, turn to page 49, then check out our Organizing, Storage & Cleaning board (pinterest.com/familycirclemag), where you'll find space-saving advice, eco-friendly cleaning products and DIY decor ideas. When you're done, show off your spruced-up space by posting a photo to Instagram using the hashtag #FCCleanUp.

Join the conversation! Follow us on



@FamilyCircleMag or email us at fcfeedback@familycircle.com.

Hayden Panettiere's idea of perfect skin? Skin that's never seen a tanning bed.

Hayden is sun-smart. She knows tanning beds give off UVA rays. Rays that can cause skin cancer. In fact, exposure to tanning beds before the age of 30 increases melanoma risk by 75%. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

ChooseSkinHealth.com

with participation from

AS | DS
American Society for
Dermatologic Surgery



SOME THINGS ARE TOTALLY ARTIFICIAL.

WE'RE NOT.



MINIMALLY PROCESSED

New for You

→ Your Moodboard for this Month Edited by Suzanne Rust

1

Pearl Talk

This classic jewel can brighten your outfit and your complexion. Pearl extract is rich in amino acids, vitamins and minerals that help hydrate and brighten skin.

Great Exchange
In 1917 jeweler Pierre Cartier traded a double-strand pearl necklace for his landmark Manhattan store.



Glow forth with these pearl-infused product picks.



Avon Anew Ultimate Supreme Advanced Performance Crème, \$50



Tatcha Classic Rice Enzyme Powder, \$65



Sephora Collection Sleeping Mask in Pearl, \$4



The Organic Pharmacy Cellular Protection Sun Cream SPF 18, \$69



Dr. Brandt DNA Dream Night Cream, \$135

New for You

2

High & Dry

Great new winter footwear options give ugly the boot. Stay dry, warm and stylish with some of our favorites.



From the top:
Hush Puppies,
hushpuppies.com, \$105.
Blondo, blondo.com,
\$150. **Cougar**, shoe
mall.com, \$160.



3

Music from A to Z

Pretty amazing. Pretty Yende's breathtaking soprano took her from a small town in South Africa to the stages of Milan's La Scala and New York's Metropolitan Opera. Pick up her debut CD, **A Journey**, and you'll feel *molto allegro*.



Joey Alexander taught himself to play piano using a mini electronic keyboard and it paid off. Big-time. The Indonesian-born jazz musician's first CD, **My Favorite Things**, came out when he was 11, so what does the 13-year-old do for an encore? **Countdown**, his sophomore release, is a harmonious mix of standards and original pieces.



Father Time, be damned! The Rolling Stones are at it again with **Blue & Lonesome**, their first studio album in a decade. Look for Mick, Keith, Ronnie and Charlie's takes on American blues classics by the likes of Howlin' Wolf and Willie Dixon.



(Young) ladies' choice. Skip the mall. **Kidpik** (kidpik.com) delivers boxes with specially selected outfits for girls ages 3 to 12 in sizes 4 to 14. A fun quiz determines their style profile—say, *Classic Chic* or *Always Active*—and a custom-curated collection of six or seven outfits arrives, accessories included. Keep only what she loves (most items are about \$12.50) and return the rest for free.



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Secure it!

Creating safer homes together

Keep your child safe. Prevent furniture tip-over injury or death.

Every two weeks, a child in the U.S. dies from industry-wide furniture, appliances or TVs tipping over, according to the U.S. Consumer Product Safety Commission. When it comes to our homes, safety is paramount. That's why IKEA has created products with a focus on both safety and quality. By working together, we can help prevent accidents and make every home a safer place for our children.

Some helpful tips for a safer home:

- 1** Furniture with included restraints must be secured to the wall according to product assembly instructions.
- 2** Always place heavy objects in the lowest drawers.
- 3** Remember to never put a TV or other heavy objects on top of a chest of drawers or any furniture not intended for use with a TV.
- 4** Never let children climb or hang on drawers, doors or shelves.

To request your own Secure it! Safety Kit, please go to your local IKEA store's Returns and Exchanges Department, call (888) 966-4532 or visit IKEA-USA.com/secureitkits

4

TechTastic

The best and brightest innovations



1) FINSix Dart
Finsix.com, \$100
 This ultra-tiny charger works with just about any laptop because it comes with an assortment of interchangeable tips. And thanks to the USB port, it can simultaneously juice a phone.

2) Cozmo by Anki
Anki.com, \$180
 Artificial intelligence is the real deal with Cozmo—an adorable little robot that seems like something you'd see in a movie. Thanks to state-of-the-art AI, the more he's played with, the more his personality evolves. After you download the free app, he's ready to roll. He even has a clever hashtag (#Cozmo) for social media shares.

3) 9.7-inch iPad Pro
Apple.com, from \$599
 Light, sleek and especially pretty in Rose Gold. The embedded Apple SIM card means you can sign up for a data plan right from the device, plus it has a top-quality camera and True Tone flash to improve shots in low-light conditions.



*An amazing AI robot?
 The smallest Xbox ever? One thing's certain: The future is now.*



4) Dell Inspiron 11 3000 Series 2-in-1
Dell.com, from \$250
 A brand-new computer for less than \$300 isn't a pipe dream. Dell's colorful cutie boasts a speedy processor, plenty of plug-in ports and a keyboard that flips all the way around, turning it into a tablet. Handy!

5) Xbox One S
Xbox.com, from \$299
 Props to the Xbox One S, designed to be the most compact Xbox ever. High Dynamic Range support means noticeably richer colors and improved visual contrast for video games and movies (watch Blu-rays or stream in 4K Ultra HD). Choose from 500GB, 1TB and 2TB hard drives.

6) Microsoft Surface Pro 4
Microsoft.com, from \$899
 Think of it as a best-of-both-worlds laptop-tablet hybrid, with a generous 12.3" PixelSense display and up to nine hours of video-playback life. The included Surface Pen looks and feels like a fountain pen for an extra touch of class.

FOR THE NIGHTS WHEN THE THERMOMETER CONFIRMS WHAT YOU ALREADY KNEW,

BE READY.



Use only as directed.

5

Happy Veganuary!

After a season of indulgence, try a little vegetable therapy. These options make it easier to turn over a new leaf.

Baby, it's cold outside. Let the produce come to you.



Green up with these two great cookbooks.

Meal delivery service **Purple Carrot** offers plant-based options with an emphasis on sustainably sourced, non-GMO and organic whenever possible. Purplecarrot.com, three 2-person meals, \$68/\$11 per person; two 4-person meals, \$74/\$9 per person

Farmbox Direct delivers fresh and local ("when mother nature permits") produce with weekly, biweekly or monthly options. Farmboxdirect.com, natural and organic options ranging from \$42 for a small box to \$67 for a large

Vegetables get the star treatment in Rich Landau and Kate Jacoby's **V Street: 100 Globe-Hopping Plates on the Cutting Edge of Vegetable Cooking**. We love the Dan Dan Noodles with Shiitake Mushrooms and the Scallion Pancakes with Citrus Ponzu.

Organized by vegetable type, **EatingWell Vegetables: The Essential Reference** is a comprehensive green bible with tips on preparation, cooking and storage. In addition to classic recipes, look for food trends like cauliflower pizza crust and other surprising and inspiring twists.



Modern Yiddish. Sometimes a thousand-year-old language needs a little reboot. The **Comprehensive English-Yiddish Dictionary** helps bring the ancient tongue of Central and Eastern European Jews into the 21st century. Look for fun additions like "blitspost" (email). We're kvelling!



6

New Year, New Films

HIDDEN FIGURES
A tribute to the unsung heroes—brilliant African American women working at NASA—who helped launch John Glenn into space. Girl power! Taraji P. Henson, Octavia Spencer and Kevin Costner star. (January 6)

LIVE BY NIGHT
Director Ben Affleck sports some fedoras as the star of this saga of a mobster caught between two rival gangs and two love interests. With Zoe Saldana, Sienna Miller and Chris Cooper. (January 13)

THE FOUNDER
Take a bite of this: The true story of how salesman Ray Kroc met Mac and Dick McDonald, took over their burger operation and transformed it into, well, you know. Michael Keaton and Nick Offerman star. (January 20)

MEALS INSPIRED BY YOU.™



MADE WITH REAL
INGREDIENTS YOU
CAN PRONOUNCE



MADE WITH REAL
GRILLED WHITE
MEAT CHICKEN



MADE WITH ROASTED
CORN & RED PEPPERS
FOR EXTRA FLAVOR



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7

Vacation Curation

The best globetrotter is an informed one. The **Spot** app lets you scout, save and share cool places in your city and around the world. You can curate your material based on personal discoveries as well as recommendations from other tastemakers and experts who love to explore the same things you do—like the perfect brunch spot, a great mountainside trail or an amazing vintage shop. *iOS, free*

9

Clean Start

No more stinky sponges! Cheerfully colored double-sided **Stay Clean Scrubbers** are made of silicone, so they dry faster, thwart bacteria and can be tossed in the dishwasher for a deep cleaning. *Kuhnrikon shop.com, \$8*



8

Stylish Duo

Modern by Dwell Magazine, the Target and *Dwell* mashup, is looking good. Expect smart design at smart prices from this stellar collaboration. And with more than 120 decor and furniture pieces to choose from, that means every part of your home can get a little New Year's upgrade. *Select Target stores and target.com, from \$17*

Wingnut
Candleholders
from \$17



Terracotta Planters from \$20



Stoneware Bark
Vases from \$22



The stories behind five decades of iconic music are what's spinning in Marc Myers' **Anatomy of a Song: The Oral History of 45 Iconic Hits That Changed Rock, R&B and Pop**. Based on a Wall Street Journal column, this literary jukebox provides a backdrop of famous tracks by everyone from Janis Joplin and The Clash to Jimmy Cliff and Gladys Knight and the Pips.

10

Talented Tastemaker



Christiane Lemieux likes a challenge. She launched her first company, DwellStudio, with textiles back in 2000 and turned it into a full-blown lifestyle brand. Now Christiane is getting into the custom furniture game with her latest venture, Cloth & Company, which will soon print upholstered pieces on demand. She's also authored a gorgeous new coffee table book, *The Finer Things*, that's equal parts interior inspo and decorative arts encyclopedia. Safe to say this mom of two has been busy, but she always has time to share her design wisdom.



The Finer Things.
amazon.com, \$60



Christiane's Choices

1 Vintage drinking glasses make the best souvenirs, and they're easy to mix and match. Look for different shapes, styles and colors at flea markets.

2 To make rugs last longer, change them seasonally. Put away the sisals and flat-weaves for winter, and lay down a luxuriously soft, flokati rug instead.

3 An all-white bouquet works in every setting. But when I want to switch it up, I search for a flower-arranging tutorial on YouTube and copy that.

4 Try wallpapering the inside of a closet or pantry. You'll smile every time you open the doors.

5 There's something moody and dramatic about matte black and dark gray walls. My favorite shade is Farrow & Ball's Down Pipe.

6 I'm loving big, bold florals like this painterly poppy. Try one on a chair or even a headboard. *Cloth & Company Bailey Accent Chair*, onekingslane.com, \$445



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*Be the beverage master at
all of this season's festivities.*

When you use **GOYA® Coconut Milk**, your holiday eggnog with a coconut twist will be a hit. Because you can count on the rich and creamy goodness of **GOYA® Coconut Milk**. It's the ideal ingredient for festive drinks and desserts.

GOYA® Coconut Milk, the perfect ingredient for Real-Life Chefs

.....

Coquito - Coconut Eggnog

Makes About 7 Cups | Prep time: 5 min. | Total time: 5 min., plus chilling time

Ingredients

- 2 cans (12 oz. each) **GOYA® Evaporated Milk**
- 1 can (15 oz.) **Coco GOYA® Cream of Coconut**
- 1 can (13.5 oz.) **GOYA® Coconut Milk**
- ½ cup **GOYA® Sweetened Condensed Milk**
- ½ cup white rum (optional)
- 1 tsp. vanilla extract
- ½ tsp. ground cinnamon, plus more for garnish, if desired
- Cinnamon sticks (optional)

For step-by-step preparation instructions, visit goya.com/coquito

*If it's **GOYA** ...it has to be good!®*



11



My
Favorite
Things



"If I weren't in politics, I'd probably cover sports. My passion is college football, and I'm a big Miami Hurricanes fan. I don't get to be biased about politics, but I love to be biased about sports."



"I'm Led Zeppelin obsessed, but I also love me some Mozart."



"My kids—all the kids in our neighborhood—are nuts about the Fitbit. I was skeptical, but of all the trends they could fall for, it's not a bad one. It gets them off the couch. I'll take it over Snapchat any day."



"I always tell people that *Game of Thrones* is the savviest, most ambitious political show on television. It's multiple families fighting for control, but it's raw politics."

Chuck Todd

The only thing NBC News' political director and moderator of *Meet the Press* loves more than life in the DC fast lane are his wife Kristian and kids Margaret, 12, and Harrison, 9. (And, okay, maaaaybe college football and *Game of Thrones*.) **BY LAURA MORGAN**



Weather or Not

"When I got the *Meet the Press* job, my daughter asked me, 'Are you going to do something fun like the weather?' To be really cool in her eyes, I would have to be a meteorologist."

Strike Up the Band

"I went to college on a French horn scholarship. The Rolling Stones' 'You Can't Always Get What You Want' starts with a French horn solo. It allowed me to pretend I was hip."

Instrumental

"Music is not an elective in my family. My grandparents played instruments; my father and his sister played instruments. I see it as a very important part of their education. Do my children like piano lessons? Does any 9-year-old like piano lessons? Probably not."

Like Father, Like Son

"My goatee isn't going anywhere. My dad died when I was 16, and I only knew him with a beard. Our beards are the exact same color, and when I look in the mirror, I see my father. It's a connection to my old man."

"Usually it only takes me three tries, max, to get an honest answer out of my kids. With most politicians, it takes more than that."



Leslie Mann

Your hair and face get all the love.

BUT WHAT ABOUT THE OTHER 90% OF YOUR BODY?

Jergens® Ultra Healing® Moisturizer. Deeply penetrates the surface and repairs dry skin with lasting hydration. Skin so healthy looking, you're 100% beautiful.

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All About That Base

BY DALEY QUINN

We've got you covered with the latest foundation innovations, application tips and more. It's time to meet your match.

Hair: Paul Cucinello. Makeup: Viktorija Bowers at Ray Brown Productions. Manicure: Etsuko at Basic White Shirt Agency.



Under Cover

Celebrity makeup artist Fiona Stiles shares her tips for a beautifully blended base.

- Test products along your jawline, not your wrist. It's best to try foundation on the area where you'll actually be wearing it.
- Just two steps to a streak-free canvas: Dab on liquid foundation with a brush, then spread it across skin with a makeup sponge.
- Set your base with a translucent loose powder for extra-long wear.
- Give your brushes a monthly deep clean. Mild dishwashing liquid helps remove oily residue.

SMOOTH IN SECONDS—THE COLOR ME AUTOMATIC FOUNDATION APPLICATOR, \$54, USES SONIC TECHNOLOGY TO CREATE A FLAWLESS FACE.



tool time

1. Contoured bristles let you swirl, tap and sweep powder to even out skin tone like a pro. **E.I.f. Beautifully Precise Airbrush Blender**, \$10.

2. Apply this flat-top brush in a circular motion for an airbrushed finish. **It Cosmetics Heavenly Luxe Flat Top Buffing Foundation Brush #6**, \$48.

3. Use with liquid, cream or gel formulations for seamless coverage. **Sonia Kashuk Large Foundation Brush**, \$11.

4. The cult classic sponge reaches even the tiniest corners. Try it damp for a dewier finish. **The Original beautyblender**, \$20.



FIND YOUR PERFECT FORMULA WITH THESE NEW FACE SAVERS.

Anti-aging

Makeup meets skin care. Full-coverage color and wrinkle-fighting ingredients give a youthful and bright complexion.

Try Charlotte Tilbury Magic Foundation, \$44, or Laura Geller Double Take Baked Versatile Powder Foundation, \$36.



Luminous

Glow get 'em with products that impart subtle radiance. The sheer finish creates a lit-from-within look.

Try Estée Lauder Double Wear Nude Cushion Stick Radiant Makeup, \$39.50, or Becca Aqua Luminous Perfecting Foundation, \$44.



Drops

Add a few droplets of pigment to your daily moisturizer to customize your color and shorten your beauty routine.

Try Cover FX Custom Cover Drops, \$44, or Smashbox Cosmetics Camera Ready BB Water, \$42.



Gel

Thanks to 12-hour staying power, these blendable bases won't crease. The cooling formula minimizes redness while maximizing hydration.

Try Maybelline New York Dream Velvet Foundation, \$11, or Tarte Empowered Hybrid Gel Foundation, \$36.



Blurring

Smooth imperfections with just one swipe. Added light-diffusing pigments provide the ideal #selfie opp.

Try Flower E.E. Erase Everything Ultimate Foundation, \$13, or Soap & Glory One Heck of a Blot All Day Liquid to Powder Foundation, \$19.



Cushion

Light-as-air complexion correctors housed in convenient compacts are ideal for touch-ups on the go.

Try Philosophy Take a Deep Breath Cushion Foundation, \$40, or L'Oréal Paris True Match Lumi Cushion Foundation, \$17.



Serum

Don't be deceived by the light texture. These formulas pack a powerful (and moisturizing) punch in a sheer and breathable liquid.

Try Josie Maran Vibrancy Foundation Fluid, \$45, or Physicians Formula Youthful Wear Spotless Foundation, \$15.



Stick

Do yourself a solid with these easy-to-use and perfectly portable pieces. The design is prime for midday touch-ups.

Try Revlon PhotoReady Insta-Fix Makeup, \$14, or Hourglass Vanish Seamless Finish Foundation Stick, \$46.





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What the PROS KNOW

BY DORI KATZ

Six skin gurus share their personal routines for complexion perfection.

What do two dermatologists, a spa director, a nutritionist, an aesthetician and a cosmetic chemist have in common? A very diligent beauty regimen—and, of course, radiant skin. While their product picks differ, the women all value a good night’s sleep, a clean and balanced diet and, to quote chemist Ni’Kita Wilson, “water, water and more water!” Laura Hittleman, corporate director of beauty services at Canyon Ranch, and Whitney Bowe, MD, both like to test anything and everything, while celebrity nutritionist Kimberly Snyder and facialist Amanda Birch prefer their own creations. Still, not everyone likes to DIY. “Homemade regimens are just not for me. I want scientific beauty concoctions in a bottle,” says dermatologist Alicia Barba. Here’s the inside scoop on their skin care strategies and must-have products.

THE DERMATOLOGIST



WHITNEY BOWE, MD

“I’m a huge fan of layering products. Applying light coats of multiple formulas—always the thinnest first—helps the active ingredients absorb better. Unfortunately, my sensitive skin can barely tolerate retinol (once a week, max!) so I gravitate toward other powerful anti-agers, including peptides and antioxidants.”



Apply once a week to boost hydration—crucial in cold weather. The Organic Pharmacy Honey & Jasmine Mask



All my other products are useless if they can’t penetrate my skin. This exfoliator removes dead cells, letting my treatments work their magic. Dr. Brandt Microdermabrasion

Winter Skin Saver
UP YOUR EXFOLIATION TO TWO TIMES A WEEK TO BRIGHTEN DULL AND DRY SKIN.



I keep this in my car and brush onto my left hand and the left side of my face for extra sun protection when driving. Colorescience Sunforgettable Brush-On Sunscreen SPF 50



The most gentle cleanser out there—it has stayed popular for a reason. Cetaphil Daily Facial Cleanser

THE NUTRITIONIST



KIMBERLY SNYDER

“My philosophy is easy: Beauty is built from the inside out. I believe in keeping things simple—both on your skin and in your diet. Meaning fewer products on your face and clean, natural foods with no artificial ingredients. If it came from the earth, it’s okay by me. Balancing your skin’s pH with a toner is also key to maintaining a healthy glow. I used to skip this step but now I apply natural rosewater—my toner of choice—religiously after cleansing.”



My go-to product for just about everything: deep conditioner, moisturizer, eye makeup remover and cuticle smoother. Garden of Life Living Foods RAW Extra Virgin Coconut Oil



Soothes while it cleans. Ayurveda Pura Holistic Essentials Daily Cleansing Milk



I spritz throughout the day whenever my face feels dry. Josh Rosebrook Hydrating Accelerator

Winter Skin Saver
EAT MORE HEALTHY FATS, LIKE CHIA SEEDS AND AVOCADOS, TO PLUMP AND NOURISH SKIN.



These two make the perfect evening cocktail for tired skin. Sally B. Skin Yummies Antioxidant Skin Boost and Nighttime Antioxidant Serum.



THE AESTHETICIAN

AMANDA BIRCH

“I treat skin care like it’s nourishment. Having a garden in my backyard lets me infuse herbs and botanicals—including calendula, lavender and chamomile—into facials. Many people forget that there are natural cures for skin issues. My new favorite formulation calms inflammation. I mix equal parts goat’s milk powder, honey powder (both found at health food stores), oatmeal and manuka honey, and leave it on for 10 minutes twice a week. It’s the ultimate healer.”



Perfect skin pick-me-up. The Organic Pharmacy Enzyme Peel Mask with Vitamin C and Papaya

Winter Skin Saver
**DRY HEAT
 WILL KILL YOUR
 COMPLEXION.
 KEEP THE AIR
 IN YOUR HOME
 MOIST WITH
 A HUMIDIFIER
 OR PLANTS.**

I use these luxe oils all year round, switching seasons as they come. They are truly the best natural products I've ever tried. de Mamiel Winter Facial Oil



The only acne product that really works on my breakout-prone complexion. Aveeno Clear Complexion Foaming Cleanser

The clay adheres to dead cells like glue and pulls them out instantly. Cold Spring Apothecary Deep Cleansing Facial Powder Mask & Cleanser



THE COSMETIC CHEMIST

NI'KITA WILSON

“My best advice: Develop a relationship with your skin. Learn what it loves and it will love you back! For me, that means taking it slow with new products and only changing one formula at a time to better monitor reactions. Patience isn't always easy with skin care; you want to see instant results. But in the end, it's always worthwhile.”

Winter Skin Saver
**USE A CREAM THAT
 CONTAINS SEALANTS
 LIKE SHEA BUTTER,
 DIMETHICONE AND
 NATURAL OILS TO REPAIR
 THE SKIN'S BARRIER AND
 LOCK MOISTURE IN.**



A moisturizer that is super light and doesn't clog pores—great for oily complexions. Neutrogena Hydro Boost Gel-Cream Extra-Dry Skin



Strong sun protection that leaves my skin soft. L'Oréal Paris Revitalift Miracle Blur Instant Skin Smoother Finishing Cream SPF 30



I leave on for five minutes once a week for an extra-deep cleanse. Garnier Clean+ Pore Purifying 2-in-1 Clay Cleanser/Mask



Daily exfoliation keeps my skin tone even and pores clear. Dr. Dennis Gross Alpha Beta Universal Daily Peel

Style: **Beauty Tips**



I occasionally give myself a mini peel at home with lactic and azaleic acids. It creates a nice glow. Glowbiotics Probiotic Instant Resurfacing Pads



Sunscreen alone doesn't provide enough protection for my delicate skin. This offers great coverage. Coolibar All Sport Hat

THE SKIN SPECIALIST



ALICIA BARBA, MD

"Living in Miami means you can't really hide from the sun. Since I suffer from melasma—patchy hyperpigmentation that is common in many Latinas—my morning routine revolves around maximal SPF protection. At night I focus on correction and collagen stimulation, beginning with a double cleanse to 'take off the day.' It's best to start an evening regimen with really clean skin so the active ingredients can penetrate properly."



The antioxidant serum adds an extra layer of protection. SkinCeuticals Phloretin CF



I use powerful prescription anti-agers at night, so I need my morning cleanser to be as mild as possible. Dove Beauty Bar

Winter Skin Saver
START MOISTURIZING IN THE SHOWER. USE A NOURISHING BODY WASH AND QUICKLY FOLLOW WITH A THICK MOISTURIZER ON DAMP SKIN TO TRAP IN HYDRATION.

THE SPA DIRECTOR



LAURA HITTLEMAN

"Learn your limit, especially when it comes to beauty. I keep my daily routine short because I know I'll get lazy and skip everything if there are too many steps. I try to stay within the same brand when choosing products to allow the ingredients to work synergistically. Right now I am loving Dr. Dennis Gross' anti-aging formulas—they're doing wonders for my complexion!"



The gentle exfoliator wakes up my skin in the morning. Tata Harper Regenerating Cleanser

Winter Skin Saver
GIVE YOUR LIPS SOME TLC. GENTLY EXFOLIATE WITH A DRY TOOTHBRUSH OR WASH CLOTH AND ALWAYS APPLY LIP BALM BEFORE BED.



A little goes a long way—it hydrates, plumps wrinkles and firms with just a pea-sized amount. Dr. Dennis Gross Ferulic + Retinol Anti-Aging Moisturizer



Don't neglect your neck! Stick to products formulated for specific areas—that's what they were created for. Dr. Dennis Gross Ferulic + Retinol Neck Emulsion



Rich but not too thick, so I can apply concealer right after. Dr. Dennis Gross Ferulic + Retinol Eye Cream

Well Red

Scarlet lips are always in style. Our editors share the shades they're loving right now.

"I didn't think a single shade could truly be universally flattering, but this one proved me wrong. It looks good on me and all my friends."

—Zoë Roscoe, Associate Beauty & Fashion Editor
Revlon Super Lustrous Love Is On Lipstick, \$9

"I gravitate toward darker tones, no matter the season. This deep shade feels vampy but not goth."

—Daley Quinn, Assistant Beauty & Fashion Editor
Clinique Pop Matte Lip Colour + Primer in Icon Pop, \$18.50

"Its moisturizing formula leaves my lips soft and lasts all day. Ideal for a new mom like me who can't remember to reapply!"

—Julie Miltenberger, Executive Food Editor
Burt's Bees Lipstick in Scarlet Soaked, \$9



"My go-to red for winter because of the strong and super-saturated hue."

—Tina Anderson, Photo Director
MAC Cosmetics Lipstick in Russian Red, \$17

"A perfect bright for fair skin."

—Margaret Fisher, Beauty Intern
Shiseido Rouge Rouge Lipstick in Poppy, \$28

SOCIAL LIFE
Bold lipstick wearers post twice as many #selfies as those who go natural.
Source: CoverGirl

"The blue undertones instantly make my teeth look whiter."

—Dori Katz, Beauty & Fashion Director
Nars Special Edition Rita Audacious Lipstick, \$32

"This color pops on me like nothing else I've tried. It's not new, but I'm addicted."

—Lynna Floyd, Health Director
Black Opal Color Splurge Luxe Creme Lipstick in Wine Not, \$7.50



Does this look like
a recliner to you?
Didn't think so.



Seeing isn't always believing—but feeling certainly will be. Anything this comfortable can only be La-Z-Boy. And whether you want bold patterns or rich textures, we have over 800 fabric and leather options so you can completely reimagine the chair (and room) of your dreams.



See the full collection in our new
Style Book at la-z-boy.com



Decorating Ideas

Budget Buys

Organizing Tips

DIY

Home

Pinner's Circle

BY DANIELLE BLUNDELL

When organizing feels like an uphill battle, Pinterest is the place to turn. De-clutter with the social site's best ideas for your kitchen, bath and more.



Shelf Help

Perfect for displaying books, photos and other knick-knacks, shelving units are the ultimate in living room organization. They look best when there's a little bit of breathing room between objects plus a few pieces of closed storage—lidded baskets, boxes—to hide unsightly items. If a built-in is beyond your budget, upgrade an Ikea bookcase, as Angela Mondloch of the blog **Saffron Avenue** did here by adding trim and molding.



A big coffee table can seem like an open invitation to leave stuff lying around. Solution: Use a tray to corral coasters and remotes.



Double Duty

Lazy Susans aren't just for kitchen cupboards. Try one in a bedroom for easy access to frequently used perfumes, lotions and nail polish bottles. Tiered models provide extra space for things like jewelry too, so you can keep your nightstand visually clear.



If you always stash your everyday rings and baubles in the same spot, such as a pretty dish or bowl, you're less likely to lose them.



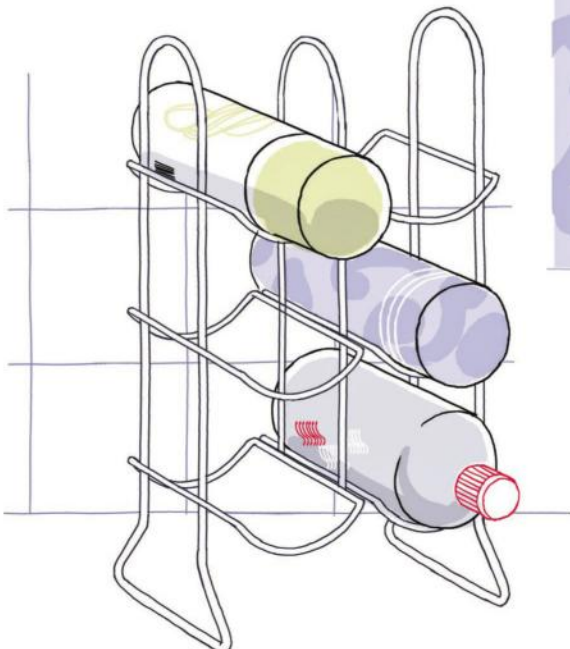
Off the Charts

An oversize calendar makes tracking everyone's schedule a breeze. Hang or place yours in a centralized spot that's accessible to the entire family so events, appointments and reminders can be added as they come up. Plus, conflicts are easy to see right away. Paper is one option, but Pinterest favorite and blogger Jen Woodhouse of **The House of Wood** created a DIY acrylic version that works like a dry-erase board. She used a sheet of acrylic, applied vinyl decals for the day and month labels, then mounted it directly on a wall.



Mane Event

Even in big bathrooms, storing toiletries and styling products is often an issue. If you lack cabinet space, consider dedicating part of a dresser or bureau to hair care essentials. Repurpose a wine rack as an organizer for sprays, dry shampoos and mousses. Magazine files make excellent hair tool keepers—they can even camouflage messy, tangled cords.



Most standing magazine files are made out of card stock or plastic, so be sure straighteners and curling irons have cooled completely before stowing them.

White lettering pops on a dark background, but select a bold, deeper-colored font for light walls.

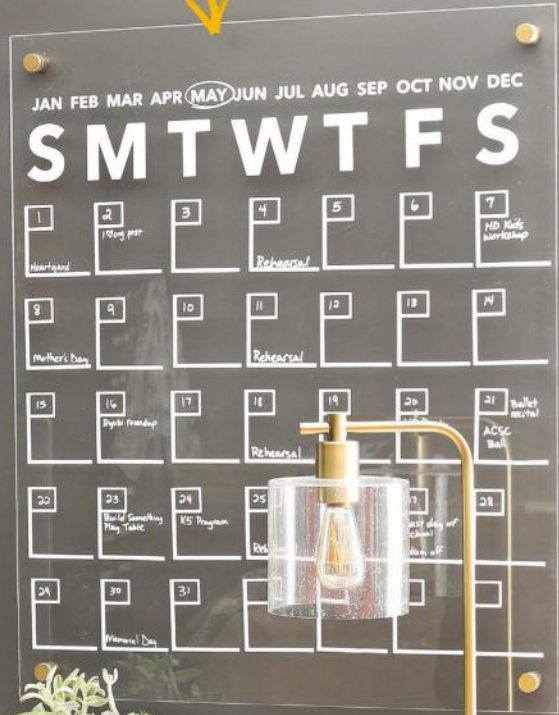


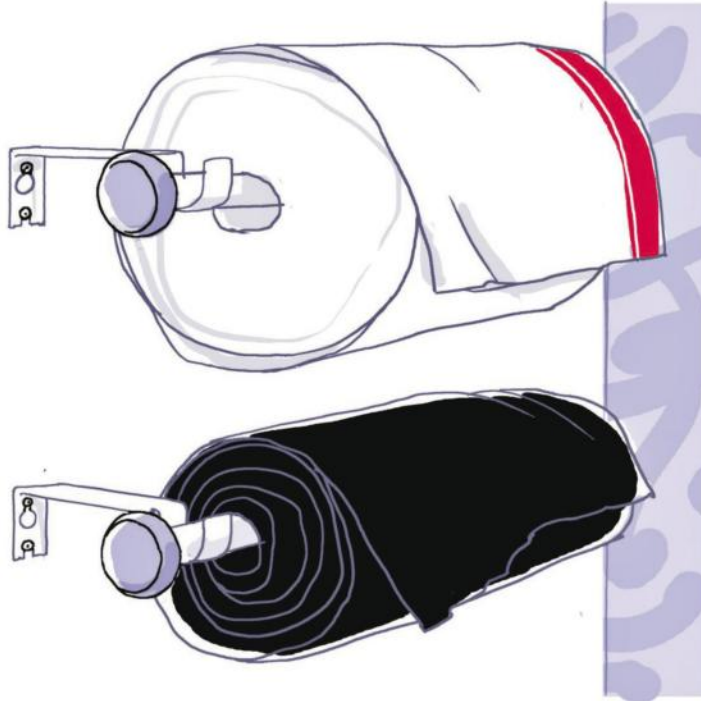
Photo: Jen Woodhouse of Jenwoodhouse.com.

Home: Organizing



Roll with It

Thank Samantha Pregoner of the blog **Simply Organized** for this genius hack. Instead of hanging on to bulky garbage bag boxes, place individual rolls on dowels and suspend them from curtain rod brackets mounted on the inside of a cabinet door. This smart set-up lets you get more mileage out of your under-sink cabinet. Plus, it's easier to grab bags.



Use two sets of brackets so you can store kitchen and oversize black trash bags separately.



Contain Yourself

Clear glass jars put dry ingredients on display and at the ready. Look for options with airtight lids to keep pasta, flour, sugar and other staples fresh. Top-shelf fancy dishes and serving pieces, and place everyday essentials on easy-to-reach lower shelves. Instead of leaving small appliances on your counters, stash a few you use regularly but not daily, like a slow cooker, in the pantry if you have the space.



Spin Cycle

Don't let desk clutter slow down your productivity. A spice carousel is a genius solution for office supplies. The bottles are the perfect size for paper clips, thumbtacks, pushpins and other odds and ends. Set one in a spot where it can spin freely so you can find items quickly.



The portability of a spice carousel comes in especially handy when you're tackling jobs in multiple rooms.





Steer clear of stashing non-food items in your pantry. Exceptions: trash cans and recycling bins.

Sorting Tactics

Streamline your stuff with six handy items.



Paper Source Silver Foil on Paper Bag Grid Calendar,
papersource.com, \$25



Bigso Stockholm Magazine File in Hexagold,
containerstore.com,
\$10



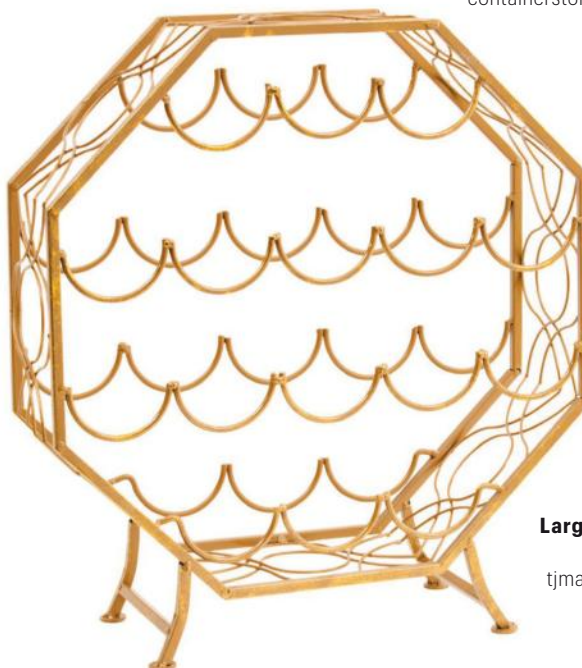
Ball Wide Mouth 24 oz. Glass Mason Jars with Lids and Bands,
freshpreserving.com,
\$13.50/set of 9



Double Stainless Steel Turntable,
containerstore.com, \$25



Kamenstein Stainless Steel 20-Jar Filled Revolving Spice Rack Tower,
bedbathandbeyond.com, \$45



Large Wine Rack in Gold,
tjmaxx.com, \$40



A taste of home for your dog.

The meals you love, made just for them. **cesar® home delights™** brand.

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Hoping can't keep your kids from using drugs.
But you can. And we can help.

We partner with parents and families to help keep teens from using drugs and alcohol.

We provide families with free, science-based resources to help them deal with teen substance abuse, information about the ever-changing drug landscape, programs that help parents engage with their teens, guidance for counseling or treatment if they are in trouble, and support from families that have already faced this problem.

We're here to help. Let's work together.

Call our toll-free helpline, 1-855-DRUGFREE. Or visit us at drugfree.org.



Dream Weaver

BY DANIELLE BLUNDELL



Casually hang photos or magazine tears with **colorful washi tape**.

Plants, like the **bougainvillea** Heather clipped from her garden, breathe life into a space and help purify the air.

Make a pin board on the cheap by covering a piece of **Homasote** from The Home Depot with linen.

Tour the rest of Heather's studio and see her office decor picks at familycircle.com/heathertaylorhome.

It's hard to believe this light, airy L.A. workspace was once a garage full of boxes. But when **Heather Taylor** launched her eponymous line of textiles in 2013 and soon after learned she was pregnant, it seemed like the perfect time to convert the storage area into a combo home office/showroom for her

company. She and her husband, Alex, hired a contractor to do the heavy lifting. Then the couple finished the room with pretty but practical furnishings. "I wanted white walls so my linens would pop," says Heather, whose designs feature Mexican weaving techniques. Creating a new collection starts

with inspiration overload, so Heather hung a moodboard for tacking up ideas and had shelving built for magazines, books and product samples. Her oversize desk, a gift from Alex, is the true workhorse of the space. "I like that it's big enough to lay out things and really get down to business," she says.

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Easy Smoked Sausage Skillet

Serving Size: 4-6

Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.

Food

Easy Entertaining

Weeknight Cooking

Test-Kitchen Secrets

Eating Well

**Black-Eyed
Pea Hummus**

**Curried
Popcorn
and
Cashews**

Ring It In

BY MELISSA KNIFIC

*Easy apps paired with
perfect drinks mean
less fuss and more fun.*

**Korean
Meatballs**

PHOTOGRAPHY BY
JONNY VALIANT

Think beyond the crackers. Spread this dip on hand-torn pieces of French bread or, for a healthier option, radicchio leaves.

Lemony Baked Ricotta

Cheese Balls:
Manchego and Marcona Almond, Kalamata Olive and Dill, and Bacon-Cheddar

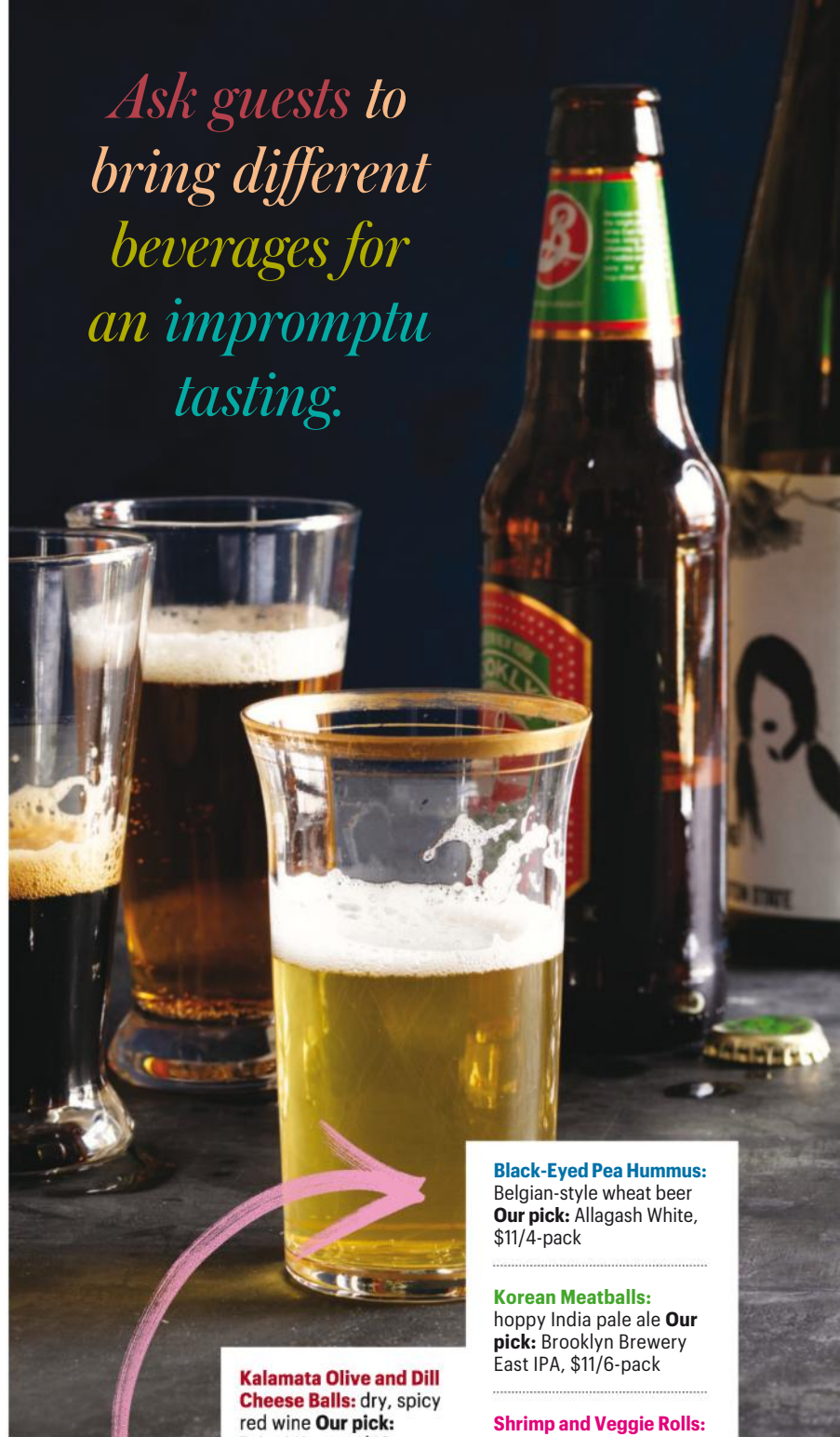
These can be made up to two days ahead, but save the finishing touches (bacon, dill, pretzels) for just before serving.



*Asian food and hard
cider are a great match,
but sauvignon blanc
is also a winner.*



Ask guests to bring different beverages for an impromptu tasting.



Perfect Pairing

Kalamata Olive and Dill Cheese Balls: dry, spicy red wine **Our pick:** Driopi Nemea, \$19

Manchego and Marcona Almond Cheese Balls: sangria or dessert wine **Our pick:** Beso del Sol White Sangria, \$20/3-liter box

Bacon-Cheddar Cheese Balls: dark stout or porter **Our pick:** Founders Brewing Co. Porter, \$10/6-pack

Black-Eyed Pea Hummus: Belgian-style wheat beer **Our pick:** Allagash White, \$11/4-pack

Korean Meatballs: hoppy India pale ale **Our pick:** Brooklyn Brewery East IPA, \$11/6-pack

Shrimp and Veggie Rolls: hard cider **Our pick:** Angry Orchard Knotty Pear, \$11/6-pack

Lemony Baked Ricotta: full-bodied, acidic red wine **Our pick:** Hess Select Treo Winemaker's Blend, \$19

Curried Popcorn and Cashews: dry riesling **Our pick:** Kung Fu Girl Riesling, \$12

Manchego and Marcona Almond Cheese Balls

Makes 36 cheese balls Prep 25 minutes Refrigerate 1 hour

- 8 oz cream cheese, at room temperature
- 1 cup shredded Manchego cheese
- 1 tbsp honey
- ½ tsp freshly cracked black pepper
- 1 cup finely chopped Marcona almonds
- 36 pretzel sticks
- Combine first 4 ingredients in a bowl with a spatula. Scoop out 36 generous teaspoonfuls and place on a parchment-lined baking sheet. Form into balls, then roll in almonds. Insert a pretzel stick in center of each ball. Refrigerate 1 hour before serving.

PER SERVING (3 CHEESE BALLS)
210 Cal • 19 g Fat (7 g Sat) • 7 g Pro • 5 g Carb • 3 g Sugars • 2 g Fiber • 150 mg Sodium

Bacon-Cheddar Cheese Balls

Makes 36 cheese balls Prep 25 minutes Refrigerate 1 hour

- 8 oz cream cheese, at room temperature
- 1 cup shredded sharp cheddar
- ¼ cup finely chopped chives
- ¾ tsp smoked paprika
- 8 oz smoked bacon, cooked until crispy, very finely chopped
- 36 pretzel sticks
- Combine first 4 ingredients in a bowl with a spatula. Scoop out 36 generous teaspoonfuls and place on a parchment-lined baking sheet. Form into balls, then dip bottom half of each in chopped bacon. Insert a pretzel stick in center of each ball. Refrigerate 1 hour before serving.

PER SERVING (3 CHEESE BALLS)
180 Cal • 17 g Fat (8 g Sat) • 6 g Pro • 1 g Carb • 7 g Sugars • 1 g Fiber • 250 mg Sodium

Kalamata Olive and Dill Cheese Balls

Makes 36 cheese balls Prep 25 minutes Refrigerate 1 hour

- 10 oz soft goat cheese, at room temperature
- ¼ cup crumbled feta
- ¼ cup finely chopped Kalamata olives
- 1 tsp lemon zest
- 36 pretzel sticks
- 2 tbsp finely chopped dill
- Combine first 4 ingredients in a bowl with a spatula. Scoop out 36 generous teaspoonfuls and place on a parchment-lined baking sheet. Form into balls, then insert a pretzel stick in center of each ball. Refrigerate 1 hour. Just before serving, sprinkle with dill.

PER SERVING (3 CHEESE BALLS)
110 Cal • 9 g Fat (6 g Sat) • 6 g Pro • 1 g Carb • 0 g Sugars • 0 g Fiber • 210 mg Sodium

Lemony Baked Ricotta

Makes 8 servings Prep 10 minutes Bake at 400° for 25 minutes Broil 3 minutes

- 1 lb whole-milk ricotta
- 1 egg
- 1 tbsp chopped fresh thyme
- 1 tbsp lemon juice plus 1 tsp zest
- ¾ tsp salt
- ¼ tsp black pepper
- Extra-virgin olive oil (optional)
- Crackers
- Heat oven to 400°. In a bowl, beat ricotta, egg, thyme, lemon juice, ½ tsp lemon zest, the salt and pepper until well mixed.
- Transfer to a 2-cup oven-safe dish. Bake 25 minutes, until set and starting to brown. Broil 2 to 3 minutes, until lightly browned. Scatter ½ tsp lemon zest on top and drizzle with olive oil, if desired. Serve with crackers.

PER SERVING 110 Cal • 8 g Fat (5 g Sat) • 7 g Pro • 2 g Carb • 0 g Sugars • 0 g Fiber • 270 mg Sodium



Curried Popcorn and Cashews

Makes 24 cups Prep 10 minutes Bake at 375° for 10 minutes Cook 2 minutes

- 8 tbsp unsalted butter
- ¼ cup sweet Indian curry powder
- 2 tsp sugar
- 1½ tsp salt
- ¼ tsp cayenne pepper
- 2 cups raw unsalted cashews
- 2 tbsp coconut or vegetable oil
- 1 cup popcorn kernels
- 1 cup golden raisins

- Heat oven to 375°. In a large skillet, melt 2 tbsp unsalted butter over medium. Stir in 2 tbsp curry powder, 1 tsp sugar, ½ tsp salt and ¼ tsp cayenne. Cook 1 minute, then stir in cashews. Transfer to a large rimmed baking sheet in a single layer and bake 8 to 10 minutes. (Set aside skillet to use later.) Let cool on baking sheet while preparing popcorn.
- In the same skillet, melt 6 tbsp unsalted butter over medium. Stir in 2 tbsp curry powder, 1 tsp sugar, 1 tsp salt and ¼ tsp cayenne. Cook 1 minute and remove from burner. Cover to keep warm.
- In a very large lidded pot, stir oil and popcorn kernels over medium. Cover with lid slightly off-center to release steam. Cook as per package directions until most of the kernels have popped.
- Pour butter into a large bowl, add popcorn and raisins and toss until coated. Stir in cashews until well mixed.

PER CUP 150 Cal • 9 g Fat (4 g Sat) • 3 g Pro • 14 g Carb • 6 g Sugars • 2 g Fiber • 150 mg Sodium

Black-Eyed Pea Hummus

Makes 12 servings Prep 15 minutes

- 2 cans (15.5 oz each) black-eyed peas, drained and rinsed
- 1 small clove garlic, roughly chopped
- ½ cup tahini paste
- ½ cup extra-virgin olive oil, plus more for drizzling
- ⅓ cup plus 1 tsp lemon juice
- ¾ tsp salt
- ¼ tsp cayenne pepper
- 2 vine tomatoes, diced
- 2 scallions, sliced
- 1 tbsp chopped fresh cilantro or parsley

- In a food processor, combine black-eyed peas, garlic, tahini, oil, ⅓ cup lemon juice, the salt and cayenne until very smooth, 3 to 5 minutes.
- In a small bowl, toss tomatoes, scallions, cilantro, 1 tsp lemon juice and a pinch of salt.
- Transfer hummus to a bowl and make a well in the middle; fill with salsa. Drizzle with more oil and serve with tortilla chips or sliced raw vegetables.

PER SERVING 190 Cal • 14 g Fat (2 g Sat) • 6 g Pro • 12 g Carb • 1 g Sugars • 3 g Fiber • 348 mg Sodium

In the South, eating black-eyed peas on New Year's is considered good luck. History has it that during the Civil War one Mississippi town was cut off from food supplies, so the residents resorted to eating the "field peas" generally reserved for cattle—otherwise they would have starved.

Korean Meatballs

Makes 48 meatballs Prep 30 minutes Cook 16 minutes, 30 seconds

- 1½ lbs ground beef
- 1 small shallot, minced
- 3 garlic cloves, finely minced
- 2 tbsp gochujang (Korean hot chile paste)
- 3 tsp grated ginger
- 2 tsp sesame oil
- ¼ tsp salt
- 2 tbsp vegetable oil
- 1 cup ketchup
- ¼ cup packed brown sugar
- 2 tbsp rice vinegar
- Toasted sesame seeds and scallions (optional)

- In a bowl, combine beef, shallot, 2 minced garlic cloves, 1 tbsp gochujang, 2 tsp ginger, 1 tsp sesame oil and the salt. Roll into forty-eight 1-inch meatballs.
- In a large skillet, heat 1 tbsp vegetable oil over medium-high. Add half the meatballs. Cook 2 minutes; turn and cook 1 minute, until browned (meatballs don't need to be cooked all the way through). Remove to a paper-towel-lined plate. Add 1 tbsp vegetable oil and repeat with remaining meatballs.
- Reduce heat under the same skillet to medium. Add 1 minced garlic clove and 1 tsp ginger; cook 30 seconds. Add ketchup, brown sugar, vinegar, 1 tbsp gochujang and 1 tsp sesame oil. Whisk until blended. Bring to a simmer, then reduce heat to medium-low and simmer 5 minutes.
- Return meatballs to skillet. Simmer in sauce for 5 minutes. Transfer to a serving bowl and, if using, scatter sesame seeds and scallions on top. Serve with toothpicks or cocktail forks.

PER SERVING (4 MEATBALLS) 150 Cal • 7 g Fat (3 g Sat) • 11 g Pro • 12 g Carb • 11 g Sugars • 0 g Fiber • 490 mg Sodium

Shrimp and Veggie Rolls

Makes 16 rolls (32 halves) Prep 30 minutes

- 1 cup coconut milk
- 2 tbsp creamy peanut butter (such as Jif)
- 2 tbsp packed light brown sugar
- 2 tbsp soy sauce
- 2 tsp Thai red curry paste
- 1 tsp fresh lime juice, plus wedges for squeezing
- 16 8- or 9-inch rice paper wrappers
- 1 lb cooked and peeled medium shrimp (about 24), sliced in half lengthwise
- ½ English cucumber, thinly sliced and cut into half-moons
- 1 cup shredded carrot
- 1 cup shredded red cabbage
- ½ cup cilantro leaves
- ½ cup mint leaves

- In a bowl, whisk coconut milk, peanut butter, brown sugar, soy sauce, curry paste and 1 tsp lime juice until smooth. Set aside.
- Fill a shallow bowl or pie plate with warm water. Dunk a rice paper wrapper in water, flip, then remove and drain on a paper towel. Place on a cutting board and arrange 3 pieces of shrimp, a bit of the cucumber, carrot and cabbage, and a few cilantro and mint leaves on bottom third of wrapper, leaving a 1-inch border. Squeeze some fresh lime juice on top. Fold bottom of wrapper over filling, then fold in ends and roll tightly. Repeat with remaining wrappers and filling. Slice in half on the bias and serve with coconut-peanut sauce.

PER SERVING (2 ROLLS) 240 Cal • 9 g Fat (6 g Sat) • 18 g Pro • 23 g Carb • 6 g Sugars • 1 g Fiber • 910 mg Sodium

Healthy Family Dinners

10 easy recipes for crazy-busy nights



1 Steak Fajita Bowls

Makes 4 servings
Prep 10 minutes Cook 40 minutes

Bring 1½ cups **water** to a boil. Add ¾ cup **brown rice** and ¼ tsp **salt**. Cover and reduce heat to low; cook 40 minutes. Drain and rinse 1 can (15.5 oz) **low-sodium black beans** and stir into rice. Keep warm. Meanwhile, rub 1½ lbs **sirloin steak** with 1 tsp each **black pepper**, **ancho chile powder** and **ground cumin** and ½ tsp **salt**. Heat 1 tbsp **vegetable oil** in a large cast-iron skillet over medium-high. Add steak to pan and cook 10 to 12 minutes, turning once. Transfer

to a cutting board and loosely cover with foil. Reduce heat under pan to medium. Add 1 tbsp **vegetable oil** and stir in 2 thinly sliced medium **poblano** or **green bell peppers** and 1 thinly sliced medium **red onion**. Cook 5 minutes, stirring occasionally. Slice steak into thin strips across the grain. Toss with vegetables in pan. Divide rice and beans among 4 bowls. Divide steak mixture among bowls. Top each with 1 tbsp crumbled **queso blanco** or **Cotija cheese**. Serve with lime wedges and tomatillo salsa, if desired.

PER SERVING 470 Cal • 15 g Fat (5 g Sat) • 39 g Pro • 51 g Carb • 3 g Sugars • 11 g Fiber • 770 mg Sodium



2 Cornmeal-Crusted Flounder with Blistered Green Beans

Makes 4 servings
Prep 30 minutes Cook 16 minutes

Place 1 large **egg white** in a shallow dish and whisk lightly. In another shallow dish, combine ½ cup **cornmeal**, 2 tbsp **all-purpose flour**, ½ tsp **salt**, ¼ tsp **black pepper** and ¼ tsp **cayenne**. Dip four 4 oz **flounder fillets** in egg white to coat. Coat flounder completely with cornmeal mixture and place on a plate. Peel 2 lbs **sweet potatoes** and cut into chunks. Place in a large pot and add salted water to cover. Bring to a boil; cook 12 minutes. Meanwhile, heat 2 tbsp **unsalted butter** in a large stainless skillet over medium-high. Add 2 flounder

fillets and cook 2 minutes per side. Remove to a plate and repeat with 2 tbsp **butter** and remaining flounder. Melt 1 tbsp **unsalted butter** in same skillet and add ¾ lb trimmed **green beans**. Cook 2 minutes without stirring. Continue to cook 6 minutes, stirring occasionally. Drain and mash sweet potatoes with ¼ cup **milk**, 1 tbsp **sugar** and ½ tsp **salt**. Serve flounder with sweet potatoes and green beans.

PER SERVING 460 Cal • 17 g Fat (10 g Sat) • 19 g Pro • 58 g Carb • 15 g Sugars • 6 g Fiber • 790 mg Sodium

Quick-Change Options

Try seasoned Italian breadcrumbs or super-crunchy panko in place of cornmeal.

refresh your memory

*Learn about
this preliminary
research on
pomegranate
polyphenol
antioxidants
and memory
and cognition.*

POLY-PHE-NOLS: If the word doesn't ring a bell, it soon will. Researchers are beginning to examine the potential impact of pomegranate polyphenol antioxidants on various areas, including memory and cognition. So polyphenols are definitely something you'll want to remember.

Polyphenols are an antioxidant known to help combat unstable molecules that can cause damage to your body over time—called *free radicals*.

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A preliminary 2013 study at UCLA conducted on a small group of older adults with age-related memory complaints may link pomegranate polyphenol antioxidants to increased verbal memory performance and increased functional brain activity in fMRI testing. The study involved drinking just 8oz of pomegranate juice daily for four weeks.

These are early scientific findings on cognitive health and the impact of pomegranate juice on the human brain has not yet been adequately studied. Clinical research is needed to help establish causation and further studies on larger populations are needed to confirm the long-term effect of pomegranate juice on memory and cognition.

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ANTIOXIDANT Potency Index



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3 Penne with Chicken and Squash

Makes 6 servings
Prep 15 minutes Cook 15 minutes

Bring a large pot of salted water to a boil. Add 1½ lbs cubed **butternut squash**; cook 5 minutes. Add ¾ lb **penne** and cook 5 more minutes; drain. Meanwhile, heat 1 cup **chicken broth** and ¼ cup **heavy cream** in a large lidded skillet over medium-low. Season 1 lb boneless, skinless **chicken breasts** with ¼ tsp **salt**. Add to skillet; cover and poach 10 minutes, turning once. Remove chicken and pour broth-cream mixture into a bowl. Melt 2 tbsp **unsalted butter** in skillet over medium. Add 3 cloves sliced **garlic**; cook 1 minute. Whisk in 2 tbsp **all-purpose flour**; cook 1 minute. Whisk in broth mixture, ¼ tsp each **salt** and **black pepper** and ½ tsp **nutmeg**. Simmer 3 minutes. Remove from heat and add ½ cup **heavy cream** and ¼ cup **grated Parmesan**. Slice chicken. Toss **penne** and squash with sauce, chicken, ½ cup chopped **fresh basil** and ½ tsp **salt**. Top with ¼ cup **grated Parmesan**.

PER SERVING 529 Cal • 20 g Fat (11 g Sat) • 29 g Pro • 58 g Carb • 5 g Sugars • 4 g Fiber • 695 mg Sodium

4 Chicken Burgers with Roasted Broccoli

Makes 4 servings
Prep 15 minutes Cook 10 minutes
Roast at 425° for 25 minutes

Toss 1 lb **broccoli florets** with 1 tbsp **olive oil** and ¼ tsp each **salt** and **black pepper**. Spread onto a baking sheet and roast at 425° for 20 to 25 minutes, turning once. Meanwhile, in a large bowl, combine 1 lb **ground chicken**, 6 oz (about 7 medium) grated **white mushrooms**, 2 tbsp **plain dry bread crumbs**, 1 tsp chopped **fresh thyme** and ¼ tsp each **salt** and **black pepper**. Form mixture into four 5-inch patties (about 5 oz each). Heat a large nonstick skillet over medium-high. Add burger patties and cook 4 to 5 minutes. Flip over; add 1 thin slice (¾ oz) **cheddar** to each burger. Cook 4 to 5 more minutes, until temperature reaches 160°. Put ¼ cup shredded **lettuce** on each of 4 **burger buns**. Add a cheddar-topped burger patty. Serve with roasted broccoli.

PER SERVING 475 Cal • 24 g Fat (9 g Sat) • 34 g Pro • 34 g Carb • 6 g Sugars • 4 g Fiber • 780 mg Sodium

5 Shrimp Paella

Makes 6 servings
Prep 10 minutes Cook 49 minutes

In a heavy 3-quart lidded sauté pan, cook 4 slices diced **turkey bacon** in 1 tbsp **vegetable oil** over medium-high until crisp, about 4 minutes. Remove with a slotted spoon and place in a small paper-towel-lined bowl; set aside. Add 1 tbsp **canola oil**, 1 chopped medium **red onion** and 1 each chopped **sweet red** and **green bell pepper**; cook over medium for 5 minutes. Stir in 1 tbsp minced **garlic**, 1 tsp **saffron threads** and ½ tsp **black pepper**. Cook 1 minute. Add 2 cups **brown basmati rice** and cook, stirring, 1 minute. Stir in 4 cups **seafood stock** and bring to a boil. Reduce heat and simmer, covered, 35 minutes. Stir in 1½ lbs peeled, cleaned **shrimp** and 1 cup thawed **frozen peas**; re-cover and cook 3 minutes, until shrimp are opaque. Stir in **bacon** and ¼ tsp **salt**. Sprinkle with chopped **fresh parsley**.

PER SERVING 431 Cal • 10 g Fat • (2 g Sat) • 34 g Pro • 53 g Carb • 4 g Sugars • 5 g Fiber • 772 mg Sodium



To make lean burgers more flavorful and juicy, add some grated mushrooms or zucchini.

Look for saffron threads—harvested from a type of crocus flower—in the spice aisle. A little pricey, yes, but saffron is what gives paella its unique flavor and color.

6**Skewered Moroccan Salmon with Couscous**

Makes 6 servings Prep 15 minutes
Cook 7 minutes Broil 8 minutes

Cut 1½ lbs skinless **salmon fillets** into 1-inch chunks. In a small bowl, stir 2 tsp each **curry powder**, **ground ginger** and **ground cinnamon**, 1 tsp **salt** and ½ tsp **black pepper**. Toss 1 tbsp spice mixture with salmon, thread onto 4 wooden or metal skewers and set on broiler pan. Bring a medium pot of lightly salted water to a boil. Chop ½ cup each **dried apricots** and **dried figs**. Add 1½ cups **pearl couscous** to pot and cook 5 minutes. Add dried fruit and cook 2 minutes. Drain couscous and combine in a serving bowl with 1 can (15.5 oz) drained and rinsed **chickpeas**. Toss with 1 tbsp **olive oil**, ½ cup **toasted slivered almonds**, ¼ tsp **salt** and remaining spice mixture. Broil salmon skewers 4 inches from heat for 8 minutes, turning frequently. Serve over couscous with sautéed kale or another green vegetable, if desired.

PER SERVING 534 Cal • 17 g Fat • (2 g Sat) • 37 g Pro • 59 g Carb • 12 g Sugars • 10 g Fiber • 749 mg Sodium



For nuttier flavor, toast dry couscous in a skillet before cooking.

**7****Sizzling Pineapple Beef**

Makes 6 servings
Prep 20 minutes Cook 10 minutes

Whisk 1 cup **water**, ½ cup **reduced-sodium soy sauce**, ¼ cup packed **brown sugar** and 2 tbsp each **cornstarch** and **rice vinegar**. Set aside. Bring a large pot of salted water to a boil. Add ¾ lb **rice noodles** and cook 4 to 6 minutes. Drain and rinse well. Meanwhile, heat 2 tbsp **vegetable oil** in a large stainless skillet over high. Add 1 lb diced **skirt steak** (in ¾-inch pieces) and cook 3 minutes. Remove to a plate with a slotted

spoon. Add 4 cloves sliced **garlic** and cook 1 minute. Stir in 1¼ lbs (3 small heads) chopped **baby bok choy** and 2 cups diced **fresh pineapple**. Stir-fry 4 minutes, until bok choy leaves are wilted. Add reserved sauce to skillet and cook 2 minutes, until thickened. Stir in beef and cooked noodles. Toss to combine and coat with sauce. Sprinkle with 3 chopped **scallions** and ½ cup chopped **roasted salted cashews**. Serve with **sriracha** or **chili sauce** on the side.

PER SERVING 536 Cal • 16 g Fat • (4 g Sat) • 22 g Pro • 77 g Carb • 18 g Sugars • 3 g Fiber • 772 mg Sodium

Fresh, tangy pineapple—a natural tenderizer—balances the richness of the skirt steak. Cubes of mango add similar brightness.

8

Pork Tenderloin with Herbed Farro

Makes 6 servings
Prep 10 minutes Roast at 425° for 40 minutes Cook 25 minutes

Place 1½ lbs scrubbed thin **carrots** on a rimmed baking sheet with ¼ cup **water**. Cover tightly with foil; roast at 425° for 20 minutes. Uncover, drizzle with 2 tbsp **extra-virgin olive oil** and sprinkle with ¼ tsp each **salt** and **pepper**. Roast 20 minutes. While carrots roast, bring 3 cups **water** to a boil. Add 1½ cups **quick-cooking farro** (such as Nature's Earthly Choice) and ½ tsp **salt**. Reduce heat, cover and simmer 25 minutes. Meanwhile, slice 1½ lbs **pork tenderloin** on the bias into ½-inch-thick slices. Season with ½ tsp each **salt**, **cumin** and **black pepper**. Heat 1 tbsp **olive oil** in a large stainless skillet over medium-high. Add half the pork and cook 5 minutes, turning once. Repeat with remaining pork (adding 1 more **tbsp oil**). Stir ½ cup **water** into pan, scraping up any browned bits. Drain farro if water remains in pot. In a bowl, toss farro with 2 tbsp **extra-virgin olive oil**, ½ cup chopped **fresh herbs** (such as parsley or basil), 3 sliced **scallions**, 2 tbsp **white wine vinegar** and ½ tsp each **salt** and **black pepper**. Serve pork with carrots and farro.

PER SERVING 462 Cal • 17 g Fat (3 g Sat) • 35 g Pro • 43 g Carb • 5 g Sugars • 7 g Fiber • 783 mg Sodium



9

Eggplant Parm Stacks

Makes 6 servings Prep 25 minutes
Cook 9 minutes Microwave 3 minutes
Bake at 400° for 20 minutes

Place ¾ cup **all-purpose flour** in a shallow dish. Place 5 lightly beaten **egg whites** in a second dish and 1½ cups **seasoned bread crumbs** in a third dish. Peel 2 large **eggplants** (2¼ lbs total). Cut each eggplant into 9 slices. Dip in flour, egg whites and breadcrumbs to coat, then place on a sheet of wax paper. Heat 2 tbsp **olive oil** in a large nonstick skillet over medium-high. Place 6 slices in skillet and cook 1½ minutes. Carefully flip and cook 1½ minutes more. Repeat twice, using 2 **tbsp olive oil** each

time. Place 1 can (28 oz) **Red Pack crushed tomatoes with basil, onion and garlic** in a glass bowl. Stir in 3 **tbsp balsamic vinegar**. Microwave 3 minutes to heat. To assemble stacks, line a large rimmed baking sheet with foil and fit a rack into baking sheet. Place 6 large eggplant slices on rack. Spoon 1 cup tomato mixture over slices. Top with 6 more eggplant slices and 1 cup tomato mixture. Top with 9 thin slices **provolone** (1½ per stack). Finish with 6 eggplant slices, 1 cup tomato mixture and 6 **tbsp grated Parmesan** (1 **tbsp** per stack). Secure with toothpicks. Bake at 400° for 20 minutes.

PER SERVING 450 Cal • 24 g Fat (8 g Sat) • 19 g Pro • 39 g Carb • 11 g Sugars • 7 g Fiber • 812 mg Sodium



Winter eggplant can be bitter. If you have time, sprinkle slices with salt and drain for an hour. Rinse and pat dry before cooking.





Simple syrup? Simple. Combine 1 cup each water and sugar in a small saucepan. Bring to a boil and stir until sugar dissolves. Let cool.

Grapefruit Upside-Down Cake

Heat oven to 350°. In a 9-inch cake pan, melt ¼ cup **unsalted butter** in oven; sprinkle ¼ cup **brown sugar** evenly over butter. Peel and thinly slice 2 **pink grapefruit**; fan over bottom of pan. Combine 1½ cups **Bisquick**, ½ cup **sugar**, ½ cup **milk**, ¼ cup **mascarpone cheese**, 1 **egg**, 2 **tbps vegetable oil** and 1 **tsps vanilla extract**. Beat on low to combine, then on medium for 4 minutes, occasionally scraping down sides of bowl. Pour over grapefruit. Bake 40 minutes or until toothpick inserted in center comes out clean. Turn out onto a serving plate. Leave pan in place a few minutes so that sugar mixture drizzles over cake. Remove pan and cool 15 minutes. **Serves 8.**

PER SERVING 335 Cal • 20 g Fat (9 g Sat) • 4 g Pro • 39 g Carb • 22 g Sugars • 4 g Fiber • 302 mg Sodium

Grapefruit Margarita Granita

Peel and section 3 **red grapefruit**. Add to a food processor along with 2 cups **grapefruit juice**, ½ cup **tequila**, zest and juice of 1 **lime** and 1 cup **simple syrup** (see tip at top right). Process until smooth. Pour into a freezer-safe shallow dish and freeze 6 hours, stirring from the center outward

every hour. Place in food processor and pulse 5 seconds. Serve with a sprig of **fresh mint**. **Serves 8.**

PER SERVING 98 Cal • 0 g Fat • 1 g Pro • 21 g Carb • 17 g Sugars • 5 g Fiber • 0 mg Sodium

Grapefruit-Thyme Marmalade

Thinly slice rind from 1 large **pink grapefruit**; cut crosswise into smaller pieces. Place in a medium saucepan with 1 cup water and a pinch of **baking soda**; simmer 15 minutes. Section 2 large **pink grapefruit**, coarsely chop sections and add to saucepan. Simmer 10 minutes. Add ½ pkg **powdered pectin** (such as Sure-Jell, from a 1.75 oz pkg) and bring to a boil. Add ¾ cups **sugar** and bring to a boil; boil 1 minute. Remove from heat and stir in 2 **tsps fresh thyme**. Cool slightly and pour into four 1-cup lidded jars. When cool, secure lids; refrigerate overnight to set. Can be refrigerated for up to 2 weeks. **Makes 4 cups.**

PER TBSP 29 Cal • 0 g Fat • 0 g Pro • 9 g Carb • 8 g Sugars • 0 g Fiber • 3 mg Sodium

Grapefruit Mousse

Peel and section 3 **red** and 3 **white grapefruit**. Place on a rimmed baking sheet and sprinkle with ¼ cup **turbinado sugar**. Broil 5 minutes, until slightly caramelized. Cool. Meanwhile, whip 1 cup cold **heavy cream**, 1 **tblsp sugar** and ¼ **tsps lime extract** to medium-soft peaks. Gently fold in grapefruit, saving a few sections for garnish. Top with strips of **lime zest**. **Serves 6.**

PER SERVING 300 Cal • 15 g Fat (9 g Sat) • 3 g Pro • 44 g Carb • 32 g Sugars • 12 g Fiber • 15 mg Sodium

Four Ways with Grapefruit

BY MICHAEL TYRRELL

To give this cake a gorgeous caramelized glaze, spread brown sugar to evenly cover the bottom of the pan.



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HEART HEALTHY

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

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Veg Out

BY MICHAEL TYRRELL

*No one will wonder “Where’s the beef?”
with these boldly flavored vegetarian
slow cooker suppers.*

3-Bean Sloppy Joes

Makes 12 servings Prep 15 minutes
Slow Cook on LOW for 6 hours

Coat slow cooker with **nonstick cooking spray**. Add $\frac{1}{2}$ each chopped **green bell pepper** and **onion**, 3 cloves chopped **garlic**, 1 can (15.5 oz) each drained **red kidney beans**, **pink beans** and small **white beans**, 1 can (15 oz) **no-salt-added tomato sauce**, $\frac{1}{2}$ cup **ketchup**, 2 tbsp each **cider vinegar**, **chili powder** and **brown sugar**, 1 tsp ground **cumin** and $\frac{1}{4}$ tsp **salt**. Cover and cook on LOW for 6 hours. Stir in $\frac{1}{2}$ cup sliced **scallions** and 1 tsp **hot sauce**. On each of 12 **potato rolls**, spoon about $\frac{1}{2}$ cup bean mixture, sprinkle with 1 tbsp **shredded cheddar** and top with a few **bread-and-butter pickle slices**. Serve with potato chips, if desired.

PER SERVING 373 Cal • 5 g Fat (2 g Sat) •
17 g Pro • 66 g Carb • 12 g Sugars • 10 g Fiber •
754 mg Sodium



*Intensify flavor by adding
1 tsp chipotle chili powder
or smoked paprika.*

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Carrot juice lends a subtle sweetness that tones down the heat of curry paste.



Red Lentil Thai Curry

Makes 8 servings Prep 15 minutes
Slow Cook on HIGH for 3 hours

Coat a slow cooker with **nonstick cooking spray**. Add 2 cups **red lentils**, 2 cups **diced onions**, 3 tbsp **green curry paste** (such as Thai Kitchen), 6 cloves **chopped garlic**, 2 tbsp each **soy sauce** and **chopped ginger**, 2 tsp **sugar** and $\frac{1}{2}$ tsp **cayenne**. Stir in 2 cups **water**, $\frac{1}{2}$ cups **carrot juice** and 1 cup halved **yellow cherry tomatoes**. Cover and cook on HIGH for 3 hours. Stir in 1 cup **coconut milk** and $\frac{1}{4}$ cup **chopped cilantro**. Serve with 4 cups **cooked jasmine rice**, **lime wedges** and, if desired, **Thai Salad** (recipe below).

PER SERVING 372 Cal • 6 g Fat (5 g Sat) •
16 g Pro • 62 g Carb • 7 g Sugars • 4 g Fiber •
466 mg Sodium



On the Side...

Thai Salad with Ginger Dressing

In a small lidded jar, combine 5 tbsp **vegetable oil**, 2 tbsp each **soy sauce** and **rice vinegar**, 1 tbsp each finely **grated ginger** and **water**, and 1 tsp each **chopped garlic** and **sugar**. Secure lid and shake well. Toss 6 cups shredded **iceberg lettuce**, 1 thinly sliced **English cucumber**, 1 cup **grated carrots** and 2 sliced **scallions** with dressing. Top with crunchy Asian rice noodles, if desired.

PER SERVING 100 Cal • 9 g Fat (1 g Sat) •
1 g Pro • 5 g Carb • 3 g Sugars • 2 g Fiber •
306 mg Sodium



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Food: Slow Cooker

Vegetarian Lasagna Alfredo

Makes 8 servings
Prep 30 minutes Slow Cook on LOW for 4 hours Cool 30 minutes

Fit slow cooker bowl with a liner and coat lightly with **nonstick cooking spray**. Combine 1 container (15 oz) **ricotta cheese**, 1 egg, 1 cup **shredded mozzarella** and ¼ cup **grated Parmesan**. Microwave 1 pkg (12 oz) **veggie crumbles** (such as Morning Star Farms) and 1 lb **frozen kale** following pkg directions. Combine crumbles, kale and 1 jar (14.5 oz) **Alfredo sauce**. Break 3 traditional **lasagna noodles** into thirds and spread over bottom of slow cooker. Spread half of crumble mixture evenly over noodles and top with 3 more broken noodles. Spread with ricotta mixture and top with 3 more broken noodles. Layer with remaining crumble mixture and 3 more broken noodles. Sprinkle 2 cups **shredded mozzarella** and 3 tbsp **grated Parmesan** over top. Cover and cook on LOW for 4 hours. Remove bowl from slow cooker and cool 30 minutes. Use liner bag to lift out lasagna. Remove slow cooker liner and cut lasagna into pieces.

PER SERVING 499 Cal • 26 g Fat (14 g Sat) • 37 g Pro • 33 g Carb • 3 g Sugars • 4 g Fiber • 953 mg Sodium



Slow cooking transforms pantry staples into a rich main-dish soup.

Cream of Tomato Tortellini Soup

Makes 8 servings Prep 15 minutes
Slow Cook on HIGH for 3 hours or LOW for 5 hours, plus 15 minutes

Coat slow cooker with **nonstick cooking spray**. Add 1½ cups each diced **carrot** and **onion**, 4 cloves chopped **garlic**, 2 tbsp **olive oil**, 4 cups **reduced-sodium vegetable broth**, 2 cans (28 oz each) **San Marzano plum tomatoes**, 1 cup **water**, ½ cup **chopped basil**, 1 tsp **sugar**, ½ tsp **salt** and ¼ tsp **black pepper**. Cover and cook on HIGH for 3 hours or LOW for 5 hours. Puree mixture and return to slow cooker; add 2 pkg (9 oz each) **fresh cheese tortellini** and cook 15 minutes. Add ½ cup **heavy cream** and 1 bag (6 oz) **baby spinach**. Stir until spinach wilts. Sprinkle with **shaved Parmesan** and additional **basil**.

PER SERVING 338 Cal • 12 g Fat (7 g Sat) • 12 g Pro • 48 g Carb • 12 g Sugars • 7 g Fiber • 571 mg Sodium

Black Bean and Quinoa Enchilada Casserole

Makes 8 servings
Prep 15 minutes Slow Cook on HIGH for 4 hours or LOW for 6 hours

Coat slow cooker with **nonstick cooking spray**. Add 1 can (15.5 oz) drained **black beans**, 2 cups thawed frozen **corn kernels**, 2 cans (10 oz) **Ro*tel diced tomatoes and green chilies**, 1 can (15 oz) **mild enchilada sauce**, ¼ cups uncooked **quinoa**, 1 cup **water**, ½ tsp **salt** and ¼ tsp **black pepper**. Stir in 4 oz **cream cheese with chive and onion**. Top with 1 more can (15 oz) **enchilada sauce** and 1½ cups **shredded Tex-Mex cheese blend**. Cover and cook on HIGH for 4 hours or LOW for 6 hours. Top with chopped **cilantro**, diced **avocado**, diced **red onion** and dollops of **sour cream**, if desired.

PER SERVING 364 Cal • 15 g Fat (7 g Sat) • 16 g Pro • 41 g Carb • 5 g Sugars • 6 g Fiber • 1,112 mg Sodium



Adding quinoa is a quick way to pump up the protein and iron in any vegetarian recipe.

Braided Cinnamon Buns

BY JULIE MILTENBERGER



Makes 12 buns Prep 25 minutes
Knead 5 minutes Let Rise 2 hours
Bake at 350° for 20 minutes

- 1 cup buttermilk
- 12 tbsp (1½ sticks) unsalted butter, softened
- 1 pkg (.25 oz) active dry yeast
- 3 tbsp warm water (110° to 115°)
- 2 tsp plus ⅓ cup granulated sugar
- 1 large egg plus 1 egg yolk, white reserved
- 4 tsp ground cinnamon, plus more for sprinkling
- ½ tsp salt
- 4½ cups all-purpose flour
- ⅓ cup packed dark brown sugar
- Brown Sugar Glaze (optional)

- Combine buttermilk and 6 tbsp butter in a small saucepan. Heat over medium-low until butter melts. Cool to 110°.
- In a small bowl, sprinkle yeast over 2 tbsp warm water and 1 tsp granulated sugar. Let stand 5 minutes, until foamy.
- When buttermilk mixture reaches 110°, stir in yeast mixture. In a stand mixer, combine egg, egg yolk, ⅓ cup granulated sugar, 1 tsp cinnamon and the salt. Beat on medium speed until blended. Beat in yeast mixture, followed by flour. Turn dough out onto a floured surface and knead 5 minutes, adding more flour if dough is very sticky.
- Oil a large bowl and add dough, turning to coat with oil. Cover with plastic wrap and let rise until doubled, 2 hours.
- Heat oven to 350°. Punch down

dough and divide into thirds. In a medium bowl, mix 6 tbsp butter, ⅓ cup granulated sugar, 3 tsp cinnamon, 1 tbsp warm water and the brown sugar until smooth.

- Cut one piece of dough in half. With your hands, roll into a long rope. Lay on work surface and, with a rolling pin, roll out to an 18 x 4-inch rectangle. Spread with 2 tbsp filling and sprinkle with cinnamon. Cut in half crosswise to create two 9 x 4-inch pieces. Starting from a long side, roll up to enclose filling and pinch seam shut. With a sharp knife, cut through dough lengthwise, leaving one end attached (see steps, below). Twist dough over itself to resemble a braid, pinching end together. Roll dough on itself and tuck end under. Transfer to a parchment-lined baking sheet, spacing 2 inches apart. Repeat with remaining dough and filling.
- Brush buns with egg white and sprinkle with 1 tsp granulated sugar. Bake 18 to 20 minutes, until golden brown. Brush with Brown Sugar Glaze, if using.

Brown Sugar Glaze

Combine ⅓ cup each packed **dark brown sugar** and **granulated sugar** in a saucepan with 3 tbsp **water** and 1 tbsp **unsalted butter**. Heat over medium until glaze is smooth. Brush over buns.

PER BUN 412 Cal • 14 g Fat (9 g Sat) • 7 g Pro • 64 g Carb • 28 g Sugars • 2 g Fiber • 138 mg Sodium



When baking, measure flour by spooning into a dry measuring cup and leveling off the top.

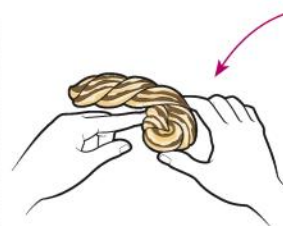
Do the Twist



1 Once you've rolled up dough to enclose filling, cut through with a sharp knife, leaving one end attached.



2 Twist dough over itself to resemble a braided rope. Tightly pinch end together so pieces don't separate while baking.



3 Starting at attached end, roll up braid onto itself, like the shell of a snail. Tuck end under center of roll and place on pan.

Wet your hands with a little water to make working with dough a lot easier.



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Sip, Sip, Hooray!

Toast to a happier 2017 with healthy(ish) cocktails courtesy of Carolyn Brown, RD, a nutritionist at Foodtrainers in New York City. —Juno DeMelo

Moscow Mule

Served in a copper mug, one of the trendiest drinks of 2016 is perfect for clinking at midnight. It's typically made with one part vodka to two parts ginger beer, but you can halve the sugar by using equal parts vodka, ginger beer and club soda. Finish with a squeeze of fresh lime juice.



Dirty Martini

This classic 2.3-ounce cocktail has 124 calories and three ingredients: gin or vodka, dry vermouth and olive brine, which packs a ton of savory flavor for zero calories. Plus, clear alcohol causes fewer hangovers than bourbon or whiskey.



Pomegranate Champagne

The 84 calories in a typical 4-ounce pour of Champagne are a bargain compared to up to 125 in a regular 5-ounce glass of white or red wine. Pour a tablespoon of antioxidant-rich pomegranate juice into a flute, then add sparkling wine, Prosecco or Cava. Drop in a few pomegranate seeds as a garnish.





Asthma Alert

With cold and flu season under way, the 25 million Americans who suffer from asthma may be breathing uneasy. Dry air can further irritate swollen airways and trigger asthma events. Even more troubling, many kids aren't using their metered-dose inhalers properly, which can lead to prolonged viruses or asthma exacerbations. For less wheezing this winter, Bruce J. Lanser, MD, a pediatrician and asthma specialist at National Jewish Health in Denver, offers these three tips. —Amy Capetta

Use the spacer.
This device helps get more medicine into the lungs. "Operating an inhaler without a spacer is like swallowing only one-third of a pill," he says.

Don't slouch.
In order to provide a clear path for medicine to reach the airways, be sure to keep the head—and the entire body—in an upright position.

Form a tight seal.
Be sure to firmly close the mouth around the inhaler. This will prevent air from escaping.



That's how many parents made at least one mistake when measuring doses of liquid medicine in a recent study. Know your child's dose in milliliters (mL), use a cup with only milliliter markings on a flat surface and check the amount at eye level. Or up your accuracy by using an oral syringe to portion meds into the cup. —JD



Worry & Weight

Even when you're making smart food choices, being overly anxious can sabotage weight loss efforts. And not in the way you think. New research finds that, for women, stress alters the body's response to high-fat meals—even "good" monounsaturated fats like avocados and nuts. The result: inflammation and metabolic changes that can lead to weight gain, says lead study author Janice Kiecolt-Glaser, PhD, a professor of psychiatry and psychology at The Ohio State University College of Medicine. Beat the stress-scale connection on tension-filled days by making an effort to eat low-fat foods (such as fruit, edamame and lean poultry and meats), and relieve stress with exercise, meditation and yoga. You'll gain peace of mind instead of unwanted pounds. —AC

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Manifest Your Destiny

BY JESSICA CASSITY

Journaling about your future can radically change the present.

● **Dreams really do come true**—if you write them down as if they've already happened. (Yes, you read that right.) The latest trend of “future journaling” encourages you to note how thankful you are to lose 10 pounds, for example, even if you haven't hit the gym in months. And trust us, you'll want to try it. “Expressing gratitude for things we desire takes away our fears and worries about never having them,” explains Jen Sincero, success coach and author of *You Are a Badass*. “It makes getting the job you want or meeting that special someone feel not only possible but probable.” Write your way to the future you hope for with these transformative tips.

STEP ONE

Pick a Power Time

Whether just before bed when the house is finally quiet, or while sitting in the car waiting for your kid after hockey practice, find a regular time to journal. “I write in the morning because that's when I'm more open, motivated and trusting that things can go my way,” says Caroline Hinchliff, a functional nutritionist in the Seattle area who started future journaling more than a year ago. Set aside at least 10 minutes so that you don't feel rushed.

STEP TWO

Incorporate Details—Lots of Them

“Get very specific about what it is you're trying to create to help yourself see it more clearly,” says Sincero. For example, if the goal is to grow your jewelry business, you might write with

thanks about the excitement of having your sales hit a certain number or seeing a stranger on the street wearing one of your necklaces.

STEP THREE

Look for Your Luck

Be aware of how your actions and encounters propel you in the direction of your goal. “I've been fortunate in that amazing professional opportunities have come my way, but I've also realized that every struggle is leading me toward what I want as well,” says Caroline. “A frustrating job means I know to avoid a similar role in the future. A minor health problem may be a wake-up call to avoid a major one.” Perceiving movement in

a positive direction can build momentum.

STEP FOUR

Make It a Habit

Write about the things you desire week after week, so you remain invested and focused. “It helps the little things—like arguments or annoying coworkers—stay little,” says Kristina Libby, CEO of The Social Works Company, who future journaled about being employed as a university professor three years before she actually got the job. “Because my outlook is so far ahead, I'm able to be more patient as I wait for the good ideas to come and the right opportunities to happen.”



Not sure what you desire? “Spend 15 minutes writing nonstop and without judgment about how a perfect day in your life would look,” says success coach Jen Sincero. You may discover a whole new future.



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Attention, Please

BY CHRISTINA VERCELLETTO

What every parent of a kid with ADHD needs to know



● It was 7 p.m. and my 11-year-old son, Charlie, was lying across two dining room chairs playing with the cat. “If you don’t start your homework right this second,” I warned him, “your Xbox is next.” I’d already taken away his skateboard and pitched his new Matchbox cars, still in their packages, into the trash. Yet the books remained untouched. I felt guilty about the cars, so I offered to fish them out if he would at least do his math. He didn’t flinch. I was near tears—and pretty sure I could strip his room bare and he would lie there, blowing newly exposed dust bunnies across the floor.

If your child, like mine, has been diagnosed with attention deficit hyperactivity disorder (ADHD), you can probably relate. Sometimes it feels overwhelmingly hard to keep our kids on the path to success. But experts agree that addressing the disorder from all angles—not just medically, but behaviorally and emotionally as well—yields the greatest improvement. Try the following advice for a 360-degree approach to setting your child up for his happiest life.

STEPS TO SCHOOL SUCCESS

The Challenge

Academic woes tend to be two-pronged: classroom behavior and homework. You’ve probably read your share of notes from the teacher describing disorganization and daydreaming. Homework challenges can range from forgetting the assignment (or needed books) at school to endless procrastination.

The Advice

- **Refuse to excuse.** Don’t try to make things easier or rationalize low grades because he has ADHD. Remind your child, as well as those who might enable him, that the

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FEEL LESS HUNGRY BETWEEN MEALS.*



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diagnosis is not a free pass to lower standards. “At times, family members would try to justify Chase’s poor choices by claiming that his ADHD made it close to impossible for him to behave otherwise,” says Cheryl Lynn Foster-Gerton, of Thornton, CO, whose son is 13. “Chase began to mimic that thought pattern. We made it clear that having ADHD meant he might have to work a bit harder, but that we expected him to do so.”

• **Exercise a.m. options.**

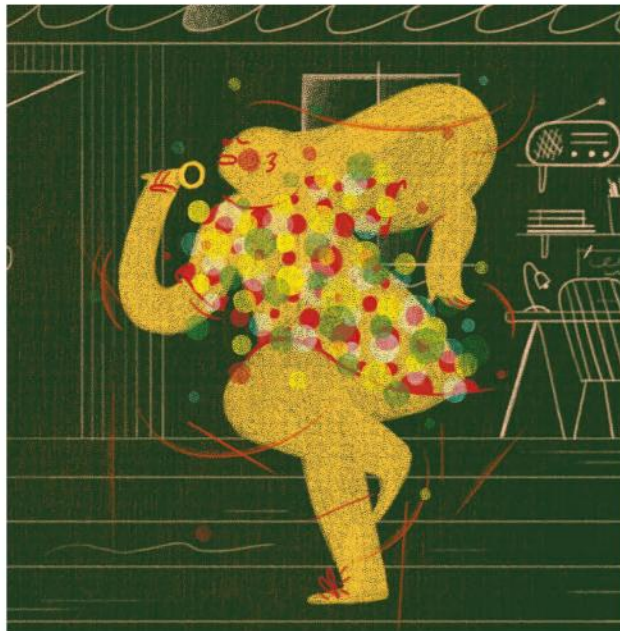
Early-elementary-school kids with ADHD who got some kind of workout before class showed reduced symptoms in one study. Experts believe physical activity could have the same impact on older kids. Depending on their ages, consider letting your child take the dog for a morning run, walk or bike to school or ride a skateboard to the bus stop and play around on it while waiting.

• **Switch things up.** Does your kid do better early in the school year, when the teacher and the classwork are still novelties?

Introducing fresh twists—like a new location or way to study—can keep kids on task, says Elaine Taylor-Klaus, cofounder of ImpactADHD.com, an online training, coaching and support resource for parents. Have your child read on the porch, or turn studying for a spelling test into a game by tossing a ball as you quiz her.

• **Play to your child’s interests.** Speak with the teacher about incorporating his favorite topics (as much as is practical, of course) into homework. For example, can he read a book on dirt biking or do a biography on LeBron James, even though those aren’t on the list?

• **Think outside the desk.** If being free to move helps your child pay attention, ask the teacher if she can listen to the lesson while standing by her chair or at the back of the



Tips from the Trenches

When we started waking Charlotte up to her favorite music, she jumped out of bed and practiced dance routines. She now comes down to breakfast singing.

It was a total turnaround to our mornings.

—Terri Johnson, Eden Prairie, MN

When he gets to that uncontrollable and intolerable point, speaking softly while making eye contact and pulling him in for a hug usually does the trick.

—Dawn Rossetti, Long Beach, NY

We do homework in 10- or 15-minute blocks throughout the afternoon and evening.

—Patti Barnes, Vancouver, BC

I hired a tutor specializing in kids with ADHD for 90 minutes twice a week. I save the long-term projects and studying for her. This has saved my life.

—Kristina Godfrey, Orange, CA

I focus on what it’s like for him. He doesn’t want to be like this. It’s simply how his brain is working.

Remember that and it’s easier not to get frustrated.

—Matthew Becker, Portsmouth, NH

A picture schedule on his bedroom door reminds him what he’s supposed to be doing and when. We direct him back to it when he’s off track. It also has pictures of what he can do after completing each task.

—Amanda Morin, Portland, ME

room, suggests Taylor-Klaus. Leave Post-it pads on her desk for jotting down questions so she doesn’t forget them or interrupt the speaker.

• **Encourage fidgeting.** Small sensory items can help a child focus and avoid touching or distracting others, says Taylor-Klaus, who also wrote *Parenting ADHD Now!* It could be sandpaper taped under the desk to run fingers over; a keychain attached to a belt loop or a rubber necklace. Find other options at Autismshop.com under “Sensory Items.”

SOCIAL VICTORIES

The Challenge

Making (and holding on to) friends may not be easy. By third grade, disruptive behavior irritates more than it amuses classmates. What used to elicit giggles—say, dropping erasers into the classroom fish tank—soon becomes isolating. Charlie’s MO was throwing pencils at classmates to get their attention. It worked, but not in the way he’d hoped.

The Advice

• **Sign on for a social-skills group.** Some YMCAs and public schools offer these meet-ups, as do private organizations. “Look for groups whose leaders are active, gentle and direct,” says Gayani DeSilva, MD, child psychiatrist and learning disorder specialist at St. Joseph Hospital in Orange, CA. Leaders should consult with every kid before sessions begin to get a sense of each child’s individual needs and establish rapport.

• **Allow online friends.** Kids with ADHD can struggle with interpreting nonverbal cues, like facial expressions. Online interaction levels that playing field. Plus, talking to buddies all over the world takes the sting out of having few friends at school. You’ll need to use commonsense caution, of

course. Start by seeking out groups that draw kids with similar interests, like book review clubs. Roblox, the top gaming site for kids and teens, lets users win prizes and gain “assets” while interacting.

• **Promote extracurriculars.**

Many children with ADHD shine in settings where they can be physically active or creative. A kid who feels isolated in school may easily make a good pal in karate class or chess club. Groups that emphasize acceptance (like church youth circles) and trying new things (like scouts) are a perfect fit, says DeSilva.

• **Plan one-on-one**

hangouts. Usually, more isn't merrier; it's all too easy for kids with ADHD to be odd man out. “They're often saddened by a perceived rejection, especially since they did nothing wrong to deserve it,” says DeSilva.

• **Forget about age.** Don't discourage friendships with kids a year or two younger.

“The younger the child, the more the energy and impulsiveness of a kid with ADHD is fun rather than annoying,” says DeSilva. Charlie built confidence and social skills by hanging with younger kids. Years ago, I worried it might not be good for him. But now I'm thrilled. He's 16 and his best bud is 14.

HARMONY AT HOME

The Challenge

You're having constant battles to get chores done, stick to a household routine or make it out the door on time. This can be extra frustrating during the school week: Kids, having held it together as best they can during the day, let loose when they return, so it's enough of a feat to get homework done, never mind anything else.

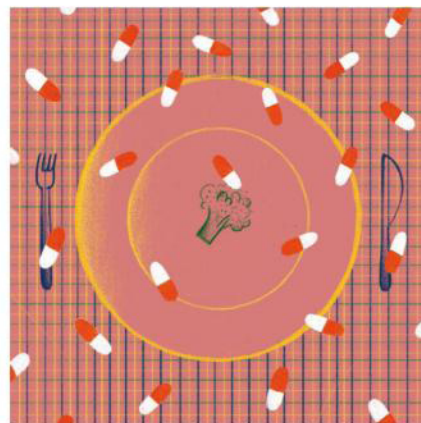
The Advice

• **Break it down.** Beat long-term procrastination by setting frequent, small deadlines and

The Medication Question

Deciding whether to put your child on ADHD meds is rarely easy. Yet experts agree that often the most effective treatment is a combination of medicine and occupational therapy to improve organizational and execution skills. “Many children with ADHD are treated as though they aren't listening or trying hard enough to finish a task,” notes Gayani DeSilva, MD, child psychiatrist and learning disorder specialist at St. Joseph Hospital in Orange, CA. “Actually, they are trying harder than their peers. The biggest plus to meds is that when ADHD is managed well, kids can perform to their potential.”

Today's meds are longer-acting formulations of older go-tos, such as Concerta (a 10-hour form of Ritalin) and Vyvanse (a 10- to 12-hour version of Adderall). Other options your doctor may mention are Clonidine, Tenex and Intuniv (antihypertensives that also control impulsivity). Ask doctors these three questions when discussing your child's treatment plan:



→ **“How can I make sure my child gets the nutrition she needs daily?”** Stimulants can suppress your child's appetite, so you'll need to ask about and watch out for vitamin deficiencies.

→ **“Will this medication cause tics?”** Kids who are prone to them may have more pronounced tics on ADHD medications.

→ **“How long will my child need to be on medication?”** The typical treatment course for a stimulant is one year before reassessing the child's needs.

writing them on a calendar. This works well with school projects, but it can also help with big home projects, like straightening up a disaster of a room. Make jobs manageable by setting intermediate goals that can be accomplished in short bursts of effort, like cleaning out a closet. Then move on to putting away what's on the floor or tidying up the desk.

• **Look into PCIT.** Parent-child interaction therapy is unique because it involves live coaching of the parents and child. Goals are set and

“homework” is assigned. Although this treatment is relatively short-term (about 15 one-hour weekly sessions), positive results happen quickly and last for years, says Robin H. Gurwitsch, PhD, a psychologist at Duke University Medical Center.

• **Incentivize.** “I had a distraught parent who removed everything but the mattress from her child's room as punishment, and still the child's behavior did not change,” recalls Scott Kollins, PhD, director of the ADHD program

in the department of psychiatry and behavioral sciences at Duke University. Why does punishment rarely succeed? “The brain system responsible for mustering motivation, especially for less-preferred activities, doesn't work the same way for individuals with ADHD as it does for others,” explains Kollins. An incentive is better than threats of lost privileges or possessions. “They stay so focused on the present moment that they don't think much about how they'll feel when they've lost whatever it is,” says Thomas E. Brown, PhD, associate clinical professor of psychiatry and behavioral sciences at the Keck Medical School of the University of Southern California. Time the reward so it's given close to completion of the task. “Typically, these kids won't continue to work for rewards that come later rather than sooner,” says Brown. In fact, focusing on the carrot instead of the stick could improve both your moods.

Many children with ADHD shine in settings where they can be physically active or creative.

Total Body Toner

BY LYNNA FLOYD

Firm your arms, legs and core with holistic fitness coach Tiffany Rothe's Towel Snap. You'll feel the burn as this sculpting triple threat lengthens and strengthens your muscles—no extra equipment necessary. Plus, explains Rothe, “when your hands are above your head, your heart rate is elevated, boosting your overall calorie burn.”

Hike your knee past your belly button. “If you don't get it high enough, you won't feel the contraction in your abdominals,” says Rothe.



TOWEL SNAP

Start with feet together and knees slightly bent. Hold the ends of a small towel in each hand overhead, with palms facing forward while maintaining tension in the towel. Now lower your arms to chest level (keeping them straight) as you raise your right leg forward until the towel touches your shin. Do 30 reps, alternating sides, for a total of 3 sets.



PRO TIP

Target your abs even more by keeping them contracted and your pelvis tucked so that it's slightly tilted up toward your ribcage.

YOUR MOTIVATOR

Tiffany Rothe is a holistic fitness coach, YouTube star and owner of the Tiffany Rothe Fit Club (trfc.club). Check out her 10-minute Booty Shaking Towel Workout, which has been viewed nearly 3 million times.

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And yes, I’m wearing them.”

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Your Doctor May Be Wrong

BY NISSA SIMON

Chances are you'll be incorrectly diagnosed at least once in your life. Here's a guide to common conditions MDs miss.

1

Lyme Disease

OFTEN MISTAKEN FOR

The flu, infectious mononucleosis, rheumatoid arthritis, multiple sclerosis.

SIMILAR SYMPTOMS

Fever, muscle and joint pain, headaches and swollen lymph nodes.

CLEAR THE CONFUSION

Forget what you've heard about cold weather and red rings—neither are diagnosis deal-breakers. Not all the ticks that cause Lyme die in the winter, and a surprising 20% to 30% of people who are diagnosed with this bacterial infection won't display the telltale bull's-eye rash. Ask your doctor to be tested, and know that for this tricky ailment an initial negative result could mean you need additional testing—not that you're Lyme-free.

2

Thyroid Problems

OFTEN MISTAKEN FOR

Anxiety, stress-induced nervousness, dementia.

SIMILAR SYMPTOMS

Being overwhelmed with worry can be similar to having an overactive thyroid (hyperthyroidism), which makes it difficult to concentrate or calm down, or an underactive one (hypothyroidism), which leaves you feeling fuzzy and forgetful.

CLEAR THE CONFUSION

Request a blood test to rule out a thyroid gone haywire, and make sure your MD doesn't brush off your complaints. "I know many doctors who assume these symptoms are the result of too little sleep or a poor diet," cautions endocrinologist Florence Haseltine, PhD, MD, board member of the Society for Women's Health Research in Washington, DC.

An estimated **20 million** Americans have some form of thyroid disease—and more than half don't know it.

3

Dehydration

OFTEN MISTAKEN FOR

Moodiness, depression, memory problems, dementia.

SIMILAR SYMPTOMS

Irritability and confusion are both second-stage signs of dehydration. Early ones include feeling weak, getting muscle cramps and having a headache.

7% of U.S. adults admit that they don't drink even one glass of water daily.

CLEAR THE CONFUSION

Whether you're sweating it out at the gym, fighting a virus or just not drinking enough H₂O, if you lose as little as 1% to 2% of your body weight in water you're dehydrated. Plus winter's cold, dry air actually robs your body of water faster than summer's hot breeze. While everyone's needs are different, the Institute of Medicine recommends 91 ounces of water per day for women. Roughly 80% of our water intake comes from beverages and 20% is consumed through food. Powerhouses like broccoli, cucumbers and strawberries are more than 90% water.

4

Fibromyalgia

OFTEN MISTAKEN FOR

Rheumatoid arthritis, lupus, osteoarthritis, hypothyroidism, endocrine disorders.

SIMILAR SYMPTOMS

You ache all over, always feel fatigued and have fragmented sleep. This arthritis-like condition scrambles pain signals that the brain receives and sends chaotic messages back to the body.

CLEAR THE CONFUSION

No test can pinpoint this sneaky disease, which impacts 10 million Americans. Diagnosis is based on history, physical exam and ruling out other conditions. If you've seen several specialists but haven't found an answer, "go back to your doctor who knows you best," recommends Mark Graber, MD, president of the Society to Improve Diagnosis in Medicine. Bring up the possibility of fibromyalgia and ask for a referral to a doctor knowledgeable about this challenging disorder, such as a rheumatologist or neurologist.



Holiday Nog

- 8 Tbsp Almased
- 10 oz skim milk or unsweetened almond milk
- ½ tsp ground nutmeg
- ½ tsp vanilla extract
- ¼ tsp rum extract

Almased Classic Recipe

- 8 Tbsp Almased
- 1 tsp olive, walnut or flaxseed oil
- 12 oz bottled or filtered water
- Cinnamon or your favorite extract



Chocolate Hazelnut Delight

- 8 Tbsp Almased
- 12 oz almond milk, unsweetened
- 1 Tbsp cocoa powder, unsweetened
- 1 tsp hazelnut extract
- 1 tsp flaxseeds, ground
- 1 tsp stevia (optional)



Savory Veggie Shake

- 8 Tbsp Almased
- 6.5 oz water
- 1.5 oz vegetable or tomato juice
- Hot sauce if desired



You can replace your meals with Almased for weight loss, or add it to your regular diet routine for weight maintenance and wellness.

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With Germany's Most Popular Weight Loss Program

Diet drinks don't have to taste bland or boring, nor do you have to feel sluggish and hungry while trying to lose weight. The delicious shakes on this page give your metabolism and energy level a natural boost and help to manage hunger for up to four hours.

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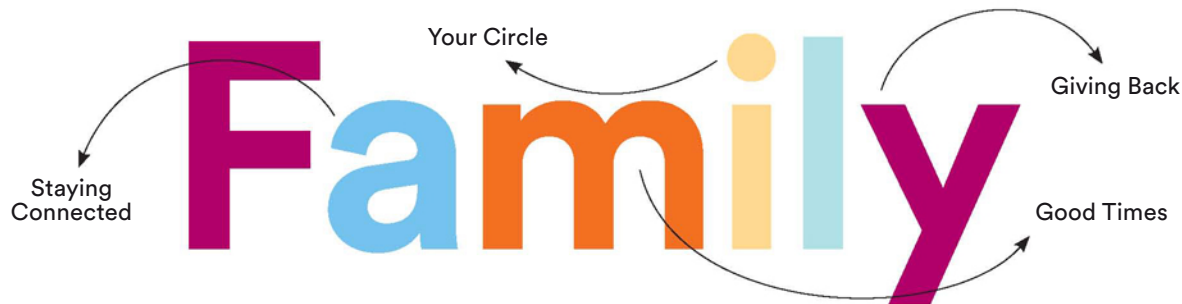
**The snow was deep, the hill was steep,
The sled was very fast.
Brother, sis and mom agree,
The day was unsurpassed!**



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Wes Kuykendall, 48, deputy integration and test manager, Jet Propulsion Laboratory; Noramay Cadena, 35, engineer and entrepreneur, cofounder and managing director, Make in LA; Chassitty, 18, first-year college student; and Dean the Australian labradoodle, pictured on the following page. Los Angeles, California

Modern Life

BY SUZANNE RUST

What families today are made of

● **Holding an MBA**, a master's in engineering systems and a bachelor's in mechanical engineering—all from the Massachusetts Institute of Technology (MIT)—is impressive. Given that Noramay Cadena achieved all of this with the odds stacked against her makes it truly outstanding. “My upbringing was fodder for a fiery passion to change the course of my life,” says the daughter of Mexican immigrants. One summer when she was a teen, her mother got her a job putting hooks on bungee cords at the Los Angeles factory where she and her husband were employed. While it was familiar work for her parents, it was not the vision that Noramay had for herself—nor what her parents wanted for their gifted daughter, who excelled in school. Attending college was the plan.

Family: Modern Life

But when Noramay gave birth to Chassitty in her senior year of high school, those dreams could have easily been deferred. A class visit from Jesus Perez, an alumnus of her school, changed everything. The MIT senior shared his story, one she could easily relate to: His father was a janitor and his mother was illiterate, yet he was determined not to be a victim of circumstance. He told Noramay about the power of an engineering degree and encouraged her to apply. Later she was accepted into MIT and headed to Cambridge, MA, with one-year-old daughter Chassitty in tow.

“Mechanical engineering picked me,” says Noramay. “I didn’t graduate high school with a solid idea of what I wanted to do, so I followed in the footsteps of people I admired.” She admits that juggling her studies and her child was a challenge. “What a ride! But fear of the status quo was greater than my fear of the unknown. I knew what doing nothing would yield and I didn’t want that, so I took every opportunity to build



“Trying new things and constantly improving my skills give me confidence in a recurring cause-and-effect way.” —Noramay



“Chassitty and I have an incredible bond—the kind you’d recognize and understand if you’re a fan of the show Gilmore Girls!” —Noramay

a better life.” Noramay went on to work as an engineer for The Boeing Company for 12 years.

Her belief in the power of relatable role models motivated her to cofound the Latinas in STEM Foundation in 2013 to encourage underrepresented women to thrive in careers in science, engineering, math and technology. “We had been lucky enough to receive support to pursue engineering, and wanted to do the same for other young women in our communities.” The organization now has a national presence and has served thousands. Noramay’s other bold move was leaving Boeing to start her own business—Make in LA, an early-stage hardware accelerator and fund.

By her side through much of this—along with Chassitty, now a college freshman—has been her partner of 13 years, Wes Kuykendall. Noramay is slowly adjusting to the newly empty nest. “My daughter has been a part of over half my life.” However, she’s looking ahead to the next phase. “I have several ideas, from incubating a hardware startup, to raising my own venture capital fund, to taking a sabbatical as I write a book—maybe all of the above!”

For more on the Cadena-Kuykendall family, go to familycircle.com/modernlife.



“One of the things I love most about my mom is her big heart. It comes through in the countless ways she gives back to her community and to the people who helped her get to where she is today.” —Chassitty

Tricks of the Banking Trade

BY PAULA CHIN

It's partly the economy, partly business as usual, but banks are coming up with all sorts of sneaky ways to separate you from your money. Don't let them pull a fast one.



WHAT BANKS ARE DOING

Charging overdraft fees Lose track of your account balance and make a withdrawal or online payment you can't cover, and you could get hit with an overdraft fee, typically around \$35. According to the Consumer Financial Protection Bureau (CFPB), overdraft and insufficient funds penalties totaled \$11.2 billion in revenue in 2015 for big banks with assets of \$1 billion or more, accounting for 8% of their total net

income. "These fees are a longstanding problem," says Gail Hillebrand, an associate director at CFPB. "For consumers, the numbers can be scary."

WHAT BANKS ARE DOING

Processing bigger transactions first Say you write a check for \$50, then one for \$100 and another for \$750 on an account balance of \$740. Rather than processing checks in the order they were written, some banks process the check for the largest amount first, which means you might have to pay three overdraft penalties instead of just one.

WHAT BANKS ARE DOING

Holding on to deposits Banks may credit your account after they process withdrawals and payments. Even when deposits are credited first, banks can make you wait up to two business days for funds from non-cash deposits to become available (for electronic ones, such as payroll direct deposit, it's one business day). If you tap that money as soon as it's deposited, you might risk overdrawing your account.

WHAT BANKS ARE DOING

Nixing free checking It used to be available at almost every bank. Not anymore. These days "free" simply means you won't be charged for not meeting a minimum balance. However, you may still have to pay for routine services like ATM withdrawals, stopping payment on a check, or even just viewing your balance at a non-bank ATM.

WHAT BANKS ARE DOING

Charging for human help Some financial institutions are imposing fees for each transaction with a live teller. Other banks may fine you for "excessive" teller use—that is, more than twice a month.

WHAT BANKS ARE DOING

Collecting closing costs Think twice before opening a new account that you'll need for only six months or less. If there's one banking activity that should be free, it's the simple act of closing an account. But some banks are now charging for shutting one down.

Stay Protected

For debit cards, don't "opt in" for overdraft protection. It can easily be avoided by reading the fine print. Instead of imposing a fee, the bank will simply decline the transaction.

Link your checking and active savings accounts

so that money from the latter covers your transactions. The transfer fee is typically \$10 or \$12—a third of the typical overdraft charge.

Shop competitively

for the best terms on "free" accounts. "In some instances, it may be better to pay a \$5 monthly fee rather than get hit with unexpected charges," says Hillebrand. "It's not fun keeping track of the numbers, but it will save you lots of money in the long run."

Got questions about your bank accounts? Get answers at consumerfinance.gov/askcfpb.



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Family: **Pets**



Pet Project

BY ARDENIS PEREZ

Make these promises to your pets for a better 2017.

Vow to Not Skip Vet Visits

“Checkups enable us to find conditions while they’re still small and treatable, before they become big problems down the line,” says Katy Nelson, DVM, host of *The Pet Show with Dr. Katy*. Younger pets should stop by at least once a year. Every six months is a good rule of thumb for senior animals.

Stay on Track Since high costs are one of the top reasons owners forgo vet visits, consider buying pet insurance, which may lower fees.

Pledge to Get Them Active

Going the extra mile (okay, a few blocks) on walks can help avoid excess pounds, build bones and strengthen muscles. Plus, playing with your pet will make you feel good. In addition to fetch and laser pointers, look into joining a running group with your dog or buy a DVD about exercising with your cat. “It sounds silly, but it’s way more fun when you’re in on the action too,” says Nelson.

Stay on Track Leaving toys lying around makes pets feel disengaged. Create a rotation by giving them a different toy every few days.

Agree to Keep Them Social

Bonding with other creatures helps to minimize aggression. What’s more, socialization can make a typically stressful situation (like a loud veterinary ER visit) a calmer experience. Take dogs to the park for some quality time with other pups. Since cats are slow to warm up to strangers, help them become more comfortable by gradually introducing them to unfamiliar faces.

Stay on Track Get your animals to mix and mingle with other pets by arranging play dates with friends who have their own furbabies.

Promise to Manage Their Meds

With the spread of Lyme disease and heartworm in the U.S., it’s important to keep your pet protected year-round against ticks and mosquitoes—the main culprits behind these threats. Talk to your vet about the best preventive options, recommended dosages and proper application for your pet.

Stay on Track Set up a calendar reminder on your phone so that they never miss a dose.

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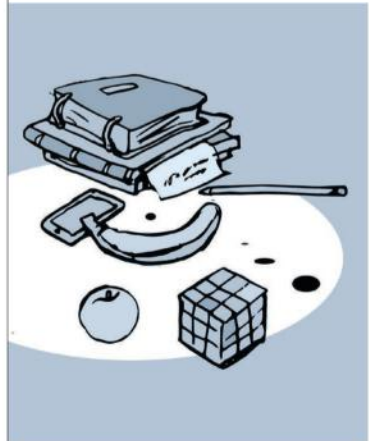
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Family: **Parenting**



“What’s your plan?”

I love this one, especially because it lends itself to almost any situation. “What’s your plan for after school?” “What’s your plan for Saturday?” For older teens, you can even ask something super specific, like, “What’s your plan for studying for your two tests on Friday when you have soccer on Thursday and won’t be home until nine?” The options are many.

The purpose of asking this question in this specific manner is to help your kid begin to develop a sense of time. I always say that for the most part, teens live in two worlds—the “now” and the “not now.” They have a very difficult time making the connection that what they have to do later in the day or even later that week, month or year can in fact affect what they need to do right now.

This is called future awareness, and it’s one of the trickiest concepts to teach and one of the toughest to learn. It is the essence of true time management. The question is a wonderful, organic way for kids to begin to formulate routines and schedules as well as remember what they need to accomplish in the process.

Keep in mind that you’re not just trying to get your kids through middle or high school—the bigger goal is to teach life skills.



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“How do you see yourself...?”

There are lots of variations on this query, such as, “What do you need to...?” or “How should you...?” Any will work. The purpose is to help your teen begin to build a visual checklist of what needs to be done and how to do it.

Remember, by turning the tables and asking instead of telling, you are requiring your kids to do some of the planning. Don't be discouraged if your initial attempts at questioning result in a lot of shrugs and “I don't know”s. Better yet, expect them. Flip that response on its ear by asking cheerfully, “Well, what do you know?” With time, patience and consistency, this approach will build routines as reliably rote as brushing teeth or wearing a seatbelt in the car, and all of you will be better off.

Yes, There Will Be a Quiz

Consider this your cheat sheet for raising a more competent kid.

INSTEAD OF SAYING

Go get your dance shoes, leotard and towel.

Don't forget your backpack, phone, key, money.

Make your bed and put your dirty clothes in the hamper.

ASK

What goes in your dance bag?

What do you need for school?

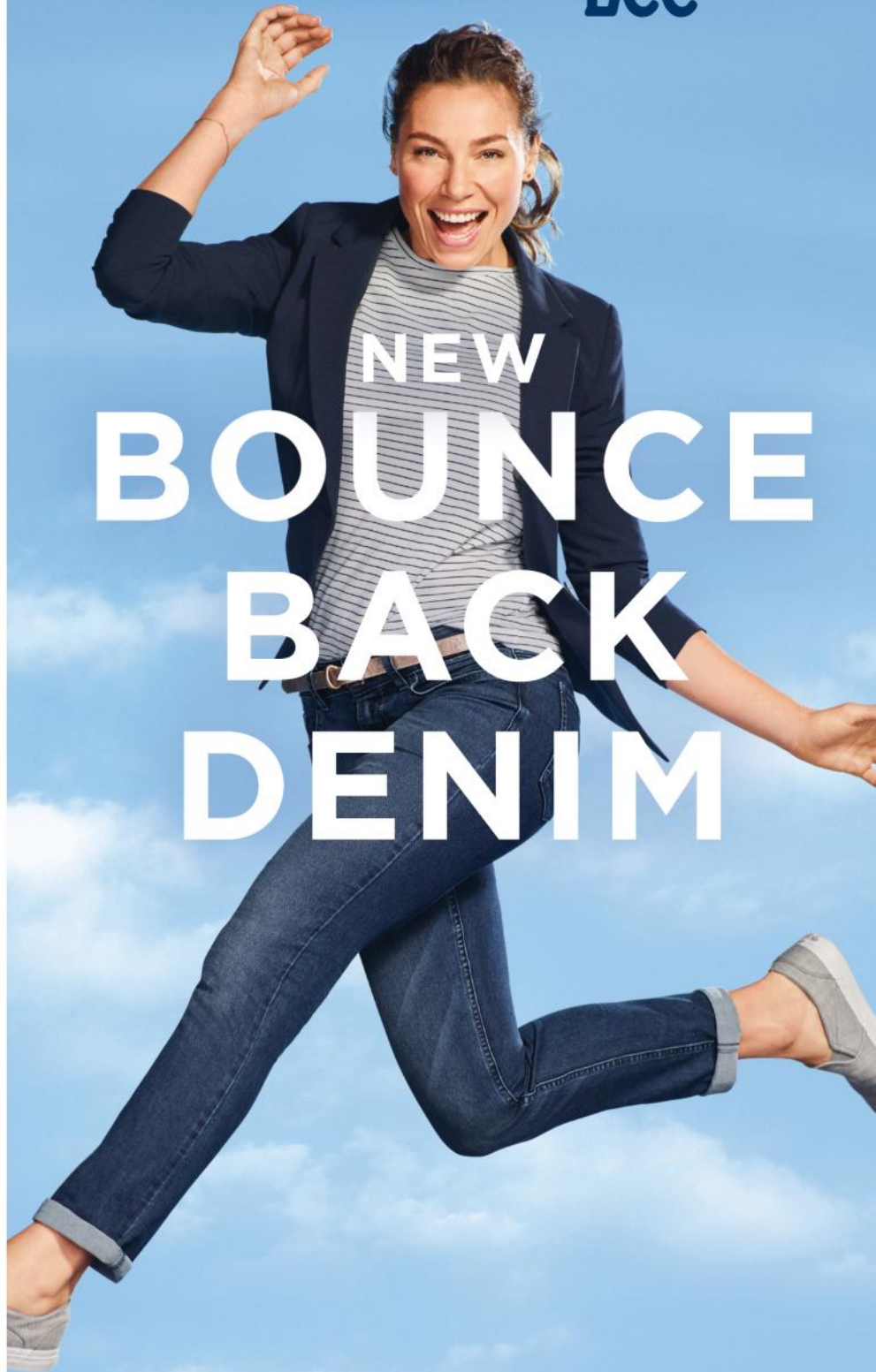
How should your room be left in the morning?

MEET THE EXPERT

Mom of two Leslie Josel blogs about time management and organization at her company's website, orderoochaos.com.

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Paws and Effect

BY JONNA GALLO WEPPLER

Educators Allison Basinger and Ashley Stanley aim to change the culture of bullying with dogs and determination.

Dramatic Twist

Allison Basinger was happy and fulfilled teaching high school theater. But in 2013 when she heard there was an opening for a humane education manager at Wayside Waifs, one of Kansas City, Missouri's largest no-kill animal shelters, the pet lover wanted to learn more. Once she found out that the position entailed going into some of the greater metro area's schools to implement prevention programming with trained companion animals, Allison was all in for the unexpected career change.

Lesson Plan

At Wayside, her first order of business was to update the nonprofit's anti-bullying materials. "I knew from my work at the high school level that if violence prevention isn't addressed with kids early on, it only gets worse," says Allison, 40. "The sooner, the better." Her goal was to come up with interactive lesson plans appropriate for third- through fifth-graders that emphasize preventing bullying rather than reacting after it has already occurred—an important distinction, she notes. The revitalized curriculum, called "No More Bullying!"

teaches students the importance of five core values: responsibility, compassion, self-control, integrity and being humane. "This is truly a primary prevention program because it teaches students values and behaviors that, if practiced every day, stop bullying before it even occurs," says Allison.

Living Proof

Central to her vision was incorporating companion animals into the lessons, which are designed to be taught for an hour a day over five days. "Bringing a dog into the classroom is a huge game-changer," says Allison. "Without exception, the kids are fascinated by the fact that there's a furry friend in the room, and it changes the dynamic in the best possible way."

Julie Bover, a fifth-grade teacher at Korte Elementary School in Independence, MO, agrees. She says some of her students were eager to hug Allison's dog, while others were just content to wonder where he would end up choosing to sit. Either way, "I think the relationship between dog and owner that Allison models is invaluable," says Julie. "Her compassion sparked much needed conversation in my class."

The Power of Two

By 2015 there was more demand for humane education from Wayside Waifs than Allison could reasonably handle. Enter Ashley Stanley, 30, a former program director for YMCA youth development services. "I mostly wanted to work at Wayside so I could bring my dog Maisy to work every day," she jokes. But then she turns serious. "Seeing the effect that Maisy has on children has been huge for me. As the week goes on, they're just loving on her like there's no tomorrow," Ashley says. "I can see changes in their hearts because of her. It's incredible."

Typically, Allison and Ashley are booked six months to a year in advance. They always intend to take a breather when school lets out, since the work can be emotionally draining. But inevitably their focus turns to brainstorming tweaks to the curriculum to make it even more effective. "All kids should have love around them and grow up feeling valued," says Ashley. "Wayside's program is our way to make that a reality."

For more information or to purchase the curriculum, visit waysidewaifs.org.

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Buyer's Guide

NEW FOR YOU

PEARLS TALK

PAGE 13

Avon Anew Ultimate Supreme Advanced Performance Crème, avon.com, \$50. **Tatcha** Classic Rice Enzyme Powder, tatcha.com, \$65. **Sephora Collection** Sleeping Mask in Pearl, Sephora.com, \$4. **The Organic Pharmacy** Cellular Protection Sun Cream SPF 18, theorganicpharmacy.com, \$69. **Dr. Brandt** DNA Dream Night Cream, drbrandtskincare.com, \$135.

STYLE

Products not listed are available at mass retailers, including Ulta.

ALL ABOUT THAT BASE

PAGES 35-37

Charlotte Tilbury Magic Foundation, charlottetilbury.com, \$44. **Estée Lauder** Double Wear Nude Cushion Stick Radiant Makeup, esteelauder.com, \$39.50. **Cover FX** Custom Cover Drops, sephora.com, \$44. **Josie Maran** Vibrancy Foundation Fluid, josiemarancosmetics.com, \$45. **Hourglass** Vanish Seamless Finish Foundation Stick, sephora.com, \$46. **e.l.f.** Beautifully Precise Airbrush Blender, elfcosmetics.com, \$10. **The Original beautyblender**, sephora.com, \$20.

WHAT THE PROS KNOW

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Dr. Brandt Microdermabrasion, drbrandtskincare.com, \$78. **Colorescience** Sunforgettable Brush-On Sunscreen SPF 50, Sephora

.com, \$64. **The Organic Pharmacy** Honey & Jasmine Mask, theorganicpharmacy.com, \$74.

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Garden of Life Living Foods Raw Extra Virgin Coconut Oil, gardenoflife.com, \$17. **Ayurveda Pura** Holistic Essentials Daily Cleansing Milk, ayurvedapura.com, \$40. **Josh Rosebrook** Hydrating Accelerator, joshrosebrook.com, \$32. **Sally B Skin Yummies** Nighttime Antioxidant Serum, sallybskinyummies.com, \$48. **Sally B Skin Yummies** Antioxidant Skin Boost, sallybskinyummies.com, \$38. **The Organic Pharmacy** Enzyme Peel Mask with Vitamin C and Papaya, theorganicpharmacy.com, \$79.

PAGE 43

de Mamiel Winter Facial Oil, shop.goop.com, \$114. **Cold Spring Apothecary** Deep Cleansing Facial Powder Mask & Cleanser, coldspringapothecary.com, \$35. **Dr. Dennis Gross** Alpha Beta Universal Daily Peel, drdennissgross.com, \$88/30 treatments.

PAGE 44

Glowbiotics Probiotic Instant Resurfacing Pads, glowbiotics.com, \$49. **Coolibar** All Sport Hat, coolibar.com, \$22. **SkinCeuticals** Phloretin CF, skinceuticals.com, \$163. **Tata Harper** Regenerating Cleanser, sephora.com, \$78. **Dr. Dennis Gross** Ferulic + Retinol Anti-Aging Moisturizer, drdennissgross.com, \$72. **Dr. Dennis Gross** Ferulic + Retinol Neck Emulsion, drdennissgross.com, \$75. **Dr. Dennis Gross** Ferulic + Retinol Eye Cream,

drdennissgross.com, \$68.

WELL RED

PAGE 47

MAC Cosmetics Lipstick in Russian Red, maccosmetics.com, \$17. **Shiseido** Rouge Rouge Lipstick in Poppy, shiseido.com, \$28. **Nars** Special Edition Rita Audacious Lipstick, sephora.com, \$32.

HOME

PINNER'S CIRCLE

PAGES 49-54

For how-tos, visit the individual bloggers' sites. **Ikea Built-In**: saffronavenue.com/blog. **Acrylic Wall Calendar**: jenwoodhouse.com. **Trash Bag Organizer**:

simplyorganized.me.

DREAM WEAVER

PAGE 59

For more information on **Heather Taylor Home**, visit heathertaylorhome.com and lainbloom.com. **Crate & Barrel** Bamboo-Jute Baskets in Small and Large, crateandbarrel.com, \$20 to \$30. **Ikea** Agen armchair in Rattan and Bamboo, Ikea stores, \$60. **Heather Taylor Home** Marigold Table Runner, heathertaylorhome.com, \$120. **Ceramic Vase** (used as a pencil cup), **Jessica Winzelberg**, shop.jessicawinzelberg.com. **Desk and low shelving unit**, custom design.



Tour the rest of Heather's studio and see her office decor picks at familycircle.com/heathertaylorhome.

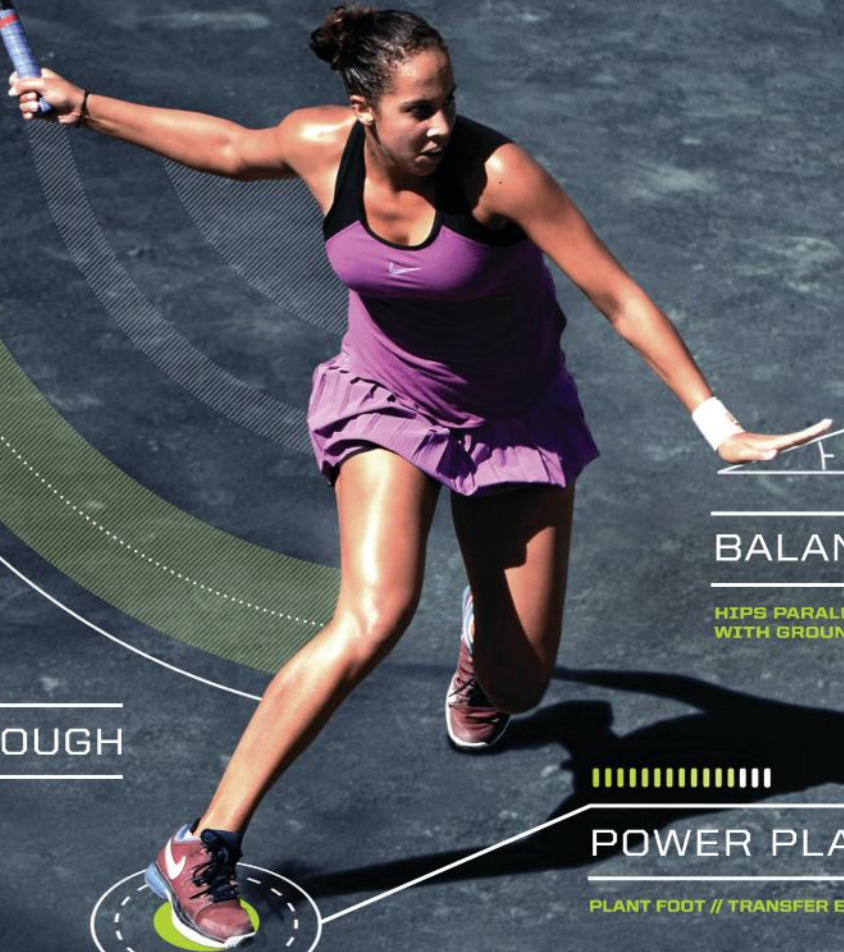


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Padma Lakshmi

BY LAUREN KASSIEN

Talk about running at full tilt: This actress and model also has host and judge on Bravo's *Top Chef* as well as best-selling author on her résumé. So when the New York-based mom wants to whip up an easy dinner, she serves this quick and nutritious stir-fry.

Growing up on the set of *Top Chef* has turned Padma's 6-year-old daughter, Krishna, into a foodie—just like her mom. "We've been pickling cauliflower and all kinds of crazy stuff," Padma says.

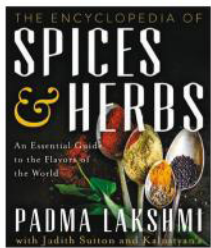


- 2 tbsp canola oil
- ½ cup diced red or yellow bell pepper
- ½ cup diced onion
- 1 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 tsp Madras curry powder
- ½ cup frozen peas
- 2 tbsp soy sauce
- 1 pkg (10 oz, from a 30 oz box) Padma's Easy Exotic Thai Jasmine Rice, prepared according to pkg directions, or 1½ cups cooked jasmine rice
- Salt to taste
- 1 to 2 tbsp fresh lime juice
- ¼ cup chopped fresh mint or cilantro

- Heat oil in a medium skillet over medium-high, add next 5 ingredients and cook for about 5 minutes.
- Add peas and stir until just heated through, 2 to 3 minutes, so as not to overcook them.
- Add soy sauce to skillet and stir to evenly coat veggies. Add cooked rice with salt to taste and stir.
- Stir in lime juice and garnish with mint or cilantro.

Serves 2.

"For some additional protein, I like to add cooked chicken or a fried egg."



Spice it up!

You've probably never heard of baharat or anardana—much less have any idea how to cook with them. That's why Padma created *The Encyclopedia of Spices & Herbs: An Essential Guide to the Flavors of the World*. You'll get a quick tutorial, including history, flavor profiles and cooking tips. Amazon.com, \$40



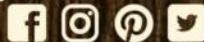
Photos: (Lakshmi) Charles Thompson, (dish) Anthony Jackson. Family Circle (ISSN 0014-7206); January 2017, Volume 130, No. 1, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S.; \$41.98 (U.S. dollars) in Canada; \$63 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DM 5071-5.2.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37508, Boone, IA 50037-0508, or call 800-627-4444. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 Kew D, Windsor, ON, N8T 3B7. © Meredith Corporation 2017. All rights reserved. Printed in the U.S.A.

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160 calories



It's insane that a heaping handful of delicious Wonderful Pistachios has the same calories as a few fried potato chips. Especially considering those calories aren't created equal. Naturally trans fat-free Wonderful Pistachios are heart healthy and a good source of protein. While potato chips, well... aren't. **Get Crackin'**

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2016 Wonderful Pistachios & Almonds LLC. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are trademarks of Wonderful Pistachios & Almonds LLC or its affiliates. WP16432