

Food Can Fix It

*The Superfood Switch to Fight Fat,
Defy Aging, and Eat Your Way Healthy*

Dr. Mehmet C. Oz

WITH TED SPIKER AND THE EDITORS OF
DR. OZ THE GOOD LIFE

SUGAR PSEUDONYMS

Sugar is like a most-wanted criminal; it has a lot of aliases. But the thing is, your body processes all forms of sugar the same way. So if you're reducing the amount of added sugar in your diet, you need to check food labels for these:

Agave

Brown rice syrup

Cane crystals

Dextrose

Evaporated cane juice

Fructose

Fruit juice concentrate
(such as grape or white grape)

High-fructose corn syrup

Honey

Lactose

Maltose

Malt Syrup

Molasses

Raw sugar

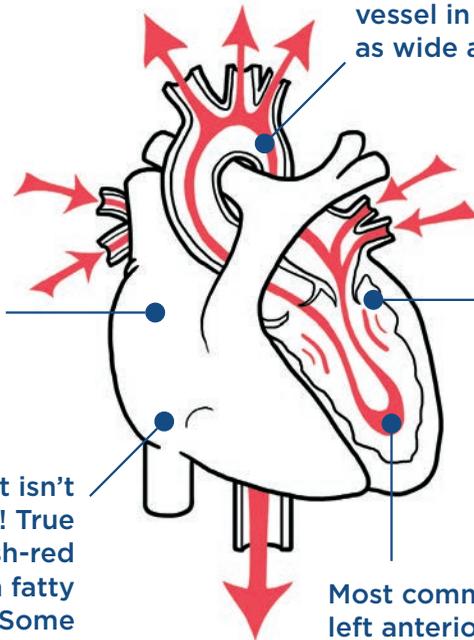
Sucrose

Syrup (any kind)

A CLOSER LOOK AT THE HEART

Your heart has a built-in electrical system. Nodes—small masses of specialized muscle cells—send out electrical impulses that control the rhythm and speed of your heartbeats.

Your heart isn't bright red! True color: a brownish-red with yellowish fatty streaks on it. (Some fat here is normal.)



The aorta, the biggest blood vessel in the body, is about as wide as a garden hose.

The tinier arteries don't accumulate plaque the same way large ones do. They still can cause heart attacks, however, by squeezing shut or opening up at the wrong times, especially in women.

Most common place for clogs: the left anterior descending artery, which supplies blood to large areas of the heart. Blockages there can be so deadly that docs call them widow-makers.

YOU'VE GOT FOOD ON YOUR FACE

You can make your own exfoliating scrub with food sources and use it to gently slough away dead cells for a fresher complexion. Do it once or twice a week at night and before you wash your face. Mix and match the ingredients below (one from each column) to create your own skin-saving concoctions.

Exfoliant (4 TABLESPOONS)

Baking soda
(absorbs facial oil)

Oatmeal
(sensitive skin)

Sugar or salt
(for body only,
not face)

Coffee grounds
(for body only;
caffeine
tightens skin)

Binder (4 TABLESPOONS)

Jojoba oil
(won't clog pores
because it's light)

Plain yogurt
(lactic acid
dissolves
dead skin)

Sunflower oil
(contains
antioxidants
like vitamin E)

Coconut oil
(soothes very
dry skin)

Oil (A FEW DROPS, OPTIONAL, FOR SCENT)

Lavender
(calming)

Rose hip
(contains
antiager
vitamin A)

Ylang-ylang
(sweet, floral
antiseptic)

Tea tree
(good for acne)

Booster (2 TEASPOONS)

Lemon juice
(for oily skin)

Turmeric
(fights
breakout-
causing bacteria)

Honey
(super
moisturizing)

Kiwi
(fruit acids
whisk away
dead skin)

THE ARTICHOKES-TO-ZUCCHINI UNLIMITED VEGGIE LIST

All vegetables are good vegetables, but these nonstarchy picks do the best job at filling you up for very few calories. Eat as many as you want, whenever you want 'em. You can snack on them raw, with a splash of vinegar (such as balsamic) or lemon juice for flavor. You can also steam them and add them to any meal to plump it out. If you come across one of these veggies in a recipe, feel free to add more than what the recipe calls for. (This works especially well with leafy greens—they cook down nicely into just about anything.) I've noted some tasty ways to snack on these and to add them to meals throughout, but be creative—the veggie sky's the limit.

Artichokes Simple prep instructions are on page 158. Or use canned if they are packed in water.

Asparagus

Bamboo shoots, canned. Add to a pot of brown rice for flavor, toss into a stir-fry, or slice thin and add to a salad for crunch.

Beets

Broccoli If you buy a head of broccoli, you can spiralize the stem and add it to a pasta dish to bulk it up. Throw the broccoli “noodles” into the pot with the pasta a few minutes before it's done cooking.

Brussels sprouts

Cabbage

Cauliflower

Celery

Cucumber

Daikon radish

Steam and top with a squeeze of lemon, or use as a snacking veggie—they're great sliced and dipped in peanut butter.

Eggplant Try slicing it thin, then steaming it for 15 minutes. Then add it to a saucy dish, like a stir-fry or pasta.

Greens collard greens, kale, romaine, spinach, Swiss chard, etc.

Hearts of palm, canned. Use as a salad topper, mince and add to tomato sauce, or steam, blend, and add to broth for a creamier soup.

Leeks Cut raw leeks into thin slices and add them to salads.

Mushrooms

Okra Halve raw okra and top with a little salt and pepper.

Onions

Peppers

Radishes Slice thin and use on anything that needs a bit of texture: tacos, sandwiches, grain dishes.

Rutabaga Peel, boil, and mash for a creamy side dish.

Snow peas

Sprouts alfalfa, bean, pea, soybean, etc.

Sugar snap peas

Tomatoes Canned are fine, too.

Turnips Try them boiled and mashed with a little salt and pepper.

Water chestnuts, canned. Slice this crunch star thin and use it in soups, salads, and stir-fries.

Zucchini



The 21-Day Plan

Reminder: Feel free to follow this exactly or to mix and match breakfasts, lunches, snacks, and dinners as you please.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
-------	-------	-------	-------	-------	-------	-------

Breakfast

Greek yogurt with berries	Eggs with salsa and beans	Blueberry-oat parfait	Greek yogurt with berries	Peach smoothie	Peanut butter-banana overnight oats	Eggs with salsa and beans
---------------------------	---------------------------	-----------------------	---------------------------	----------------	-------------------------------------	---------------------------

Snack

Apple with nut butter	Greek yogurt with nuts or berries	String cheese and crackers	Hard-boiled egg and crackers	Veggies and string cheese	Veggies and nut butter	Fruit and nuts
-----------------------	-----------------------------------	----------------------------	------------------------------	---------------------------	------------------------	----------------

Lunch

Open-faced veggie sandwich	Rainbow salad with mixed greens, chicken, and buttermilk dressing	Supergreen salad with chicken and Parmesan	Wild rice bowl with egg	Salmon power bowl	Salad in a jar	Open-faced Italian turkey sandwich
----------------------------	---	--	-------------------------	-------------------	----------------	------------------------------------

Snack

Smoky hummus with veggies	Old Bay popcorn with super seeds	Smoky hummus with veggies	Veggie rolls with nut butter	Sweet potato strips	Frozen grapes with Greek yogurt	Sweet potato strips
---------------------------	----------------------------------	---------------------------	------------------------------	---------------------	---------------------------------	---------------------

Dinner

Lemony salmon with broccoli and tomatoes	Whole wheat penne with chicken	Spiced lentils with roasted green beans and quinoa	Spicy shrimp and quinoa bowl	Cauliflower Pizza Margherita	Mustard and quinoa-crust salmon with cauliflower rice	Salsa turkey burger with baked sweet potato fries
--	--------------------------------	--	------------------------------	------------------------------	---	---

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
-------	-------	-------	-------	-------	-------	-------

Breakfast

Greek yogurt with berries	Eggs with salsa and beans	Blueberry-oat parfait	Greek yogurt with berries	Peach smoothie	Peanut butter-banana overnight oats	Eggs with salsa and beans
---------------------------	---------------------------	-----------------------	---------------------------	----------------	-------------------------------------	---------------------------

Snack

Apple with nut butter	Greek yogurt with nuts or berries	String cheese and crackers	Hard-boiled egg and crackers	Veggies and string cheese	Veggies and nut butter	Fruit and nuts
-----------------------	-----------------------------------	----------------------------	------------------------------	---------------------------	------------------------	----------------

Lunch

Salad in a jar	Salmon power bowl	Supergreen salad with chicken and Parmesan	Open-faced Italian turkey sandwich	Rainbow salad with mixed greens, chicken, and buttermilk dressing	Open-faced veggie sandwich	Wild rice bowl with egg
----------------	-------------------	--	------------------------------------	---	----------------------------	-------------------------

Snack

Veggies and artichoke dip	Paprika-almond popcorn	Veggies and artichoke dip	Curried carrot sticks	Chili-spiced pumpkin seeds	Veggies and avocado dip	Chili-spiced pumpkin seeds
---------------------------	------------------------	---------------------------	-----------------------	----------------------------	-------------------------	----------------------------

Dinner

Salmon hash with sunny-side-up eggs	Black bean bowl (with grilled chicken, optional)	Pasta salad with shrimp and herbs	Mediterranean chickpea burger	Whole wheat panko and herb-crusted chicken	Steak night salad with couscous	Blackened tilapia tacos
-------------------------------------	--	-----------------------------------	-------------------------------	--	---------------------------------	-------------------------

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
-------	-------	-------	-------	-------	-------	-------

Breakfast

Greek yogurt with berries	Eggs with salsa and beans	Blueberry-oat parfait	Greek yogurt with berries	Peach smoothie	Peanut butter-banana overnight oats	Eggs with salsa and beans
---------------------------	---------------------------	-----------------------	---------------------------	----------------	-------------------------------------	---------------------------

Snack

Apple with nut butter	Greek yogurt with nuts or berries	String cheese and crackers	Hard-boiled egg and veggies	Crackers and string cheese	Veggies and nut butter	Fruit and nuts
-----------------------	-----------------------------------	----------------------------	-----------------------------	----------------------------	------------------------	----------------

Lunch

Salmon power bowl	Open-faced Italian turkey sandwich	Supergreen salad with chicken and Parmesan	Salad in a jar	Rainbow salad with mixed greens, chicken, and buttermilk dressing	Wild rice bowl with egg	Open-faced veggie sandwich
-------------------	------------------------------------	--	----------------	---	-------------------------	----------------------------

Snack

Veggies with edamame pesto dip	Old Bay popcorn	Veggies with edamame pesto dip	Brussels sprout chips	Roasted chickpeas	Tomato "pizzas"	Roasted chickpeas
--------------------------------	-----------------	--------------------------------	-----------------------	-------------------	-----------------	-------------------

Dinner

Quick chicken fried rice	Asian tofu steak with noodles	Quick whole wheat pasta with broccoli sauce	Arugula salad with fried eggs and asparagus	Balsamic-glazed chicken with Brussels sprouts and brown rice	Quick tuna puttanesca	Baked eggs with Swiss chard
--------------------------	-------------------------------	---	---	--	-----------------------	-----------------------------

Shopping List for the Basics

Start with the following staples that will be used for the 21-Day Plan. (The recipes start on page 186.) In addition, you'll pick up perishables once a week for the duration of the plan.

PANTRY

Artichoke hearts, water-packed (3 [14-ounce] cans or jars)
Black beans (4 [15-ounce] cans)
Brown rice (large box)
Bulgur (small box)
Capers
Chia seeds
Chickpeas (3 [15-ounce] cans)
Diced tomatoes (28-ounce can)
Flaxseed, ground
Healthy crackers: whole-grain, seed-based (such as Mary's Gone Crackers), or nut-based (such as Blue Diamond)
Hearts of palm, canned
Lemon juice
Lentils, dried green
Mustard seeds
Nut butters: peanut, almond

Nuts: slivered almonds (small bag), plus any nuts of your choosing for snacking
Oil-packed tuna (5-ounce can)
Olives, Kalamata (large jar)
Pasta: whole wheat penne (2 boxes), whole wheat spaghetti (1 box), whole wheat rigatoni (1 box)
Popcorn kernels
Quinoa (large box)
Roasted red peppers (16-ounce jar)
Rolled oats
Salsa (you can also make it yourself. If purchasing, 3 jars, no added sugar)
Sesame seeds, white
Sunflower seeds, shelled
Tomato sauce, no added sugar (1 [24-ounce] jar)

Vanilla extract, pure
Vegetable broth (low-sodium), homemade (page 302), or store-bought
Whole-grain bread (look for 100%)
Whole wheat couscous (small box)
Whole wheat panko (small container)
Wild rice (small box)

HERBS AND SPICES

Basil
Black pepper
Blackened spice rub
Chili powder
Cinnamon, ground
Coriander, ground
Cumin, ground
Curry powder
Garlic powder
Old Bay seasoning
Onion powder
Oregano
Paprika

Paprika, smoked
Red pepper flakes
Rosemary
Salt
Salt, coarse
Thyme
Turmeric, ground

OIL AND VINEGAR

Balsamic vinegar
Canola oil
Canola oil cooking spray
Extra-virgin olive oil
Olive oil
Red wine vinegar
Sherry vinegar
White wine vinegar or white balsamic vinegar

CONDIMENTS

Dijon mustard
Dijon mustard (coarse-grain)
Soy sauce, low-sodium
Sriracha sauce

Now you're all set to get going. Remember, one of the keys to success is to set up your environment to make it easier to eat well. So the last thing I'll say is this: Before you start the plan, rid your pantry, refrigerator, and freezer of any tempting junk. When you start with a clean slate in your home, it will give you the best chance to do the same for your body.

I hope you enjoy the next twenty-one days (your recipes are coming up in the next chapter). After you're done, let me know how it went, how you felt, and how your body changed. Just post your message on my Facebook page (Dr. Mehmet Oz) along with the tag #foodcanfixit.

Bon appétit!

Greek Yogurt with Berries

SERVES 1

1 cup plain 2% Greek yogurt

½ cup berries
(fresh or frozen)

In a small bowl, combine the yogurt with the berries. (If you're struggling with the tart yogurt taste, stir in a drop of pure vanilla extract or pulse the yogurt with the berries in the blender to distribute their sweetness throughout.)

Note: If you're feeling berried out, mix things up with nuts or fresh herbs.

192 CAL, 5 G FAT (3 G SATURATED), 20 G PROTEIN, 18 G CARB,
16 G SUGAR, 2 G FIBER, 76 MG SODIUM



Eggs with Salsa and Beans

Whip up this quick homemade salsa, or substitute up to 1/3 cup jarred salsa (just make sure it has no added sugar). You can make a double or triple batch of this low-calorie flavor-booster and save it for future meals—and veggie-dunking needs.

To make the salsa: In a small bowl, combine the tomato, shallot, cilantro, and jalapeño. Stir in a squeeze of lime juice and add a pinch of salt.

To make the eggs: Heat a medium skillet over medium heat. Coat the skillet with cooking spray, add the eggs, and cook, stirring to scramble, until set, about 4 minutes. While the eggs are cooking, zap the beans in a microwave on high for 2 minutes. Plate the eggs; top with the beans and salsa.

196 CAL, 10 G FAT (3 G SATURATED), 15 G PROTEIN, 12 G CARB,
3 G SUGAR, 3 G FIBER, 428 MG SODIUM

EXTRA VEGGIE POWER! Toss mushrooms into the skillet after adding the cooking spray; sauté for 5 minutes, then add the eggs. Or serve the eggs over a bed of spinach.

SERVES 1

For the salsa

1/3 cup chopped tomato

1 tablespoon chopped shallot

1 tablespoon chopped fresh cilantro

1/2 teaspoon diced jalapeño

Lime

Coarse salt

For the eggs

Canola oil cooking spray

2 large eggs

2 tablespoons canned black beans, rinsed and drained

Blueberry-Oat Parfait

SERVES 1

¼ cup rolled oats

1 cup plain 2% Greek yogurt

1 cup blueberries (fresh or frozen)

1 tablespoon chia seeds

¼ teaspoon ground cinnamon

In a jar or bowl, layer the oats, yogurt, blueberries, chia seeds, and cinnamon. Stir before eating to mix in the oats. (If you like your oats a little softer, you can throw this together the evening before and refrigerate it overnight.)

362 CAL, 5 G FAT (4 G SATURATED), 24 G PROTEIN, 49 G CARB, 24 G SUGAR, 10 G FIBER, 78 MG SODIUM



It's a Superfood

Blueberries are famous for packing an antioxidant punch. They're also linked to a lowered risk of heart disease.

Peach Smoothie

In a blender, combine the peaches, yogurt, banana, almond butter, flaxseed (if using), vanilla, $\frac{1}{4}$ cup ice, and $\frac{1}{4}$ cup water and puree until smooth.

411 CAL, 22 G FAT (5 G SATURATED), 24 G PROTEIN, 35 G CARB,
23 G SUGAR, 6 G FIBER, 139 MG SODIUM

EXTRA VEGGIE POWER! Toss in a handful of raw spinach or kale—you won't even taste it.

SERVES 1

8 wedges frozen peaches

$\frac{1}{4}$ cup plain 2% Greek yogurt

$\frac{1}{2}$ medium banana

2 tablespoons almond butter

1 tablespoon ground flaxseed (optional)

$\frac{1}{2}$ teaspoon pure vanilla extract

Peanut Butter–Banana Overnight Oats

In a container, combine the milk, oats, peanut butter, banana, and chia seeds (if using). Cover and refrigerate overnight. Stir to combine in the morning.

340 CAL, 11 G FAT (4 G SATURATED), 15 G PROTEIN, 51 G CARB,
19 G SUGAR, 6 G FIBER, 133 MG SODIUM

SERVES 1

1 cup 2% milk

$\frac{1}{2}$ cup rolled oats

1 teaspoon peanut butter (or other nut butter)

$\frac{1}{2}$ small banana, sliced

1 tablespoon chia seeds or 1 tablespoon ground flaxseed (optional)

Salmon Power Bowl

SERVES 1

½ cup cooked brown rice

3 ounces cooked salmon
(fillet or canned)

¼ (15-ounce) can black
beans, rinsed and drained

2 tablespoons salsa,
homemade (page 187)
or store-bought, with no
added sugar

Lime

Unlimited vegetables
of your choosing

In a bowl, top the rice with the salmon, beans, salsa, and a squeeze of lime juice. Add any vegetables from the unlimited veggie list (page 172).

Don't shy away from frozen salmon: It's less pricey and just as healthy as the fresh stuff. In a hurry: Thaw in a plastic bag submerged in cold water. In ten minutes it's ready to cook and will keep a good texture, especially if roasted.

302 CAL, 4 G FAT (1 G SATURATED), 25 G PROTEIN, 42 G CARB,
2 G SUGAR, 8 G FIBER, 609 MG SODIUM

Rainbow Salad with Mixed Greens, Chicken, and Buttermilk Dressing

In a bowl or container, arrange the baby kale and romaine. Top with the chicken, egg, cherry tomatoes, bell pepper, corn, avocado, cucumber, and onion. Drizzle with the buttermilk dressing.

(WITHOUT DRESSING) 364 CAL, 16 G FAT (4 G SATURATED), 33 G PROTEIN, 25 G CARB, 10 G SUGAR, 8 G FIBER, 136 MG SODIUM



It's a Superfood

Eggs are the perfect pop of protein—they contain all nine of the essential amino acids your body needs.

SERVES 1

- ½ cup baby kale
- ½ cup chopped romaine hearts
- ½ cup sliced cooked chicken breast
- 1 hard-boiled large egg, quartered
- ½ cup halved cherry tomatoes
- ½ cup chopped bell pepper
- ¼ cup frozen corn, thawed
- ¼ avocado, sliced
- ½ cup sliced cucumber
- ¼ cup chopped red onion
- Buttermilk Dressing (page 237)

Supergreen Salad with Chicken and Parmesan

SERVES 1

¼ cup packed fresh mint leaves

½ teaspoon olive oil

1 tablespoon fresh lemon juice

2 ounces boneless, skinless chicken breast

3 cups any leafy greens

¼ cup shaved Parmesan cheese (about 1 ounce)

2 tablespoons Sherry Vinegar Dressing (page 237)

Heat a ridged grill pan over medium-high heat or prepare an outdoor grill for direct grilling on medium-high.

Finely chop half the mint. Put the mint in a bowl and add the olive oil and lemon juice. Add the chicken to the bowl and rub with the mint mixture. Place the chicken on the grill pan and cook for 2 to 3 minutes on each side, or until the chicken just loses its pink color. Put the greens on a plate and top with the chicken. Add the cheese. Then, top it all off with sherry vinegar dressing and sprinkle with mint leaves for garnish.

(BEFORE DRESSING) 230 CAL, 12 G FAT (5 G SATURATED), 24 G PROTEIN, 7 G CARB, 24 G SUGAR, 10 G FIBER, 78 MG SODIUM

EXTRA VEGGIE POWER! Toss asparagus onto the grill with the chicken, then heap high.

Open-Faced Italian Turkey Sandwich

In a small bowl, whisk together the olive oil, mustard, lemon juice, chives, and parsley. Spread half the mustard mixture over the toast. Top with the turkey, roasted red peppers, and artichoke hearts. Drizzle with the remaining mustard mixture. Finish with red pepper flakes, to taste, if you like. Top with the lettuce leaves, using them as the “bread” on top.

385 CAL, 14 G FAT (3 G SATURATED), 32 G PROTEIN, 29 G CARB,
0 G SUGAR, 6 G FIBER, 862 MG SODIUM

EXTRA VEGGIE POWER! Throw on some sliced cucumbers, red onion, or radishes.

SERVES 1

- 2 teaspoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon fresh lemon juice
- 1 teaspoon chopped fresh chives
- 1 teaspoon chopped fresh flat-leaf parsley
- 1 slice whole-grain bread, toasted
- 3 ounces sliced turkey breast
- ¼ cup jarred roasted red peppers, drained
- 3 water-packed artichoke hearts, drained
- Red pepper flakes (optional)
- 2 large lettuce leaves (such as radicchio or romaine)

Salad in a Jar

SERVES 1

2 tablespoons Dijon Vinaigrette (page 236)

½ cup halved grape tomatoes

½ cup sliced hearts of palm

½ cup shredded red cabbage

½ cup cooked quinoa

3 ounces cooked boneless, skinless, chicken breast, diced

½ cup sliced bell pepper

1 cup baby arugula

In a quart-size jar or container, layer the ingredients in this order: dressing, grape tomatoes, hearts of palm, cabbage, quinoa, chicken, and bell pepper. Fill the rest of the jar with the baby arugula. Seal the jar and refrigerate until ready to serve. Shake to combine before serving.

See the photo on page 190.

421 CAL, 19 G FAT (3 G SATURATED), 29 G PROTEIN, 38 G CARB, 6 G SUGAR, 7 G FIBER, 867 MG SODIUM



It's a Superfood

Lots of people think quinoa is a grain, but actually, it's a *seed*. It's loaded with protein, magnesium, phosphorous, and manganese.

Open-Faced Veggie Sandwich

In a small bowl using a fork, mash together the black beans, lime juice, cumin, salt, and olive oil. Spread on the toast. Top with the zucchini, cucumber, and sprouts (if using). Season with pepper. Top with lettuce and tomato.

258 CAL, 7 G FAT (1 G SATURATED), 12 G PROTEIN, 39 G CARB,
6 G SUGAR, 9 G FIBER, 416 MG SODIUM

SERVES 1

1/3 cup canned black beans, rinsed and drained

Juice of 1 lime

1/4 teaspoon ground cumin

Pinch of coarse salt

1 teaspoon extra-virgin olive oil

1 slice whole-grain bread, toasted

1/4 cup shredded zucchini

6 slices cucumber

2 tablespoons sprouts of any kind (optional)

Freshly ground black pepper

Lettuce

Sliced tomato

Wild Rice Bowl with Egg

SERVES 1

½ cup wild rice

2 cups packed baby spinach

Coarse salt

Freshly ground black pepper

1 large egg, cooked sunny-side up

Cook the wild rice according to the package directions. When the rice is ready, take it off the heat, then add the spinach and stir until it has wilted. Season with salt and pepper. Top with the egg.

Note: You can cook a big batch of wild rice and sprinkle it over most anything for an extra hit of heartiness: soups, salads, even oatmeal.

305 CAL, 10 G FAT (2 G SATURATED), 14 G PROTEIN, 47 G CARB, 2 G SUGAR, 9 G FIBER, 530 MG SODIUM

Lemony Salmon with Broccoli and Tomatoes

Juice 1 lemon into a small bowl to yield 2 tablespoons of juice, then whisk in the olive oil. Thinly slice the remaining lemon.

Place the broccoli, tomatoes, and garlic in one layer in a large, straight-sided skillet. Sprinkle with the red pepper flakes. Space the salmon fillets evenly on top. Season with the salt and black pepper to taste. Top with the sliced lemon. Pour half the lemon-oil mixture and 1 cup water into the skillet. Cover tightly. Bring to a boil, then reduce the heat to medium. Simmer gently, adjusting the heat as needed, until the fish is cooked through and the broccoli is tender, about 10 minutes. Scatter the olives on top. Spoon some of the pan sauce and remaining lemon-oil mixture over each serving.

390 CAL, 20 G FAT (3 G SATURATED), 40 G PROTEIN, 13 G CARB,
4 G SUGAR, 4 G FIBER, 511 MG SODIUM PER SERVING

SERVES 4

2 lemons

2 tablespoons olive oil

1 head broccoli (about 1 pound), trimmed and cut into 2½-inch-long pieces

10 ounces grape or cherry tomatoes (about 2 cups)

4 garlic cloves, thinly sliced

¼ teaspoon red pepper flakes

4 (6-ounce) skinless salmon fillets

½ teaspoon coarse salt

Freshly ground black pepper

1 cup pitted Kalamata olives

Whole Wheat Penne with Chicken

SERVES 2

4 ounces whole wheat penne pasta (about $\frac{2}{3}$ cup)

2 tablespoons olive oil

3 cups cubed eggplant

Coarse salt

2 cups cubed zucchini

1 cup halved grape tomatoes

2 garlic cloves, minced

6 ounces cooked chicken breast, sliced

Freshly ground black pepper

Fresh or dried basil

Bring a large pot of salted water to a boil. Add the pasta and cook according to the package directions until al dente; reserve $\frac{2}{3}$ cup of the pasta cooking water, then drain.

While the pasta is cooking, heat the olive oil in a skillet over medium-high heat. Add the eggplant and 4 pinches of salt. Cook, stirring, until golden, 4 to 5 minutes. Add the zucchini and 4 pinches of salt. Cook, stirring, until golden, 6 minutes. Add the tomatoes and garlic. Cook, stirring, until the tomatoes soften, 2 minutes. Add the chicken, reserved pasta water, and pasta. Cook over high heat, stirring, for 3 minutes. Season with pepper and 4 pinches of salt. Garnish with basil.

EXTRA VEGGIE POWER! After adding the olive oil to your skillet, throw in some chopped leeks. Stir a handful of arugula into the pasta before serving.

515 CAL, 19 G FAT (3 G SATURATED), 39 G PROTEIN, 56 G CARB, 10 G SUGAR, 10 G FIBER, 798 MG SODIUM PER SERVING

Spiced Lentils with Roasted Green Beans and Quinoa

Preheat the oven to 425°F.

In a small pot, combine the lentils and broth and bring to a boil. Cover and reduce the heat to medium-low. Simmer for 25 to 30 minutes, or until the lentils are tender; drain any excess liquid. Gently stir in the garlic powder, coriander, onion powder, chili powder, and a pinch each of salt and pepper.

While the lentils are cooking, in a large bowl, toss the green beans with the olive oil and a sprinkle each of salt and pepper. Spread the green beans over a rimmed baking sheet and roast, stirring occasionally, for about 20 minutes, or until tender.

Serve the lentils warm over the quinoa with a side of the roasted green beans.

SERVES 2

- 2/3 cup dried green lentils**
- 2 cups low-sodium vegetable broth or water**
- 1 teaspoon garlic powder**
- 1 teaspoon ground coriander**
- 1/2 teaspoon onion powder**
- 1/2 teaspoon chili powder**
- Salt**
- Freshly ground black pepper**
- 4 cups prewashed bagged green beans**
- 2 teaspoons olive oil**
- 1 cup cooked quinoa**



It's a Superfood

Just 1 cup of cooked lentils contains an amazing 16 grams of filling fiber.

380 CAL, 11 G FAT (0 G SATURATED), 19 G PROTEIN, 55 G CARB, 11 G SUGAR, 17 G FIBER, 290 MG SODIUM PER SERVING

Spicy Shrimp and Quinoa Bowl

SERVES 2

2 tablespoons olive oil
2½ cups sliced zucchini
2 garlic cloves, minced
6 ounces shrimp, peeled and deveined
2 pinches of salt
2 pinches of red pepper flakes
1 teaspoon dried oregano
1 cup halved grape tomatoes
1 cup cooked quinoa

Heat the olive oil in a medium skillet over medium heat. Add the zucchini and cook until it starts to turn golden, 2 to 4 minutes. Add the garlic and shrimp. Cook until the shrimp start to turn pink, about 2 minutes. Add the salt, red pepper flakes, oregano, and tomatoes. Cook until the tomatoes soften, 2 minutes. Serve over the quinoa.

EXTRA VEGGIE POWER! Before adding the zucchini, sauté sliced onions in the olive oil. Or when the shrimp is nearly done cooking, toss a handful or two of greens (kale, collards, or baby spinach) into the skillet.

330 CAL, 17 G FAT
(2 G SATURATED),
18 G PROTEIN, 28 G CARB,
5 G SUGAR, 4 G FIBER,
616 MG SODIUM PER SERVING

Cauliflower Pizza Margherita

Preheat the oven to 425°F. Line a baking sheet with parchment paper.

Cut the cauliflower florets from the stems. In batches, pulse the florets in a food processor until finely ground and fluffy. (Do not overprocess.) Transfer the cauliflower to a microwave-safe bowl and cover with plastic wrap; poke a few holes in the plastic. Microwave on high for 5 minutes. Uncover, stir, and let cool slightly. Gather the cauliflower in a clean dish towel and twist tightly to squeeze out as much moisture as possible. Transfer the cauliflower to a large bowl and add the egg, egg white, Parmesan, oregano, and salt. Stir well. Transfer to the baking sheet and pat out into a ¼-inch-thick circle (10 to 11 inches across). Bake until golden brown, about 25 minutes. Top with the sauce and mozzarella. Return to the oven and bake until the mozzarella has melted, 10 to 15 minutes more. Top with basil and sprinkle with red pepper flakes.

See the photo on page 202.

EXTRA VEGGIE POWER! Heat up a little olive oil in a pan (no more than 1 tablespoon), then sauté the mushrooms, bell peppers, or zucchini coins until tender. Add them to the pizza before baking.

SERVES 4

- 1 (2-pound) head cauliflower
- 1 large egg, lightly beaten
- 1 large egg white, lightly beaten
- ⅓ cup packed grated Parmesan cheese
- ¼ teaspoon dried oregano
- ½ teaspoon coarse salt
- ½ cup store-bought tomato sauce, no added sugar
- 6 ounces fresh whole-milk mozzarella cheese, sliced or torn into pieces
- Fresh basil, for garnish
- Red pepper flakes, for sprinkling

204 CAL, 13 G FAT
(7 G SATURATED),
14 G PROTEIN, 8 G CARB,
3 G SUGAR, 2 G FIBER,
524 MG SODIUM PER SERVING



It's a Superfood

Low-cal cauliflower is the Transformer of veggies. Pizza crust, rice—it will shape-shift every which way. My favorite is zero-guilt mashed “potatoes”—just steam your cauliflower florets, drain, salt them, and mash 'em up.

Mustard and Quinoa-Crusted Salmon with Cauliflower Rice

SERVES 4

- ¼ cup white sesame seeds
- ¼ cup quinoa
- 4 teaspoons mustard seeds
- 4 teaspoons paprika
- 1 teaspoon coarse salt
- 1 teaspoon freshly ground black pepper
- 4 (6-ounce) skinless salmon fillets
- ¼ cup Dijon mustard
- 1 tablespoon plus 1 teaspoon olive oil

Preheat the oven to 400°F.

In a shallow bowl, mix together the sesame seeds, quinoa, mustard seeds, paprika, salt, and pepper. Coat the salmon with the mustard, then coat each fillet in the sesame seed mixture, patting it on carefully.

Heat the olive oil over medium-high heat in a large non-stick pan. Add the salmon and cook for 4 minutes per side, until the coating is browned. Transfer the salmon fillets to a rimmed baking sheet and bake for 8 minutes.

241 CAL, 7 G FAT
(0 G SATURATED),
5 G PROTEIN, 13 G CARB,
0 G SUGAR, 3 G FIBER,
854 MG SODIUM PER SERVING



Cauliflower Rice

SERVES 4

- 8 cups cauliflower florets
- 1 tablespoon olive oil
- ½ teaspoon coarse salt

Preheat the oven to 425°F.

Pulse the cauliflower florets in a food processor until rice-like (or grate on the large holes of a box grater). Toss with the olive oil and salt. Spread over a rimmed baking sheet and roast, stirring occasionally, for 20 to 30 minutes.

83 CAL, 4 G FAT (1 G SATURATED), 4 G PROTEIN, 11 G CARB,
4 G SUGAR, 4 G FIBER, 304 MG SODIUM PER SERVING

Salsa Turkey Burger with Baked Sweet Potato Fries

To make the salsa: Combine the tomatoes, cilantro, onion, jalapeño, lime juice, and salt. Set aside.

To make the burgers: Combine the ground turkey, chili powder, salt, and ½ cup of the tomato-salsa mixture. Form into 2 patties. Heat the olive oil in a nonstick skillet over medium-high heat. Cook the burgers, flipping once, until browned, 4 minutes, reduce the heat to low and cook through, covered, 5 minutes. Serve on lettuce with the remaining tomato-salsa mixture and more cilantro.

248 CAL, 13 G FAT (3 G SATURATED), 24 G PROTEIN, 10 G CARB, 5 G SUGAR, 3 G FIBER, 1,541 MG SODIUM PER SERVING

SERVES 2

For the salsa

2 medium tomatoes, finely chopped

1 cup loosely packed chopped fresh cilantro leaves, plus more for serving

¼ cup chopped red onion

2 tablespoons minced jalapeño (ribs and seeds removed)

Juice from 1 lime

1 teaspoon coarse salt

For the burgers

8 ounces ground turkey

½ teaspoon chili powder

½ teaspoon coarse salt

2 teaspoons olive oil

2 large lettuce leaves

Baked Sweet Potato Fries

Preheat the oven to 450°F.

Cut the sweet potato into ¼-inch-wide sticks; toss, on a large rimmed baking sheet, with the olive oil and salt. Roast for 20 to 25 minutes or until crisp, shaking once.

110 CAL, 7 G FAT (1 G SATURATED), 1 G PROTEIN, 12 G CARB, 4 G SUGAR, 2 G FIBER, 275 MG SODIUM PER SERVING

SERVES 2

1 medium sweet potato

1 tablespoon olive oil

¼ teaspoon salt

Salmon Hash with Sunny-Side-Up Eggs

Put the sweet potato in a small saucepan and add enough cold water to cover by 2 inches; simmer over medium heat until tender, about 12 minutes. Drain and cut into cubes.

Heat 1 tablespoon of the olive oil in a cast-iron or non-stick skillet over medium-high heat. Season the salmon with $\frac{1}{4}$ teaspoon each of the salt and black pepper. Cook in the skillet, turning, until golden, 3 to 4 minutes. Transfer to a plate. Add the sweet potato to the skillet. Cook over medium-high heat until golden, about 2 minutes. Stir in the onion, bell peppers, 2 tablespoons of the chives, and the remaining $\frac{1}{4}$ teaspoon each of salt and black pepper. Cook, stirring, until the vegetables are golden and tender, 4 to 8 minutes. Return the salmon to the skillet. Heat, stirring gently and letting the salmon flake, until cooked through, about 1 minute more. Transfer everything to a bowl; loosely cover with aluminum foil.

Wipe out the skillet and add the remaining 1 tablespoon olive oil. Cook the eggs over medium-low heat until the whites are set, about 3 minutes, or to your desired doneness. Divide the hash among four plates and top each with an egg. Sprinkle with the remaining 1 tablespoon chives before serving.

SERVES 4

1 large sweet potato, peeled

2 tablespoons olive oil

1 (1 $\frac{1}{4}$ -pound) piece skinless salmon, cut into 2-inch chunks

$\frac{1}{2}$ teaspoon coarse salt

$\frac{1}{2}$ teaspoon freshly ground black pepper

1 small red onion, coarsely chopped

2 small bell peppers, coarsely chopped

3 tablespoons chopped fresh chives

4 large eggs

440 CAL, 26 G FAT (4 G SATURATED), 39 G PROTEIN, 12 G CARB, 5 G SUGAR, 2 G FIBER, 418 MG SODIUM PER SERVING



It's a Superfood

Sweet potatoes are a source of beta-carotene, a compound linked to eye health.



Black Bean Bowl

SERVES 2

Canola oil cooking spray
½ cup frozen corn kernels
1 (5-ounce) boneless, skinless chicken breast (optional)
3 tablespoons diced tomato
2 tablespoons diced red onion
1 tablespoon fresh lime juice
1½ teaspoons plus 2 tablespoons chopped fresh cilantro
½ teaspoon minced jalapeño (ribs and seeds removed)
Pinch of ground cumin
Pinch of coarse salt
1 cup cooked brown rice
1 cup canned black beans, rinsed and drained
½ avocado, sliced, or ¼ cup prepared guacamole
¼ cup shredded cheddar cheese

Preheat the oven to 375°F.

Lightly spray a baking sheet with cooking spray. Spread the corn on the baking sheet and roast until golden brown, about 15 minutes.

In the meantime, heat a ridged grill pan over medium-high heat or preheat an outdoor grill to medium-high. Place the chicken (if using) on the grill and cook for 2 to 3 minutes on each side, or until the chicken just loses its pink color. Cut the chicken into cubes.

In a small bowl, combine the corn, tomato, onion, lime juice, the 1½ teaspoons cilantro, the jalapeño, cumin, and salt.

Spoon the rice, beans, chicken (if using), corn salsa, and avocado into two bowls. Top with the cheese and garnish with the remaining 2 tablespoons cilantro.

(WITHOUT CHICKEN) 391 CAL, 14 G FAT (4 G SATURATED),
15 G PROTEIN, 57 G CARB, 3 G SUGAR, 6 G FIBER, 433 MG SODIUM
PER SERVING

(WITH CHICKEN) 467 CAL, 16 G FAT (4 G SATURATED),
29 G PROTEIN, 57 G CARB, 3 G SUGAR, 13 G FIBER,
468 MG SODIUM PER SERVING

Pasta Salad with Shrimp and Herbs

SERVES 4

8 ounces whole wheat penne
¼ cup fresh lemon juice
3 tablespoons coarse-grain Dijon mustard
10 ounces large shrimp, peeled and deveined (about 16)
½ teaspoon coarse salt
Freshly ground black pepper
3 tablespoons extra-virgin olive oil
1 fennel bulb, thinly sliced crosswise, fronds reserved for garnish
⅓ cup chopped fresh chives
3 tablespoons chopped fresh tarragon (optional)

Bring a large pot of salted water to a boil. Add the penne and cook according to the package directions until al dente. Drain and let cool.

In a small bowl, mix together the lemon juice, mustard, and 2 tablespoons water. Set aside. Pat dry the shrimp. Season with ¼ teaspoon of the salt and pepper to taste. Heat 1 tablespoon of the olive oil in a large nonstick skillet over medium-high heat. Working in batches, cook the shrimp until golden brown, about 2 minutes per side. Add the shrimp to the pasta as they're cooked. Remove the skillet from the heat and stir in the mustard mixture, scraping up the browned bits from the bottom of the skillet. Toss the warmed sauce with the pasta. Refrigerate until cool. Add the fennel to the pasta, the remaining 2 tablespoons olive oil, the chives, tarragon (if using), and the remaining ¼ teaspoon salt. Toss well. Season with pepper. Garnish with fennel fronds, if desired.

378 CAL, 13 G FAT (2 G SATURATED), 16 G PROTEIN, 48 G CARB, 5 G SUGAR, 7 G FIBER, 900 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Plump it up with a handful of greens, such as arugula, baby spinach, or shredded kale.

Mediterranean Chickpea Burger

Bring $\frac{2}{3}$ cup water to a boil in a small saucepan. Add the bulgur. Cover; reduce the heat and simmer until the water has been absorbed, about 15 minutes.

Transfer the bulgur to a food processor, add the chickpeas, feta, egg, parsley, onion, lemon juice, cumin, salt, and pepper and pulse until well combined. Form the mixture into 8 patties (about 2 inches in diameter).

Heat the olive oil in a large nonstick skillet over medium heat. Cook the burgers, flipping once, until golden brown, 3 to 4 minutes per side. Serve 2 patties in each pita half.

333 CAL, 13 G FAT (3 G SATURATED), 13 G PROTEIN, 43 G CARB, 5 G SUGAR, 9 G FIBER, 663 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Top the burger with the usuals—lettuce, red onion, tomato, and cucumbers.

SERVES 4

$\frac{1}{4}$ cup bulgur

1 (15-ounce) can chickpeas, rinsed and drained

$\frac{1}{2}$ cup crumbled feta cheese

1 large egg, lightly beaten

$\frac{1}{4}$ cup chopped fresh flat-leaf parsley

3 tablespoons finely chopped red onion

2 tablespoons fresh lemon juice

1 teaspoon ground cumin

1 teaspoon coarse salt

$\frac{1}{2}$ teaspoon freshly ground black pepper

$\frac{1}{4}$ cup olive oil

2 whole-grain pita pockets, halved

Whole Wheat Panko and Herb-Crusted Chicken

SERVES 2

6 tablespoons whole wheat panko bread crumbs

Zest of 1 lemon

2 tablespoons chopped fresh flat-leaf parsley

2 teaspoons freshly ground black pepper

½ teaspoon coarse salt

1 (12-ounce) boneless, skinless chicken breast, halved

2 large eggs, lightly beaten

2 teaspoons olive oil

Preheat the oven to 400°F.

In a shallow bowl, mix the panko, lemon zest, parsley, pepper, and salt. Dip the chicken into the egg, then coat with the panko mixture, patting it on carefully.

Heat the olive oil in a nonstick skillet over medium-high heat. Add the chicken and cook for 1 to 2 minutes per side. Transfer to a baking sheet and bake for 18 to 20 minutes. Serve with a big side salad.

Note: Whole wheat panko is good for more than just bread-ing. Sprinkle it over slow-cooked dishes—such as chili or stews—to add a crisp, crunchy texture.

(BEFORE SIDE SALAD) 354 CAL, 14 G FAT (3 G SATURATED), 43 G PROTEIN, 13 G CARB, <1 G SUGAR, 2 G FIBER, 652 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Serve with a nice helping of steamed green beans or asparagus.

Steak Night Salad with Couscous

In a large bowl, toss together the couscous, romaine, bell pepper, olives, 4 tablespoons of the vinaigrette, the parsley, and ¼ teaspoon of the salt. Set aside.

Set a steamer basket over simmering water in a medium saucepan. Put the broccoli rabe in the steamer basket and cook, covered, until just tender, about 4 minutes. Let cool.

Season the steak with the remaining ¼ teaspoon salt and the black pepper. Heat the olive oil in a medium nonstick skillet over medium-high heat. Add the steak and cook, turning once, for 5 to 10 minutes for medium-rare (the timing will vary depending on the thickness). Let the steak rest 5 minutes, then slice.

Divide the couscous mixture, broccoli rabe, and steak among four plates. Drizzle with the remaining 2 tablespoons vinaigrette.

416 CAL, 20 G FAT (5 G SATURATED), 19 G PROTEIN, 39 G CARB, 4 G SUGAR, 9 G FIBER, 586 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Steam chopped cauliflower along with the broccoli rabe.

SERVES 4

3½ cups cooked whole wheat couscous

2 cups chopped romaine hearts

½ cup chopped roasted red bell pepper

¼ cup chopped pitted Kalamata olives

6 tablespoons Red Wine Vinaigrette (page 238)

2 tablespoons chopped fresh flat-leaf parsley

½ teaspoon coarse salt

8 ounces broccoli rabe, trimmed

8 ounces boneless sirloin steak

Freshly ground black pepper

1 tablespoon olive oil

Blackened Tilapia Tacos

SERVES 4

2 (6-ounce) tilapia fillets
(if you don't like tilapia,
you can substitute cod or
another white fish)

2 teaspoons blackened
spice rub

2 teaspoons olive oil

¾ cup frozen corn kernels,
thawed (or fresh kernels
cut from 1 ear)

1 medium red bell pepper,
diced

8 (6-inch) corn or whole
wheat tortillas, warmed

Lime, for serving

Heat a large nonstick skillet over medium-high heat for 1 minute. Coat the fillets with the spice rub. Add 1 teaspoon of the olive oil to the skillet, heat for another minute, then add the fish. Cook the fish until well browned and cooked through, 2 to 3 minutes per side for tilapia. Transfer to a plate.

Heat the remaining 1 teaspoon olive oil in the same skillet over high heat. Add the corn and bell pepper and cook, stirring once or twice, until the vegetables are browned, about 5 minutes. Slice each fillet into 4 pieces. Divide the tilapia and corn mixture among the tortillas. Serve with lime wedges.

See the photo on page 182.

246 CAL, 6 G FAT (1 G SATURATED), 20 G PROTEIN, 31 G CARB,
5 G SUGAR, 5 G FIBER, 120 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Top off your tacos with shredded cabbage or lettuce, sliced jalapeño, diced red onion, or sliced radishes.



It's a Superfood

Corn gets a bad rap, nutritionally, but I'm a fan of the veggie. It's got fiber, and its natural sweetness can help crush your cravings for something sugary.

Quick Chicken Fried Rice

Heat 1 tablespoon of the canola oil in a large nonstick skillet over medium heat. Add the eggs and cook, stirring to scramble them, for 2 minutes; transfer to a plate.

In the same pan, heat the remaining 1 tablespoon canola oil. Add the rice, mixed vegetables, and snow peas and cook, stirring, for 3 minutes. Stir in the chicken, soy sauce, and scrambled eggs. Top with the scallion, if desired.

406 CAL, 20 G FAT (4 G SATURATED), 20 G PROTEIN, 43 G CARB,
4 G SUGAR, 5 G FIBER, 642 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Add sliced water chestnuts, sugar snap peas, and/or bamboo shoots.

SERVES 4

2 tablespoons canola oil

2 large eggs, beaten

3 cups cooked brown rice

1 (10-ounce) package
frozen mixed vegetables

1 cup chopped snow peas

2 cups shredded cooked
chicken (you can use
rotisserie with the skin
removed)

2 tablespoons low-sodium
soy sauce

Chopped scallion,
for garnish (optional)

Asian Tofu Steak with Noodles

SERVES 2

- 2 heads baby bok choy
- 4 teaspoons canola oil
- Red pepper flakes
- 6 ounces firm tofu, drained and patted dry
- ½ medium red bell pepper, thinly sliced
- 4 scallions, sliced, plus ¼ cup for garnish
- 2 teaspoons minced garlic
- 2 tablespoons low-sodium soy sauce
- 1 cup cooked whole wheat spaghetti

Trim and chop the bok choy. Heat 2 teaspoons of the canola oil in a medium skillet over medium heat. Add the bok choy; cook, stirring, until the stalks are crisp-tender, 3 to 4 minutes. Transfer to a plate. Return the skillet to medium heat and add the remaining 2 teaspoons canola oil and a sprinkle of red pepper flakes. Add the tofu; sear, flipping once, for 1 minute per side. Add the bell pepper, scallions, and garlic. Cook, stirring, for 1 minute. Add the soy sauce, 2 tablespoons water, and the spaghetti. Stir the spaghetti to coat, about 1 minute. Serve with the bok choy. Top with the ¼ cup sliced scallion.

310 CAL, 15 G FAT
(1 G SATURATED),
16 G PROTEIN, 33 G CARB,
4 G SUGAR, 6 G FIBER,
653 MG SODIUM PER SERVING



It's a Superfood

I'm a big fan of plant-based proteins like tofu. Plus, eating more of this soy-based staple may help you lose weight, according to one recent study.

Quick Whole Wheat Pasta with Broccoli Sauce

Bring a large pot of salted water to a boil. Add the rigatoni and cook according to the package directions until al dente; reserve $\frac{1}{4}$ cup of the pasta cooking water, then drain.

Heat the olive oil in a large skillet over medium heat. Add the garlic and cook for 1 minute. Add the broccoli florets and 1 cup water. Cook, covered, over medium-high heat for 7 minutes. Uncover. Cook, breaking up the broccoli, until the water has evaporated. Add the pasta, reserved pasta water, and the cheese. Season with the salt, black pepper, and a pinch of red pepper flakes.

EXTRA VEGGIE POWER! You can add cauliflower to the broccoli mix for more heft. Or serve with a simple side salad.

SERVES 4

12 ounces whole wheat rigatoni (other small shapes, such as shells or penne)

2 tablespoons olive oil

1 garlic clove, chopped

5 cups broccoli florets

$\frac{1}{4}$ cup grated Parmesan cheese

$\frac{1}{4}$ teaspoon coarse salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

Red pepper flakes

422 CAL, 11 G FAT
(2 G SATURATED),
15 G PROTEIN, 69 G CARB,
4 G SUGAR, 10 G FIBER,
309 MG SODIUM PER SERVING

Arugula Salad with Fried Eggs and Asparagus

SERVES 4

8 ounces asparagus, trimmed

1 tablespoon olive oil

4 large eggs

8 cups baby arugula

¼ cup Chive Vinaigrette (page 238)

½ cup shaved Parmesan cheese

Chopped fresh chives, for garnish (optional)

Freshly ground black pepper

4 slices whole-grain bread, toasted

Set a steamer basket over simmering water in a medium saucepan. Put the asparagus in the steamer basket and cook, covered, until just tender, about 5 minutes. Let cool.

Heat the olive oil in a large nonstick skillet over medium heat. Add the eggs and fry until set, about 3 minutes. In a large bowl, toss the arugula with 3 tablespoons of the vinaigrette. Divide the arugula among 4 plates. Top each plate with the asparagus and an egg. Drizzle with the remaining vinaigrette. Sprinkle with the cheese, some chives (if using), and pepper to taste. Serve each salad with a slice of toast.

Yep, that's *prosciutto on that salad*—which isn't part of the 21-Day Plan. (It's not terrible for you in moderation—it even has a little iron—but it's a bit high in sodium.) I wanted you to see one example of how you can dress up these dishes when your three weeks are over. Just add one ingredient, and bam: It's a totally different meal. Culinary creativity!

(BEFORE VINAIGRETTE) 275 CAL, 15 G FAT (5 G SATURATED), 18 G PROTEIN, 17 G CARB, 5 G SUGAR, 4 G FIBER, 432 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Try making asparagus “noodles”: Use a vegetable peeler on raw stalks to make long, thin strips. Add them to salads or your whole-grain pasta dishes.

Balsamic-Glazed Chicken with Brussels Sprouts and Brown Rice

Heat a medium nonstick pan over medium-high heat. Season the chicken cutlets with the salt, rosemary, 1 teaspoon of the olive oil, and the pepper. Reduce the heat to medium and cook the chicken until cooked through, 2 to 3 minutes per side. Add the vinegar and cook for about 30 seconds more, turning the chicken to glaze it. Transfer to a plate; keep warm.

Rinse and dry the pan. Heat 2 teaspoons of the olive oil over medium heat and add the onion. Cook until the onion starts to soften, about 5 minutes. Add the remaining 2 teaspoons olive oil, the Brussels sprouts, and $\frac{1}{4}$ cup water. Toss to coat. Cover and cook for 1 minute. Uncover; raise the heat to high and cook until the sprouts are tender, 3 to 4 minutes more. Slice the chicken and serve with the sprouts and rice.

400 CAL, 15 G FAT (2 G SATURATED), 30 G PROTEIN, 34 G CARB, 5 G SUGAR, 5 G FIBER, 314 MG SODIUM PER SERVING

SERVES 2

2 (4-ounce) thin chicken breast cutlets

$\frac{2}{3}$ teaspoon coarse salt

2 teaspoons chopped fresh rosemary

5 teaspoons olive oil

Freshly ground black pepper

2 tablespoons balsamic vinegar

$\frac{1}{2}$ medium red onion, sliced

8 Brussels sprouts, thinly sliced

1 cup cooked brown rice



It's a Superfood

Brussels sprouts have a lot to boast about: They are rich in potassium, iron, and vitamins C and K.

Baked Eggs with Swiss Chard

SERVES 4

- 2 tablespoons olive oil
- 1 cup sliced yellow onion
- 2 garlic cloves, minced
- 1 pound Swiss chard, washed, leaves stemmed and coarsely chopped (about 12 cups)
- 2 tablespoons plain 2% Greek yogurt
- 3 tablespoons grated Parmesan cheese
- 1 teaspoon fresh lemon juice
- ¼ teaspoon coarse salt, plus a pinch
- Freshly ground black pepper
- 4 large eggs
- 4 whole-grain pita pockets or 4 slices whole-grain bread, toasted

Heat the olive oil in a medium ovenproof skillet over medium heat. Add the onion and garlic and cook, stirring, until tender, 4 minutes. Add the Swiss chard in batches and cook, tossing, until just tender, 5 minutes. Remove from the heat.

Stir in the yogurt, 1 tablespoon of the cheese, the lemon juice, the ¼ teaspoon salt, and the pepper to taste. Crack the eggs on top. Sprinkle with the remaining 2 tablespoons cheese and a pinch of salt. Bake until set, about 10 minutes. Serve with 1 slice each of the pita.

250 CAL, 14 G FAT (3 G SATURATED), 13 G PROTEIN, 19 G CARB, 4 G SUGAR, 4 G FIBER, 543 MG SODIUM PER SERVING



It's a Superfood

One serving of Swiss chard covers more than 100 percent of your daily vitamin K needs (a key nutrient for blood clotting).



Quick Tuna Puttanesca

SERVES 4

12 ounces whole wheat penne

1 tablespoon olive oil

2 garlic cloves, chopped

¼ cup pitted and chopped Kalamata olives

1 tablespoon chopped capers

1 (28-ounce) can diced tomatoes

Red pepper flakes

1 (5-ounce) can oil-packed tuna, drained (water-packed tuna is also fine, though the oil-packed kind lends a little extra texture and richness to the dish. Note that the nutritional information was calculated with the oil-packed tuna.)

Bring a large pot of salted water to a boil. Add the penne and cook according to the package directions until al dente; drain.

Heat the olive oil in a large skillet over medium heat. Add the garlic, olives, and capers and cook for 3 minutes. Add the tomatoes with their juice and a pinch of red pepper flakes. Cook for 5 minutes. Toss the tomato sauce with the pasta and tuna.

461 CAL, 10 G FAT (1 G SATURATED), 19 G PROTEIN, 73 G CARB, 9 G SUGAR, 9 G FIBER, 797 MG SODIUM PER SERVING

EXTRA VEGGIE POWER! Add mushrooms to the skillet along with the garlic, olives, and capers. Or, after adding the tomatoes, stir in chopped artichoke hearts (packed in water).

Classic Vinaigrette

**MAKES ABOUT
6 SERVINGS**

1 medium shallot, minced
3 tablespoons red wine vinegar
1 tablespoon Dijon mustard
½ teaspoon coarse salt
¼ teaspoon freshly ground black pepper
½ cup extra-virgin olive oil

In a small bowl, whisk together the shallot, vinegar, mustard, salt, and pepper. Add the olive oil. Whisk until emulsified. Refrigerate in a bottle or container. (The vinaigrette will keep in the fridge for up to 5 days.)

149 CAL, 18.01 G FAT (2.49 G SATURATED), .14 G PROTEIN, .92 G CARB, .39 G SUGAR, .18 G FIBER, 221.58 MG SODIUM PER SERVING

Dijon Vinaigrette

**MAKES ABOUT
8 SERVINGS**

¼ cup fresh lemon juice
1 tablespoon plus 1 teaspoon coarse-grain Dijon mustard
½ cup extra-virgin olive oil
Pinch of coarse salt
Freshly ground black pepper to taste

In a small bowl, whisk together the lemon juice, mustard, olive oil, salt, and pepper to taste. Refrigerate in a bottle or container. (The vinaigrette will keep in the fridge for up to 2 weeks.)

126 CAL, 16.39 G FAT (2.26 G SATURATED), .04 G PROTEIN, .67 G CARB, .23 G SUGAR, .04 G FIBER, 90.61 MG SODIUM PER SERVING

Sherry Vinegar Dressing

In a small bowl, whisk together the vinegar, olive oil, mustard, shallot, parsley, salt, and pepper. Refrigerate in a bottle or container. (The vinaigrette will keep in the fridge for up to 2 weeks.)

156 CAL, 15.44 G FAT (2.13 G SATURATED), .06 G PROTEIN, .34 G CARB, .12 G SUGAR, .08 G FIBER, 172.74 MG SODIUM PER SERVING

**MAKES ABOUT
7 SERVINGS**

**3 tablespoons sherry
vinegar**

½ cup extra-virgin olive oil

**2 tablespoons coarse-grain
Dijon mustard**

**1 tablespoon chopped
shallot**

**1 tablespoon chopped fresh
flat-leaf parsley**

¼ teaspoon coarse salt

**¼ teaspoon freshly ground
black pepper**

Buttermilk Dressing

In a small bowl, whisk together the buttermilk, yogurt, onion, garlic, dill, salt, and pepper. Refrigerate in a bottle or container. (The vinaigrette will keep in the fridge for up to 2 weeks.)

19 CAL, .36 G FAT (.23 G SATURATED), 1.48 G PROTEIN, 1.57 G CARB, 1.14 G SUGAR, .08 G FIBER, 113.59 MG SODIUM PER SERVING

MAKES ABOUT 7 SERVINGS

¼ cup low-fat buttermilk

**¼ cup plain 2% Greek
yogurt**

**1 tablespoon minced yellow
onion**

1 garlic clove, minced

**2 tablespoons finely
chopped fresh dill**

¼ teaspoon coarse salt

**¼ teaspoon freshly ground
pepper**

Red Wine Vinaigrette

MAKES ABOUT 8 SERVINGS

¼ cup plus 2 tablespoons
red wine vinegar

2 teaspoons Dijon mustard

2 garlic cloves, minced

½ teaspoon coarse salt

½ teaspoon freshly ground
black pepper

¼ cup plus 2 tablespoons
extra-virgin olive oil

¼ cup chopped fresh flat-
leaf parsley

In a small bowl, whisk together the vinegar, mustard, garlic, salt, and pepper. Whisk in the olive oil to combine well. Stir in the parsley. Refrigerate in a bottle or container. (The vinaigrette will keep in the fridge for up to 2 weeks.)

100 CAL, 10.15 G FAT (1.4 G SATURATED), .12 G PROTEIN,
.49 G CARB, .02 G SUGAR, .11 G FIBER, 152.32 MG SODIUM
PER SERVING

Chive Vinaigrette

MAKES ABOUT 8 SERVINGS

¼ cup white balsamic or
white wine vinegar

2 tablespoons Dijon
mustard

½ teaspoon freshly ground
black pepper

¼ cup plus 2 tablespoons
extra-virgin olive oil

2 tablespoons chopped
fresh chives

In a small bowl, whisk together the vinegar, mustard, and pepper. Whisk in the olive oil to combine well. Stir in the chives. Refrigerate in a bottle or container. (The vinaigrette will keep in the fridge for up to 2 weeks.)

152 CAL, 12.47 G FAT (1.72 G SATURATED),
.05 G PROTEIN, 1.25 G CARB, .02 G SUGAR,
.07 G FIBER, 113.81 MG SODIUM PER SERVING

SNACKS

From super-fast to crowd-pleasing nibbles, these 21 recipes will keep you satisfied.

Grab-and-Go

Step 1: Stick hand in fridge. Step 2: Snack. It doesn't get easier than this.

1. Slice up an apple or pear, and enjoy with 2 tablespoons nut butter. Sprinkle with cinnamon, if you like.
2. Top ½ cup plain 2% Greek yogurt with nuts or berries.



3. Keep string cheese handy. Have one piece with one serving of healthy crackers—either whole-grain, seed-based (such as Mary's Gone Crackers), or nut-based (such as Blue Diamond almond crackers). Or pair one string cheese with raw veggies of your choosing.
4. Have a hard-boiled egg with either one serving of healthy crackers or a big baggie of veggies.
5. Keep snackable veggies on hand—such as baby carrots or snap peas, or veggies precut into slices or sticks: bell pepper, radish, cucumber, carrot, summer squash, or celery. Dunk them into 2 tablespoons hummus. You can make your own (see page 241) or use a store-bought hummus with no additives.
6. Or dunk those same snackable veggies in 2 tablespoons nut butter.
7. Have a piece of fruit, such as an orange, apple, banana, or kiwi, with 1 ounce nuts.

Low Effort

These scrumptious snacks are worth a few minutes of chopping and seasoning.

- 1.** Old Bay popcorn with super seeds: Toss 2 cups air-popped popcorn with ½ teaspoon extra-virgin olive oil. Sprinkle with ½ teaspoon Old Bay seasoning and 1 tablespoon toasted hulled sunflower seeds, and toss again.
- 2.** Veggies with creamy avocado dip: Mash ¼ avocado with lime juice and a pinch of salt. If desired, add some chopped red onion. Then, dunk your snacking veggies.
- 3.** Smoked paprika and almond popcorn: Toss 2 cups air-popped popcorn with 1 teaspoon extra-virgin olive oil. Sprinkle with 2 tablespoons toasted sliced almonds, ¼ teaspoon smoked paprika, and a couple of pinches of coarse salt, and toss again.

- 4.** Tomato “pizzas”: Halve 3 Campari or other midsize tomatoes and sprinkle with 1 tablespoon grated Parmesan cheese (or do a mix of Parmesan and shredded mozzarella). Broil until golden, 1 to 2 minutes. Drizzle with ½ teaspoon balsamic vinegar. Scatter 1 teaspoon sliced fresh basil leaves on top.

- 5.** Curried-up carrot sticks: Toss about 1 cup carrot sticks with 1 tablespoon chopped fresh cilantro, 2 teaspoons fresh lime juice, ¼ teaspoon curry powder, ¼ teaspoon ground cumin, and a pinch of coarse salt.

- 6.** Veggie rolls with nut butter: Spread 2 tablespoons nut butter over 6 stemmed Swiss chard leaves. Top with strips of bell pepper, cucumber, and celery. Sprinkle with chopped fresh cilantro and mint leaves. Drizzle with fresh lime juice. Roll to enclose and cut into vegetable rolls.

- 7.** Frozen grapes with Greek yogurt: Top ¼ cup plain 2% Greek yogurt with ½ cup frozen red or green grapes. (Try them sprinkled with cinnamon.)

- 8.** Brussels sprout chips: Trim the ends of 12 large Brussels sprouts and separate into single leaves. Toss with 2 teaspoons olive oil. Roast at 375°F on an oiled baking sheet, stirring occasionally, until crisp and browned, about 16 minutes. Toss with 1½ teaspoons low-sodium soy sauce.



Big Batch

These each make four servings—enough to share with a crowd, or to keep just you snack-ready for a few days.

- 1.** Chili-spiced pumpkin seeds: Toss 1 cup hulled pumpkin seeds with 2 teaspoons olive oil, ½ teaspoon chili powder, and ¼ teaspoon coarse salt. Spread on a rimmed baking sheet and toast in the oven at 375°F, stirring occasionally, until crisp, 8 to 10 minutes.
- 2.** Creamy artichoke dip with cuke slices: Pulse in a food processor 1 (14-ounce) can artichoke hearts (rinsed and drained), 6 tablespoons grated Parmesan cheese, ¼ cup plain 2% Greek or regular yogurt, 2 teaspoons chopped fresh thyme, and ¼ teaspoon each coarse salt and freshly ground black pepper. Serve with cucumber rounds.
- 3.** Edamame pesto dip with veggies: Puree in a food processor 1 cup thawed frozen shelled edamame; 2 tablespoons each extra-virgin olive oil, chopped fresh basil, sliced almonds, and grated Parmesan cheese; 1 tablespoon water; and ¼ teaspoon each coarse salt and freshly ground black pepper. Garnish with more basil. Serve with any veggies of your choosing.
- 4.** Smoky hummus with veggies: Puree in a food processor 1 (15-ounce) can chickpeas (rinsed and drained), 2 tablespoons extra-virgin olive oil, 1 tablespoon fresh lemon juice, ½ teaspoon sriracha sauce (or similar hot sauce), and ½ teaspoon smoked paprika. Top with more smoked paprika. Serve with any veggies of your choosing.
- 5.** Sweet potato strips: Use a vegetable peeler to slice 2 sweet potatoes lengthwise into thin strips. Toss with 4 teaspoons olive oil. Roast on an oiled nonstick baking sheet at 375°F until crisp and golden brown, 15 to 20 minutes. Season with a couple pinches of coarse salt. (Store leftovers in an airtight container for up to 3 days.)
- 6.** Roasted chickpeas: Toss 1 (15-ounce) can chickpeas (rinsed and drained) with 1 tablespoon olive oil, 1 teaspoon ground turmeric, ½ teaspoon ground cumin, 1 minced garlic clove, and ¼ teaspoon coarse salt, plus freshly ground black pepper to taste. Spread the chickpeas on a rimmed baking sheet and roast at 425°F, shaking the baking sheet occasionally, for 18 minutes.

Herbed Sautéed Shrimp

SERVES 4

- 1 tablespoon olive oil
- 1 teaspoon chopped garlic
- 1 pound large shrimp, peeled and deveined (about 20)
- ¼ cup chopped fresh flat-leaf parsley or cilantro
- Salt
- Freshly ground black pepper

Heat the olive oil in a large skillet over medium heat. Add the garlic and cook until golden, about 1 minute. Add the shrimp and cook, stirring, for 3 to 4 minutes, or until opaque. Add the parsley and season with salt and pepper.

113 CAL, 5 G FAT (1 G SATURATED), 16 G PROTEIN, 2 G CARB, 0 G SUGAR, 0 G FIBER, 644 MG SODIUM PER SERVING

Chickpeas in Tomato Sauce

SERVES 4

- 1 (15-ounce) can chickpeas, rinsed and drained
- ½ cup marinara sauce (homemade or store-bought, with no added sugar)
- Red pepper flakes
- ¼ cup crumbled feta cheese (optional)

Put the chickpeas in a small saucepan or microwave-safe bowl and add the marinara sauce and red pepper flakes to taste. Heat through, either on the stovetop or in the microwave. Sprinkle with the feta (adds 1 g protein, 25 cal, and 2 g fat per serving), if using.

126 CAL, 4 G FAT (1 G SATURATED), 7 G PROTEIN, 17 G CARB, 4 G SUGAR, 5 G FIBER, 310 MG SODIUM PER SERVING

It's a Superfood

Beyond adding a nice amount of fiber and protein onto your plate, chickpeas also contain 10 to 25 percent of your daily iron needs, depending on your age.



Chicken with Orange and Olives

Preheat the oven to 350°F.

Heat the olive oil in a medium skillet with ovenproof handle over medium-high heat. Season the chicken breasts with salt and pepper and add them to the skillet. Cook for 2 to 3 minutes on each side until nicely browned. Transfer the skillet to the oven and bake for 15 minutes, or until the chicken is no longer pink in the center. Remove the chicken from the skillet and set aside; return the skillet to the stovetop. Add the orange zest and juice and bring to a boil over medium-high heat, scraping up any browned bits from the bottom of the skillet. Add the olives and cook until the mixture has thickened slightly, then return the chicken to the skillet to coat with the sauce.

171 CAL, 6 G FAT (1 G SATURATED), 24 G PROTEIN, 3 G CARB,
2 G SUGAR, 0 G FIBER, 254 MG SODIUM PER SERVING



It's a Superfood

Olives are a great source of mono-unsaturated fatty acids, which help your heart by lowering the bad kind of cholesterol.

SERVES 4

1 teaspoon olive oil

2 (8-ounce) boneless, skinless chicken breasts

Salt

Freshly ground black pepper

Zest and juice of 1 navel orange

¼ cup pitted Kalamata olives, chopped or sliced



Broccoli and Cauliflower Medley

SERVES 4

½ medium head broccoli,
cut into florets
½ medium head
cauliflower, cut into florets
1 tablespoon olive oil
2 garlic cloves, thinly sliced
½ lemon
Salt
Red pepper flakes

Place the broccoli and cauliflower florets in a steamer basket set over boiling water in a medium saucepan. Cover and steam until crisp-tender, about 4 minutes. (If you don't have fresh broccoli or cauliflower, you can microwave about 3½ cups frozen florets.)

Meanwhile, heat the olive oil in a small skillet over medium-low heat. Add the garlic to the skillet and cook, stirring occasionally, until golden, about 3 minutes. Remove the vegetables from the steamer, toss with the garlic and oil, and squeeze the lemon over the top. Season with salt and red pepper flakes.

63 CAL, 4 G FAT (1 G SATURATED), 3 G PROTEIN, 7 G CARB,
1 G SUGAR, 3 G FIBER, 32 MG SODIUM PER SERVING



It's a Superfood

You get a surprisingly large vitamin C bonus in a cupful of cauliflower—more than half of your daily needs. The veg also contains good doses of fiber, vitamin K, and folate.

Simple Roasted Veggies

Preheat the oven to 425°F.

In a large bowl, toss all the ingredients and spread out on a baking sheet. Roast for 25 minutes, then turn and roast until golden brown, about 10 minutes more.

138 CAL, 7 G FAT (1 G SATURATED), 2 G PROTEIN, 18 G CARB,
7 G SUGAR, 5 G FIBER, 78 MG SODIUM PER SERVING

Sautéed Greens with Onions

Heat the 2 teaspoons olive oil in a large skillet over medium-high heat. Add the onion and season with salt and pepper. Cook, stirring occasionally, until the onion is browned, 8 to 10 minutes. Add the stock, reduce the heat to medium-low, and simmer for 6 minutes. Transfer the onion to a bowl and return the skillet to a medium-high heat. Add the 1 tablespoon olive oil; then add the Swiss chard. Season lightly with salt and pepper and cook, tossing, for 2 to 3 minutes. Return the onion to the skillet, toss to combine, and serve.

71 CAL, 6 G FAT (1 G SATURATED), 2 G PROTEIN, 4 G CARB,
2 G SUGAR, 1 G FIBER, 182 MG SODIUM PER SERVING

SERVES 4

1 bunch carrots, peeled and halved crosswise

3 parsnips, peeled, halved lengthwise, then halved crosswise

2 small turnips, cut into wedges

2 tablespoons olive oil

Salt

Freshly ground black pepper

½ teaspoon paprika

1 tablespoon chopped fresh rosemary (optional)

SERVES 4

1 tablespoon plus 2 teaspoons olive oil

1 small yellow onion, thinly sliced

Salt

Freshly ground black pepper

¼ cup low-sodium chicken stock

1½ pounds Swiss chard (1 large or 2 medium bunches), stemmed, leaves torn into large pieces (substitute other greens, if you like)

Lemony Quinoa

SERVES 6

1¾ cups low-sodium chicken stock

1 cup quinoa

Juice of ½ lemon
(1 to 2 tablespoons)

1 tablespoon olive oil

4 scallions, thinly sliced

Salt

Freshly ground black pepper

In a small saucepan, bring the stock to a boil. Add the quinoa, reduce the heat to low, cover, and cook until the water has been absorbed, about 15 minutes. Fluff with a fork, transfer to a bowl, and stir in the lemon juice, olive oil, and scallions. Season with salt and pepper.

130 CAL, 4 G FAT (0 G SATURATED), 4 G PROTEIN, 19 G CARB,
0 G SUGAR, 2 G FIBER, 134 MG SODIUM PER SERVING

Herby Millet with Walnuts

SERVES 6

1 cup millet

⅓ cup coarsely chopped walnuts, toasted

¼ cup coarsely chopped fresh cilantro or flat-leaf parsley

¼ teaspoon salt

Freshly ground black pepper

In a medium saucepan, combine the millet and 2 cups water. Bring to a boil, then reduce the heat to low and cover the pot. Cook until the water has been absorbed, about 15 minutes. Remove from the heat and let sit, covered, for 10 minutes. Fluff with a fork, transfer to a bowl, and add the walnuts and cilantro. Season with salt and pepper.

148 CAL, 5 G FAT (1 G SATURATED), 3 G PROTEIN, 24 G CARB,
1 G SUGAR, 2 G FIBER, 100 MG SODIUM PER SERVING

Farro Pilaf

Heat the olive oil in a medium saucepan over medium-low heat. Add the onion and cook for 8 to 10 minutes, until soft and golden. Add the mushrooms and a sprinkle of salt and cook, stirring, until the mushrooms soften, 3 to 4 minutes more. Add the farro and cook, stirring, for 2 minutes. Add the stock and bring to a boil. Reduce the heat to maintain a simmer, and cook for 25 to 30 minutes, until all the liquid has been absorbed and the farro is tender.

144 CAL, 3 G FAT (0 G SATURATED), 5 G PROTEIN, 25 G CARB,
1 G SUGAR, 4 G FIBER, 201 MG SODIUM PER SERVING

SERVES 6

1 tablespoon olive oil

1 small yellow onion,
chopped

1½ cups sliced cremini
or button mushrooms

Salt

1 cup farro

2 cups low-sodium chicken
stock

EATING OUT

CHINESE

BEAN CURD WITH BROCCOLI

Bean curd, aka tofu, offers satisfying protein. Throw in a powerhouse vegetable like broccoli, and you get my seal of approval.

BUDDHA'S DELIGHT

This tofu-veggie dish won't leave you with a Buddha belly. It can come in around 300 calories.

DUMPLINGS

Steamed are less caloric than fried, but only by 10 to 30 calories an order. What's inside counts most: Choose veggie or shrimp, not pork, to cut nearly 100 calories per order.

FRIED RICE

Not as scary as it sounds, but only if you stick to a proper serving: a cupcake wrapper's worth of rice. Even better? Brown rice: Gram for gram, it contains four times more fiber than white rice.

MOO GOO GAI PAN

I love this chicken stir-fry loaded with mushrooms. The fungi are a source of B vitamins, which help our bodies turn food into fuel.

MOO SHU CHICKEN

An Oz-family favorite packed with cabbage, which has cancer-fighting potential. Skip the pancakes and ask for lettuce cups.

SAUTÉED BABY BOK CHOY

This green vegetable is bursting with nutrients and potential disease-fighting compounds.

SPARERIBS

Can't lie: These are a personal guilty pleasure. My trick? I eat only one or two. A whole portion of ribs has almost a day's worth of saturated fat.

STEAMED VEGETABLES

I load up on broccoli and string beans (or whatever other steamed veggies are on the menu).

WHOLE FISH

This is a good source of lean protein and a great dish to split. Go for grilled or steamed fish (not "crispy," aka fried).

WONTON SOUP

The wontons satisfy a craving for dumplings, and if you get a cup instead of a bowl, it's only about 70 calories.

EATING OUT

ITALIAN

ANTIPASTI

If you can get the kind with marinated vegetables and olives—not just meat and cheese—go for it. You don't have to worry about eating too much oil; you'll only wind up downing a few teaspoons of it (about 80 calories), and it's probably the heart-healthy kind, anyway.

CHICKEN CACCIATORE WITH MUSHROOMS

Lean protein and veggies—a smart pick.

GRILLED SALMON WITH AN HERBED CRUST

Salmon's pretty much my go-to entrée wherever I eat.

MEATBALLS IN MARINARA SAUCE

Split a side of these with the table. A small meatball has about 40 calories, and lots of hunger-squashing protein.

MINISTRONE

Starting your meal with broth-based soup can reduce your overall calorie intake. Plus, this usually has beans, which are rich in fiber and protein.

MUSSELS MARINARA

Mussels are high in protein and vitamin B. I like the kind in marinara sauce the best; the white wine sauce can sneak in too much butter.

SAUTÉED SPINACH IN GARLIC AND OLIVE OIL

This is one of my favorite appetizers. It's filling and usually has less than 100 calories.

SHRIMP SCAMPI

Not a bad option—ask for whole wheat pasta (it's often available), and eat more of the shrimp than the pasta.

EATING OUT

MEXICAN

BLACK OR PINTO BEANS

Both kinds are fiber and protein powerhouses. I skip the refried kind, which can add extra fat.

BURRITO BOWLS

Another good one. I swap out the usual white rice base for lettuce or brown rice.

BURRITOS

If you go for one of these, nix the rice. It doesn't add flavor, and the tortilla has enough carbs on its own.

CHICKEN MOLE

Mole sauce is made with chiles, spices, seeds, and chocolate, so it's delicious and full of antioxidants. Pile on the veggie sides!

CHIPS AND GUACAMOLE

I love this appetizer! Avocados have healthy fats. Stick to two handfuls of chips.

FAJITAS

I like that these come with lots of peppers and onions. But don't feel as if you have to clean your plate: Too-big portions can drive up calories. (Besides, they make great leftovers.)

TACOS

Grilled chicken, grilled fish, or bean tacos are all great choices. I ask for any sauce on the side and use just a little.

SANGRIA

Mmm, antioxidants. Have a glass, and snack on the fruit for a fiber bonus.

EATING OUT

SALAD BAR

BASES

Mixed greens: Always a good bet, with next to no calories.

Red cabbage: “Leafy purples” may not have quite the same ring to it as “leafy greens,” but don’t hold that against red cabbage. The veggie’s purple tint comes from heart-healthy compounds. These are extra good in make-ahead salads; they don’t get as soggy as other bases.

Spinach or kale: My top choices when I can get them—they have so many nutrients, for nearly zero calories. I always go for the darkest greens available because they tend to have the most antioxidants.

PROTEINS

Chickpeas: Delicious plant-based protein.

Eggs: New science says that pairing raw vegetables with cooked eggs may help us absorb more of the veggies’ nutrients.

Grilled chicken: Grilling adds flavor without loading on calories.

TOPPERS

Olives: They’re loaded with healthy fats, and it only takes a few to pack your bowl with flavor.

Walnuts: I add crunch to every salad with nuts and seeds. Walnuts are one of my favorites—they’re full of heart-healthy omega-3s. A serving size is 1 ounce—about ¼ cup.

VEGGIES

Carrots: There’s a group of disease fighters called carotenoids, and if the name hasn’t already tipped you off, carrots are full of ‘em. (So are orange bell peppers.)

Red onions: Always a smart add, with plenty of flavor and almost no calories.

Tomatoes: I love that red tomatoes have lots of lycopene, which might lower the risk of heart disease and some forms of cancer.

Yellow bell peppers: These are antioxidant powerhouses. That’s true of some other yellow and yellow-orange produce, too.

EATING OUT

SANDWICH SHOP

EXTRAS

Avocados: Creamy and so heart-healthy.

Mayo: A spoonful is just fine. (Basically, it's eggs, oil, and lemon juice.) Also on my yes list: oil, vinegar, and all kinds of mustard.

MEAT AND CHEESE

Get grilled or roasted: Meat prepped that way beats a processed cold cut—those tend to have not-so-healthy additives and lots of sodium. (I'd choose roast beef over salami any day.) Chicken and turkey are my go-tos.

Use this calorie-cutting trick: Opt for meat or cheese—not both. Most cheeses are on par, nutritionally, so get your favorite and stick to no more than two slices.

THREE COMBOS I LOVE

A.C.L.T.: avocado, grilled chicken, lettuce, tomato, mustard, salt, and pepper.

Veggie sub: bell, banana, and/or jalapeño peppers; cucumbers; tomato; red onion; provolone; oil and vinegar.

The healthy meatball: meatballs, tomato sauce, sweet peppers, olives, spinach, and Italian seasoning.

VEGGIES

Raw veggies: The more, the merrier—heck, just throw a whole salad on there. (So what if you need a fork to eat it?) Cucumbers, red onion, bell pepper, tomato . . .

Green means go: Lettuce is great; spinach is even better. Whichever greens you choose to fill your sandwich with, get a double order.

Hot peppers: These add tons of flavor for not a lot of calories. But pickling can sneak in sodium, so keep it to just one kind of pepper.

EATING OUT

SEAFOOD

BLACKENED CATFISH

A smart and tasty order, with healthy fats, vitamins, and plenty of filling protein.

CATCH OF THE DAY

The type of fish matters less than how it's prepped. If you can get it grilled, it's one of the healthiest dishes on the menu.

CRAB LEGS

Just one leg packs in about 25 grams of protein, plus important nutrients like zinc and selenium.

LOBSTER ROLL

Sure, there's mayo or butter in the lobster salad, but this isn't likely to break the calorie bank. One chain's clocks in at 320 calories.

MANHATTAN CLAM CHOWDER

A cup of chowder will help fill you up—Manhattan-style is my pick. It's got about two-thirds the calories of the creamy New England kind.

OYSTERS

A nutrient-rich pick with iron and zinc. Get 'em raw or grilled. Broiled oysters tend to go heavy on butter and oil, and deep-fried can load on the calories scary-fast. (Avoid anything deep-fried as a rule. A plate of fish-and-chips at one major restaurant chain contains a truly staggering 1,990 calories.)

SHRIMP COCKTAIL

A zero-guilt treat (six big shrimp = about 60 calories). Douse them with lemon juice for extra flavor.

STEAMED CLAMS

One serving of these healthy little guys (about 10 small clams) covers 130 percent of your daily iron needs, plus plenty of vitamin B12.

STEAMED LOBSTER

Get crackin'. Even with buttery dip, a 1¼-pound lobster still weighs in at less than 550 calories.

EATING OUT

SOUP SPOT

BLACK BEAN

A warming winner—it's low in calories and has tons of fiber and protein. (I'm also a fan of its tasty cousin, lentil soup.)

MINISTRONE

This low-cal soup has a high-fiber medley of vegetables, pasta, and beans. Plus, it packs in a healthy dose of vitamin A.

TOMATO

It has lots of antioxidants, like cancer-fighting lycopene. I treat this as the veggie portion of the meal and pair it with protein and starch.

VEGETABLE BISQUE

It's worth asking some what's-in-there questions. Bisque with cream can be a meal in its own right, caloriewise; straight-up veggie puree is more of a starter.

EATING OUT

JUICE AND SMOOTHIE BAR

Beet juice: This root veggie is full of folate, and raw beets have more of it than cooked or canned beets.

Berry-yogurt smoothie: A great call if it's made with plain yogurt—bonus points for Greek—and real berries. (Some places use frozen yogurt or sherbet—not as healthy.)

Carrot juice: A small glass meets your daily vitamin A needs for nearly a week.

Green juice: Greens are always nutritional powerhouses, but juices with them are

often sweetened up with sugary pineapple, orange, or apple juice. If fruit juice isn't the main ingredient, go for it.

Peanut butter-banana smoothie: Look for a simple ingredients list. If it's really just banana, nut butter, and maybe some milk or yogurt, you're good to go. When chocolate and fro-yo start to sneak in, that's a tip-off that this may be more of a dessert than a healthy snack or breakfast.

ADD-INS

Chia seeds: A 2 tablespoon serving of this super seed has about 8 grams of fiber, so I like to add it to juice, which tends to be low in fiber. This way, you'll stay full longer.

Ginger: Beyond adding a spicy kick to your drink, ginger may also lower your cholesterol.

Greens: Lots of smoothie spots will throw a handful or two of greens into anything you order. It's well worth it—they blend right in, flavorwise, and bring nutritional heft to your order.

Wheatgrass: This rock star plant packs a healthy punch with amino acids, vitamins, and minerals.



EATING OUT

COFFEE SHOP

The trick to ordering healthily at a coffee shop? Actually ordering *coffee*. Regular coffee. You can't go wrong with plain ol' java and a big splash of milk. Try adding cinnamon instead of sugar, and you've got a pick-me-up for around 25 calories. (And if you need sugar, it's hardly the end of the world. Even if you add two packets, your drink still rings in at about 50 calories.)

Skip the lattes. Even the “skinny” ones. Sure, they're made with nonfat milk—but *a lot* of it. (A 16-ounce one at a major chain has 120 calories.) Instead, try a café au lait—half coffee, half milk, and about half the calories.

Cappuccinos are made with foamed milk instead of steamed, so it's literally airier—and lower-cal. An 8-ounce one made with 2% milk only sets you back 80 calories.

As a rule, **avoid flavored syrup.** At one chain, each pump injects about 20 calories—and those add up quickly.

Go no whip. A dollop of whipped cream can tack on at least 70 calories and 8 grams of fat. That's more than an Oreo.

Looking to grab breakfast on the fly? **Pick up a breakfast sandwich.** Most major chains have options that ring in around 300 calories or fewer. Protein from eggs hits the spot.



WHAT TO EAT AT A COCKTAIL PARTY

Those stuffed mushroom caps and salmon puffs look so small when you're snagging them off a tray or buffet table, but they add up. Follow my tips to work a party the smart way.

SAY YES TO ALL THESE:

Bruschetta: Olive oil and tomatoes are a power duo. Just watch portions: If the toasts are open-faced-sandwich-size, I have only one piece.

Cheese plate: A little bit is just fine; stick to a cube or two. And if you see grapes on the platter, grab 'em. Garnish or not, they're fair game.

Chicken skewers: Tasty and filling. A full serving of chicken is about the amount that would cover your palm.

Chocolate-covered strawberries: Only about 50 calories a pop!

Crudités: No one's shocked when I put a big dent in the veg tray. (Also good: veggie skewers and olives.) If they come with dip, I keep it to two spoonfuls.

Deviled eggs: True, they're higher in calories than regular eggs, but they've still got protein and a vital nutrient called choline, which has been linked to brain health. Not really so devilish.

Mini quiches: These offer nutritional benefits from eggs and a few veggies, but the buttery crust makes them more of a treat.

Mixed nuts: Have a handful to fill up.

Shrimp cocktail: High in nutrients, low in calories. Stick to six (or three, if you're having another protein).

Smoked salmon and cream cheese rolls: Heart-healthy salmon is always welcome on my plate, and I love this flavor combo.

FAST ACTION EATS

Surprise: You *can* score a healthy meal at a fast-food spot or chain restaurant. I've scoured the menus at twenty of America's favorites to find the healthiest picks at each.



Classic Turkey Breast Sandwich, 560 calories: Thanks to a healthy, keep-you-satisfied hit of protein, two-thirds of what you need in a day, the turkey breast sandwich gets my vote. Even with a little mayo, it's still good on calories, and I like that lettuce and tomato on top.

Grilled Chicken Caesar Salad with dressing (half size), 400 calories: A half portion of chicken Caesar salad will fill you up with greens, chicken, and cheese.



MorningStar Veggie Burger with lettuce, tomatoes, onion, and ketchup on a sesame seed bun, hold the mayo—310 calories: It's got plenty of protein, plus satisfying fiber.



Tuscan Chicken, served with tomatoes, artichokes, capers, fresh basil, and balsamic vinaigrette, over fresh vegetables and farro, 590 calories: I love to see farro, a nutrient-dense whole grain, hitting the big time here, served up next to grilled chicken and so many great veggies.

SkinnyLicious Grilled Turkey Burger with grilled onions, lettuce, tomato, mayo, and a green salad, 580 calories: You'll satisfy your burger craving and work in some veggie goodness with the side salad.



Cup of Terlingua Chili, 230 calories, plus house salad (hold the dressing and drizzle with olive oil and vinegar), 243 calories: Their beef chili is surprisingly low in calories and sodium—and you get extra credit if you round things out with a salad or other veggie.



Burrito Bowl with black beans and fajita veggies, brown rice, and fresh tomato salsa, 375 calories: Their terrific vegetarian rice-and-bean combo provides half or more of your daily fiber quota.

Burrito Bowl with steak and fajita veggies, brown rice, and tomatillo green chili salsa, 395 calories: The steak bowl is also an unexpectedly good choice—and the veggies and salsa help with your quota of vitamin C.



Domino's Medium (12-inch) Thin-Crust Veggie Pizza with fresh baby spinach, fresh mushrooms, black olives, and diced tomatoes (3 slices), 435 calories: The secret is to go for the thin-crust pizzas, which are made with a smaller portion of cheese. More good news: Less crust also means less sodium. (Plus, pizza's a great vehicle for all those veggies.)



Bacon, Egg, and Cheese on English Muffin, 350 calories, plus medium coffee with milk (iced or hot), 40 calories: A breakfast sandwich can be a smart splurge, as long as you stick to this trick: Order it on an English muffin instead of other breads, and you'll save close to 200 calories.



2 Eggs, Any Style (I like sunny-side up), 220 calories, plus seasonal mixed fruit, 60 calories, plus English muffin with pat of butter, 180 calories: I go for the eggs and leave the yolks in. (The latest science shows they're highly nutritious, so no need to stick to just the whites.) Add a couple of sides, and you've got a substantial meal with a balance of protein, fruit, and carbs.



Chili Bowl (hold the cheese—it adds 110 calories), 380 calories: It's got 14 grams of protein—a good helper for appetite control.



Artisan Grilled Chicken Sandwich, 380 calories: This satisfying pick hits the spot better than one of their salads, and it's got a very respectable 37 grams of protein to keep you fuller longer.



Herb Grilled Salmon, served with steamed garlic broccoli, 480 calories: A protein-rich pick with lots of omega-3s.



Outback Special Sirloin (6 ounce) and asparagus (premium side) and sweet potato, 603 calories: As long as it's an occasional feast, steak is fine by me. Pair the meat with a big serving of veggies for a protein-and-fiber combo that will stave off hunger.



Grilled Teriyaki Chicken with a half serving of brown rice and a half serving of steamed mixed veggies, 526 calories: Your tasty plan of attack here is to lean on the lean proteins—like chicken—for the main dish, then ramp up the meal's fiber with brown rice and steamed veggies as your sides.



Half Napa Almond Chicken Salad Sandwich on sesame semolina, 350 calories, plus half classic salad with standard dressing, 90 calories: Divide and conquer—that's the secret to sandwich success. Order this sandwich by the half, and you'll still get a good-size portion while slashing calories and sodium.



Oven-Broiled Wild-Caught Flounder, 420 calories, plus broccoli and baked potato, 250 calories: When it comes to seafood, broiled or grilled is the way to go, not battered and fried. This meal keeps things simple while providing more than a day's worth of protein and a good measure of veggies, thanks to the sides.



Hearty Veggie and Brown Rice Salad Bowl, 430 calories, plus tall 2%-milk cappuccino, 90 calories: The vegetarian salad—packed with a rainbow of colorful produce—supplies your full daily requirement (and then some) of vitamins A and C.

Protein Bistro Box with hard-cooked egg, cheese, multigrain bread, fruit, and peanut butter-honey spread, 370 calories, plus tall 2%-milk cappuccino, 90 calories: With more than 25 percent of your daily dose of protein, this box lives up to its name.



6-inch Black Forest Ham on nine-grain wheat with cucumbers, green peppers, lettuce, red onions, and tomatoes with olive-oil-blend dressing, 290 calories: Who knew a ham sub could be so heart-healthy? Pile the veggies high.



Cheesy Bean and Rice Burrito, 420 calories: While you'd never guess it from the name, the burrito is a smart choice with 6 grams of fiber.

The 3-Day Fix-It Cleanse

Here's your plan. Plus, sip on a nourishing broth anytime you're hungry—have as much as you like on each day (page 284).

DAY 1

DAY 2

DAY 3

Breakfast

Scrambled eggs with sliced fruit

OR

Citrus fuel smoothie

Steel-cut oats with apples and almonds

OR

Apple-almond super juice

Rev-up blueberry smoothie

Lunch

Arugula-quinoa salad

OR

Spinach-avocado smoothie

Broccoli soup with white beans

OR

Kale salad with avocado, citrus, and nuts

Mega-greens smoothie

Dinner

Curried carrot soup

Vegetarian chili with brown rice

OR

Kale and cuke super juice

Veggie-loaded lentil soup

Snack

Any grab-and-go snack (page 239)

OR

Blueberry-peach snack smoothie

Any grab-and-go snack (page 239)

OR

Blackberry-honeydew snack smoothie

Any grab-and-go snack (page 239)

OR

Nectarine-carrot snack smoothie

Scrambled Eggs with Sliced Fruit

SERVES 1

Canola oil cooking spray

1 large tomato, diced

1 large egg

2 large egg whites

Salt

Freshly ground black pepper

1 small banana, sliced

1 small orange, peeled and sliced into rounds

1 tablespoon ground flaxseed

¼ teaspoon ground cinnamon

Mist a small skillet with cooking spray and place it over medium heat. Add the tomato and sauté until soft, about 2 minutes. In a small bowl, whisk together the egg and egg whites; add to the skillet and scramble. Season with salt and pepper. Serve alongside the banana and orange, topped with the flaxseed and cinnamon.

330 CAL, 8 G FAT (2 G SATURATED), 14 G PROTEIN, 57 G CARB, 35 G SUGAR, 10 G FIBER, 125 MG SODIUM

Citrus Fuel Smoothie

Combine all the ingredients in a blender with $\frac{1}{2}$ cup ice and puree until smooth.

295 CAL, 8 G FAT, 14 G PROTEIN, 47 G CARB, 29 G SUGAR,
9 G FIBER, 220 MG SODIUM



SERVES 1

- 1 small banana, quartered**
- 1 orange, peeled, quartered, and seeded**
- $\frac{1}{2}$ teaspoon ground cinnamon**
- $\frac{1}{2}$ cup plain 2% Greek yogurt**
- 1 cup unsweetened almond milk**
- 2 teaspoons ground flaxseed**

Steel Cut Oats with Apples and Almonds

SERVES 1

1 cup cooked steel cut oats

1 apple, cored and diced

1 tablespoon chia seeds

1 tablespoon slivered raw almonds

½ teaspoon ground cinnamon

Top the oats with the apple, chia seeds, almonds, and cinnamon.

350 CAL, 13 G FAT,
10 G PROTEIN, 57 G CARB,
17 G SUGAR, 16 G FIBER,
15 MG SODIUM

Apple-Almond Super Juice

SERVES 1

1 Granny Smith apple,
peeled, cored, and
chopped

½ small banana

5 almonds

1 tablespoon peanut butter

1 cup unsweetened
almond milk

1 tablespoon chia seeds

½ teaspoon ground

cinnamon

Combine all the ingredients in a blender with ½ cup ice and puree until smooth.

Rev-Up Blueberry Smoothie

Combine all the ingredients in a blender (with two or three ice cubes, if you like a slushier texture) and puree until smooth.

313 CAL, 11 G FAT (2 G SATURATED), 14 G PROTEIN, 45 G CARB,
25 G SUGAR, 11 G FIBER, 278 MG SODIUM

SERVES 1

- 1¼ cups unsweetened almond milk
- 1 cup frozen blueberries
- ½ cup plain 2% Greek yogurt
- 1 tablespoon chia seeds
- ¼ teaspoon ground cinnamon
- ½ medium frozen banana
- ½ cup spinach

Lisa's Tides-You-Over Veggie Broth

MAKES ABOUT 12 CUPS

2 tablespoons olive oil
2 leeks, chopped and washed well
2 medium carrots, peeled and chopped
2 celery stalks, chopped
1 potato, peeled and cut into 1-inch cubes
1 ounce dried mushrooms, rinsed
1 head garlic, peeled and halved
1 (1-inch) piece fresh ginger, peeled and chopped
2 tablespoons chopped fresh cilantro
1 (3-inch) strip lemon zest
¾ cup light coconut milk
⅓ cup white miso paste
2 tablespoons low-sodium soy sauce
½ teaspoon cayenne pepper
½ teaspoon ground coriander

When we're doing the liquids-only thing, Lisa and I rely on her light but filling broth to hold us between mealtimes (or even to swap in for a meal or two). It's easy to make, and brings your mind away from that dark "I would kill for a sandwich" place. Fill up a thermos and sip whenever hunger pangs strike.

Heat the olive oil in a large pot over medium heat. Add the leeks, carrots, and celery and cook, stirring occasionally, for 5 minutes. Add 1½ gallons water, then add the remaining ingredients. Bring to a boil, then reduce the heat to maintain a simmer and cook for 2½ hours. Strain into a large bowl; discard the solids. Refrigerate or freeze for 2 to 3 months.

55 CAL, 3.5 G FAT (1 G SATURATED), 1 G PROTEIN, 5 G CARB, 2 G SUGAR, 0 G FIBER, 313 MG SODIUM



Arugula-Quinoa Salad

In a serving bowl, toss together the vegetables, cheese, quinoa, and dressing.

(INCLUDING VINAIGRETTE) 428 CAL, 9 G FAT, 14 G PROTEIN, 40 G CARB, 13 G SUGAR, 9 G FIBER, 281 MG SODIUM

SERVES 1

3 cups baby arugula
1 celery stalk, sliced
1 medium carrot, peeled and coarsely grated
½ cup chopped precooked beets (from an 8-ounce package)
¼ cup crumbled goat cheese
½ cup cooked quinoa
1½ tablespoons Classic Vinaigrette (page 236)

Spinach-Avocado Smoothie

Combine all the ingredients in a blender with 1 cup water and 4 or 5 ice cubes and puree until smooth.

368 CAL, 26 G FAT (4 G SATURATED), 17 G PROTEIN, 22 G CARB, 8 G SUGAR, 11 G FIBER, 83 MG SODIUM

SERVES 1

1½ cups spinach
1 cup cucumber, peeled and seeded
15 almonds
½ avocado, pitted and peeled
½ cup plain 2% Greek yogurt
1 teaspoon fresh lemon juice
Pinch of cayenne pepper

Broccoli Soup with White Beans

SERVES 1

½ teaspoon olive oil

¼ cup chopped yellow onion

½ garlic clove, minced

1½ cups low-sodium vegetable broth

¾ cup canned cannellini beans, rinsed and drained

2 cups broccoli florets

1½ teaspoons fresh lemon juice

Small pinch of cayenne pepper

Pinch of salt

Pinch of freshly ground black pepper

Side salad, for serving

Heat the olive oil in a medium pot. Add the onion, cover, and cook until softened, 5 to 7 minutes. Add the garlic, broth, beans, and broccoli. Bring to a boil, then reduce the heat to medium-low and simmer for 30 minutes. Season with the lemon juice, cayenne, salt, and black pepper. Carefully transfer the soup to a blender and puree until smooth. Serve with a simple side salad.

(EXCLUDING SIDE SALAD) 290 CAL, 3.5 G FAT, 21 G PROTEIN, 49 G CARB, 3 G SUGAR, 15 G FIBER, 188 MG SODIUM

Kale Salad with Avocado, Citrus, and Nuts

In a large bowl, combine the kale, lemon juice, olive oil, salt, and pepper. Massage the kale with your hands to mix and tenderize the leaves. Top with the avocado, citrus fruit, and pecans.

358 CAL, 23 G FAT (3 G SATURATED), 9 G PROTEIN, 38 G CARB,
1 G SUGAR, 10 G FIBER, 206 MG SODIUM

SERVES 1

3 cups stemmed and shredded kale leaves

1½ teaspoons fresh lemon juice

1½ teaspoons olive oil

Pinch of coarse salt

Pinch of freshly ground black pepper

¼ avocado, pitted, peeled, and chopped

½ citrus fruit (such as pink grapefruit or orange), peeled, seeded, and sliced

⅛ cup pecans, chopped and toasted



Massage Your Kale, People!

You don't have to go full-on shiatsu. But when it comes to this tough green, a little bit of pampering goes a long way. Massaging these fibrous leaves make them easier to chew and digest. Just knead the stemmed leaves—like you would bread dough—for a few minutes with oil and lemon juice until they feel less stiff and turn a brighter shade of green.

Mega-Greens Smoothie

SERVES 1

½ cup stemmed and
chopped kale leaves

½ cup spinach

1 cup frozen pineapple
chunks

1¼ cups unsweetened
almond milk

½ teaspoon ground
cinnamon

2 teaspoons chia seeds

½ teaspoon fresh lemon
juice

½ cup plain 2% Greek
yogurt

Combine all the ingredients in a blender and puree until smooth.

264 CAL, 8 G FAT (2 G SATURATED), 14 G PROTEIN, 36 G CARB,
9 G SUGAR, 8 G FIBER, 279 MG SODIUM

Curried Carrot Soup

Heat the olive oil in a medium saucepan over medium-low heat. Add the garlic and onion; sauté for 2 to 5 minutes. Add the carrots, curry paste, stock, salt, and pepper. Bring to a boil, then cover, reduce the heat to medium-low, and simmer for 20 to 25 minutes. Remove from the heat and add the coconut milk. Carefully transfer the soup to a blender and puree until smooth. Swirl in the yogurt before serving.

300 CAL, 12 G FAT, 18 G PROTEIN, 32 G CARB, 17 G SUGAR,
7 G FIBER, 190 MG SODIUM

SERVES 1

- 2 teaspoons olive oil
- 2 garlic cloves, chopped
- ½ medium yellow onion, chopped
- 1½ cups peeled and chopped carrots
- 1 teaspoon red curry paste
- 1 cup low-sodium chicken stock or vegetable broth
- Pinch of salt
- Pinch of freshly ground black pepper
- ½ cup light coconut milk
- ⅓ cup plain 2% Greek yogurt

Vegetarian Chili with Brown Rice

SERVES 1

- 1 tablespoon olive oil
- ¾ cup chopped yellow onion
- 1 teaspoon minced garlic
- 1½ teaspoons chili powder
- 1 teaspoon ground cumin
- 1 medium red bell pepper, chopped
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can diced tomatoes
- 1 cup cooked brown rice
- 2 tablespoons plain 2% Greek yogurt

Heat the olive oil in a medium pot over medium heat. Add the onion, garlic, chili powder, and cumin and cook until the onion is softened, about 7 minutes. Add the bell pepper, beans, and tomatoes and cook until the bell pepper is soft. Serve over the rice, topped with the yogurt.

456 CAL, 10 G FAT (2 G SATURATED), 19 G PROTEIN, 74 G CARB, 12 G SUGAR, 15 G FIBER, 846 MG SODIUM



Kale and Cuke Super Juice

Combine all the ingredients in a blender with ½ cup cold water and ½ cup ice cubes and puree until smooth.

234 CAL, 5 G FAT (2 G SATURATED), 13 G PROTEIN, 37 G CARB,
25 G SUGAR, 8 G FIBER, 49 MG SODIUM

Spice up this staple veg with an Asian-style cucumber salad:
Toss cucumber slices with a splash each of soy sauce and white vinegar and season with red pepper flakes.

SERVES 1

½ cup chopped kale

¼ cup chopped red cabbage

½ green apple, cored and chopped

½ cup frozen blueberries

½ cup plain 2% Greek yogurt

⅓ cup chopped cucumber

2 teaspoons chia seeds

¼ cup fresh orange juice

Veggie-Loaded Lentil Soup

SERVES 1

1 teaspoon olive oil
¼ chopped yellow onion
½ medium carrot, peeled and diced
½ celery stalk, diced
½ medium zucchini, diced
4 green beans, halved
2½ tablespoons dried green lentils
½ teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon dried oregano
½ (15-ounce) can crushed tomatoes
1 cup low-sodium vegetable broth
2 Swiss chard leaves, torn (baby spinach also works)
Salt
Freshly ground black pepper

Heat the olive oil in a medium pot over medium heat. Add the onion, carrot, and celery and sauté for 3 to 4 minutes. Add the zucchini and green beans and sauté for 2 to 3 minutes. Stir in the lentils, herbs, tomatoes, and broth; bring to a boil. Cover, reduce the heat to medium-low, and simmer for 25 to 30 minutes, until the lentils are tender. Toss in the Swiss chard and season with salt and pepper. Carefully transfer the soup to a blender and puree.

340 CAL, 6 G FAT, 17 G PROTEIN, 56 G CARB, 13 G SUGAR,
14 G FIBER, 250 MG SODIUM

Blueberry-Peach Snack Smoothie

Combine all the ingredients in a blender and puree until smooth.

140 CAL, 3 G FAT, 5 G PROTEIN, 26 G CARB, 20 G SUGAR,
3 G FIBER, 59 MG SODIUM

SERVES 1

$\frac{3}{4}$ cup blueberries (fresh or frozen)

$\frac{1}{4}$ cup fresh (or thawed frozen) sliced peaches

$\frac{1}{2}$ cup 2% milk

1 teaspoon fresh lemon juice

Blackberry-Honeydew Smoothie

Combine all the ingredients in a blender and puree until smooth.

139 CAL, 3 G FAT, 6 G PROTEIN, 25 G CARB, 20 G SUGAR,
5 G FIBER, 81 MG SODIUM

SERVES 1

$\frac{3}{4}$ cup honeydew

$\frac{1}{2}$ cup blackberries

$\frac{1}{2}$ cup 2% milk

1 teaspoon fresh lime juice

Nectarine-Carrot Smoothie

Combine all the ingredients in a blender and puree until smooth.

196 CAL, 2 G FAT, 8 G PROTEIN, 41 G CARB, 30 G SUGAR,
5 G FIBER, 62 MG SODIUM

SERVES 1

1 cup sliced nectarine

$\frac{1}{2}$ cup sliced peeled carrot

$\frac{1}{2}$ cup diced pineapple

$\frac{1}{4}$ cup fresh orange juice

$\frac{1}{4}$ cup plain 2% Greek yogurt

$\frac{1}{4}$ teaspoon turmeric

Spice It Up

It's not a pantry without shakeable seasoning magic. Whatever you do, don't let these spices get dusty at the back of your cabinet.

The right spices can elevate both the taste and health cred of whatever you're cooking for next to no calories. So flip open those little jars and tins, and try some of my healthy ideas. Start with the ones that have exact measurements; then, once you get the hang of that, channel your inner chef with the "little bit of this, little bit of that" inspirations. When you're really into the swing of things, you can even ditch the recipes altogether. Just *play*.

BLACK PEPPER

More than a seasoning basic, pepper can also be the star of the show.

Lemon-Pepper Shrimp: Cook 1¼ pounds peeled and deveined shrimp in 2 tablespoons olive oil with 2 teaspoons minced garlic, ¾ teaspoon freshly ground black pepper, and ½ teaspoon coarse salt over medium-high heat for 4 minutes. Stir in 1 teaspoon lemon zest and 1 tablespoon fresh lemon juice. Serve the shrimp with lemon wedges. *Serves 4, 165 calories*

Hot and Sweet Roasted Pineapple:

Mix 3 tablespoons pure maple syrup with ½ teaspoon freshly ground black pepper and ½ teaspoon pure vanilla extract. Toss ½-inch-thick slices of fresh pineapple (4 cups) with half the syrup. Roast at 450°F for 10 minutes. Brush with the rest of the syrup and roast for 10 minutes more. Serve for dessert with plain 2% Greek yogurt. *Serves 4, 142 calories*





CINNAMON

The fragrant powder you swirl into your A.M. oatmeal could come with a side of health benefits. In some studies, daily cinnamon supplements lowered blood sugar levels.

Banana-Date Smoothies: Puree in a blender 1 large banana, ½ cup plain 2% Greek yogurt, 1 cup ice, 2 tablespoons chopped dates, and 1 teaspoon ground cinnamon until smooth.

Serves 2, 129 calories

Quinoa Breakfast Porridge:

Reheat leftover cooked quinoa with 2% milk stirred in to desired thickness. Sprinkle with ground cinnamon and top with dried fruit and a drizzle of pure maple syrup.

CUMIN

The secret ingredient of many chili powders, cumin is brilliant in bean dishes and also a good spice for anything Indian- or Mexican-inspired.

Chickpea and Pita Sandwich: Puree in a food processor 1 (15-ounce) can chickpeas, rinsed and drained, 3 tablespoons extra-virgin olive oil, 2 tablespoons fresh lemon juice, 1 teaspoon ground cumin, ½ teaspoon coarse salt, and freshly ground black pepper to taste. Serve in whole wheat pita halves with tomato and arugula. *Serves 4, 293 calories*

Soups: Add sprinkles of ground cumin to bean soup (or any soup that could use a flavor kick).

Spiced Salad Dressing: Make an olive oil and lime juice dressing with a drizzle of honey and up to ½ teaspoon ground cumin. Toss with avocado or bean salad.

FENNEL SEEDS

These have a licorice-like flavor that makes all sorts of foods sing. To crush the seeds, use the flat side of a chef's knife.

Fennel-Carrot Soup: Cook 1 cup chopped yellow onion in 2 tablespoons olive oil with 1 minced garlic clove, 1 ½ teaspoons crushed fennel seeds, and ½ teaspoon coarse salt, plus freshly ground black pepper to taste, over medium heat for 3 minutes. Add 1 pound carrots (cut into 1-inch pieces; 2 ½ cups) and 2 ½ cups low-sodium vegetable broth. Simmer, covered, for 20 minutes. Carefully transfer to a blender and puree. Dollop with plain 2% Greek yogurt. *Serves 4, 146 calories*

Tomato-Fennel Pasta: Add up to 1 ½ teaspoons crushed fennel seeds to marinara sauce. Toss with whole wheat pasta and grated Parmesan cheese.

Fennel-Coated Salmon: Crush 1 ½ teaspoons fennel seeds. Mix with olive oil, lemon zest, coarse salt, and freshly ground black pepper. Use as a rub for salmon fillets, then bake.

GINGER

You might know the spice best as the magic in gingerbread cookies, but it also makes a delish addition to veggie side dishes and hot drinks. Scientists have also been testing different forms of ginger as an alternative to drugs for arthritis pain, menstrual cramps, and migraines.

Roasted Spiced Squash: Toss 1½ pounds cubed butternut squash (5 cups) with 1½ tablespoons olive oil, 1 minced garlic clove, 1 teaspoon ground ginger, ½ teaspoon ground cumin, ½ teaspoon coarse salt, ¼ teaspoon ground cinnamon, and freshly ground black pepper to taste. Roast at 425°F, stirring once, for 30 minutes. *Serves 4, 107 calories*

Ginger Tea: Bring 2 cups water, 1 tablespoon fresh lemon juice, 1 tablespoon honey, ¾ teaspoon ground ginger, ¼ teaspoon ground turmeric, and a pinch of cayenne pepper to a boil. *Serves 2, 37 calories*

Gingered Green Beans: Boil green beans until crisp-tender. Heat some chopped garlic and ground ginger in olive oil, then add the green beans and toss to coat. Sprinkle with a pinch of coarse salt and a squeeze of fresh lemon juice.

NUTMEG

Don't wait for the once-a-year eggnog; nutmeg can flavor up both sweet and savory dishes.

Caramelized Pears: Cut 2 pears into wedges and core. Melt 1 tablespoon unsalted butter with 1 tablespoon honey, 1½ teaspoons pure vanilla extract, ⅛ teaspoon grated nutmeg, and ⅛ teaspoon ground cinnamon over medium-high heat. Add the pears and cook until glazed, about 7 minutes, turning in the syrup. Serve over plain 2% Greek yogurt. *Serves 4, 97 calories*

Sautéed Baby Spinach: Sauté baby spinach with garlic in olive oil. Sprinkle with nutmeg to taste and toss with fresh lemon juice.

Spiced Mashed Potatoes: Sprinkle nutmeg to taste over mashed sweet or white potatoes.

RED PEPPER FLAKES

Not for pizza night only—use these any time you crave a bit of heat.

Hot-Pepper Carrots: Toss 2 pounds carrots, halved lengthwise, with 1½ tablespoons olive oil, 1 teaspoon coarse salt, and ½ teaspoon red pepper flakes. Roast at 425°F for 30 minutes. *Serves 4, 138 calories*

Spiced Mango: Sprinkle cubed mango with lime juice and red pepper flakes.

Feta Toasts: Top slices of whole-grain toast with crumbled feta cheese, red pepper flakes, thyme, and honey.

SAFFRON

A little flowery and bitter—in a good way. This spice may help ease depression, because each pinch delivers an antioxidant called crocin. Quickly soak saffron threads in water before adding to the pot. This brings out the flavor and helps give dishes like rice a great golden color.

Saffron Shrimp: Soak ¼ teaspoon crushed saffron in 1 tablespoon warm water for 3 minutes. Cook 1 cup chopped yellow onion in 2 tablespoons olive oil with 2 teaspoons minced garlic, the saffron water, and ½ teaspoon coarse salt, plus freshly ground black pepper to taste, over medium-high heat for 4 minutes. Add 1 pound peeled and deveined shrimp and cook for 4 minutes. Stir in 2 tablespoons fresh lime juice. *Serves 4, 160 calories*



Flavor Up Rice: Soak a pinch or two of crushed saffron in 1 tablespoon warm water for 3 minutes. Stir into risotto or other rice dishes.

Soup Boost: Soak a pinch or two of crushed saffron in 1 tablespoon warm water for 3 minutes. Stir into tomato soup, fish chowder, or minestrone.

SMOKED PAPRIKA

With its addictive hints of char, this spice turns simple meals into standouts.

Spiced Sweet Potatoes: Cut 1 $\frac{3}{4}$ pounds sweet potatoes (about 3) into $\frac{1}{2}$ -inch-thick wedges and toss with 2 tablespoons olive oil, 2 teaspoons smoked paprika, 2 minced garlic cloves, 1 teaspoon coarse salt, and $\frac{1}{2}$ teaspoon freshly ground black pepper. Roast at 450°F for 25 minutes. *Serves 4, 219 calories*

Red Pepper Sauce: Puree in a food processor 1 (12-ounce) jar roasted red peppers, drained; $\frac{1}{2}$ cup sliced almonds; $\frac{1}{2}$ cup grated Parmesan cheese; 1 tablespoon extra-virgin olive oil; 1 tablespoon red wine vinegar; 1 teaspoon smoked paprika; 1 minced garlic clove; and 2 teaspoons coarse salt, plus freshly ground black pepper to taste. Serve with broiled fish or roasted meat. *66 calories per 2 tablespoons*

Smoky Scrambled Eggs: For every 2 large eggs, beat in $\frac{1}{8}$ teaspoon smoked paprika and a generous pinch each of coarse salt and freshly ground black pepper, and cook.

Smoked Paprika Roast Chicken: Using your favorite basic roast chicken recipe, rub chicken with 1 tablespoon olive oil mixed with 2 teaspoons smoked paprika, 1 teaspoon coarse salt, and $\frac{1}{2}$ teaspoon freshly ground black pepper.



TURMERIC

The spice aisle's overachiever, turmeric is full of the antioxidant curcumin, which may be a weapon against cancer, suggests a 2015 review in the journal *Molecules*. (Curcumin could also ease arthritis symptoms.) Team turmeric with black pepper and your body may absorb even more of that curcumin goodness.

Cauliflower-Coconut Soup: Cook 1 $\frac{1}{2}$ cups chopped yellow onion in 2 tablespoons olive oil with 3 minced garlic cloves, 1 teaspoon ground turmeric, and $\frac{3}{4}$ teaspoon coarse salt, plus freshly ground black pepper to taste, over medium-high heat for 4 minutes. Stir in 2 cups water, 1 $\frac{3}{4}$ pounds cauliflower florets (9 cups), and 1 cup light coconut milk. Simmer for 15 minutes. Carefully transfer to a blender and puree. *Serves 4, 173 calories*

Spiced Scrambled Eggs: For every 2 large eggs, beat in $\frac{1}{4}$ teaspoon ground cumin and $\frac{1}{8}$ teaspoon ground turmeric. Add a generous pinch each of coarse salt and freshly ground black pepper, and cook.

Stock Up

Sure, you can buy a carton of vegetable broth at the supermarket—but this homemade one comes together nearly as easily, and tastes way better (in my unbiased opinion).

Lisa's Famous Vegetable Broth

**MAKES ABOUT
10 CUPS**

2 tablespoons olive oil
2 leeks, chopped and washed well
2 medium carrots, peeled and chopped
2 celery stalks, chopped
1 potato, peeled and cut into 1-inch cubes
1 ounce dried mushrooms, rinsed
1 whole head garlic, peeled and halved
8 sprigs fresh flat-leaf parsley, coarsely chopped
½ teaspoon dried oregano
¼ teaspoon freshly ground black pepper
1 bay leaf

Lisa boils up a cauldron of this stuff every other week or so, and then uses it to add oomph to soups, sauces, whole grains, and more. You can freeze leftovers for two to three months so you always have it on hand when you're ready to cook—try pouring into ice cube trays for DIY "bouillon cubes." Feel free to use this in any of the recipes that call for vegetable broth. (You'll notice that it's not quite as rich as her cleanse broth on page 284.)

Heat the olive oil in a large pot over medium heat. Add the leeks, carrots, and celery and cook, stirring occasionally, for 5 minutes. Add 1 gallon water and the remaining ingredients. Bring to a boil, then reduce the heat to maintain a simmer and cook for 1½ hours. Strain into a large bowl; discard the solids. Refrigerate or freeze.

243 CAL, 3 G FAT, 0 G PROTEIN, 2 G CARB, 1 G SUGAR, 0 G FIBER,
10 MG SODIUM PER CUP

Feed a Cold

The only good thing about having a cold in our house is getting to enjoy this delicious and nourishing chicken soup.

The Oz Family Chicken Soup

Cook the farro according to the package instructions and set aside.

Preheat the oven to 400°F.

Cut the garlic heads crosswise to remove the tops and expose the cloves. Place them on a large piece of aluminum foil; drizzle with olive oil and sprinkle with salt. Gather the edges of the foil and press together to enclose the garlic. Roast for 30 minutes. Remove the garlic from the oven and carefully open the foil. Let cool, then squeeze out the softened cloves, discarding the papery skins.

In a blender, combine the roasted garlic and stock and puree. Set aside.

Heat 2 tablespoons of the olive oil in a large Dutch oven over medium heat. Add the onion and carrots and sauté until the onion is translucent. Add the jalapeño and cook for 2 minutes, or until soft. Stir in the ginger and cook just until fragrant. Stir in the stock and the parsley, if using. Add the farro, chicken, and lemon juice. Taste and adjust the seasoning. Serve warm.

SERVES 4

1 ½ cups farro

2 heads garlic

Olive oil

Salt

6 cups low-sodium chicken stock

1 medium yellow onion, diced

2 medium carrots, peeled and sliced into coins

1 jalapeño, thinly sliced (ribs and seeds removed)

1 (1-inch) piece fresh ginger, minced

½ cup chopped fresh flat-leaf parsley (optional)

2 cups shredded cooked chicken breast

Juice of 1 lemon

451 CAL, 11 G FAT (2 G SATURATED), 34 G PROTEIN, 58 G CARB, 3 G SUGAR, 0.5 G FIBER, 198 MG SODIUM

BE A SMOOTHIE MASTER

Here's the great thing about smoothies: You can make them so they're incredibly healthy, filling, and tasty—by mixing and matching ingredients any which way. The downside: It's not all that hard to dump a day's worth of calories in a blender. Just forty-five seconds later, you're demolishing a supermarket aisle in a few gulps. So you have to be smart when concocting your own. Here's the secret formula:

Base layer: Low-fat yogurt (less than 1 cup) or silken tofu, plus a liquid ($\frac{3}{4}$ cup), such as low-fat milk; fruit or vegetable juice (diluted with water for less sugar); nut, rice, or soy milk; or coconut water.

Fruits and veggies: Get after it however you like. Berries and mango work well. Half a banana is nice to add thickness. If you're after a creamy texture but feel like your blend is sweet enough, drop in half an avocado—it brings silkiness without tasting saccharine, and it'll also add healthy fat.

Health boost: Sprinkle in any of the following: ground flaxseed, hemp seeds, chia seeds, nuts, or a small scoop of nut butter.

Zippiness: Some ingredients that can add some sweetness or spice include ginger, cinnamon, lemon or lime zest, unsweetened cocoa powder, honey, dates, and turmeric.



Spinach-Mushroom Omelet

SERVES 4

1 tablespoon olive oil

1 small yellow onion,
chopped

8 ounces mushrooms,
trimmed and thinly sliced

2 ounces baby spinach,
washed

8 large eggs

½ teaspoon salt

4 teaspoons unsalted
butter

¼ teaspoon coarse salt

⅛ teaspoon freshly ground
black pepper

Heat the olive oil in a large nonstick skillet over medium heat. Add the onion and mushrooms and sauté until the mushrooms are browned, about 7 minutes. Add the spinach; cook until wilted, about 4 minutes. Set aside in a strainer (to help drain excess liquid off the spinach). Wipe the pan clean.

In a medium bowl, beat the eggs and the salt with ½ cup water. Add 1 teaspoon of the butter to the skillet and heat over medium-high heat. Pour in ½ cup of the egg mixture. Cook, gently lifting the edge of the eggs with a spatula and tilting the pan to allow the uncooked eggs to run underneath, until the eggs are set, about 1 minute. Spoon ¼ of the mushroom-spinach mix into the omelet, fold the unfilled half of the omelet over the filling, and slide onto a warm plate. Repeat with the remaining butter, egg mixture, and filling until you have four omelets. Top with the coarse salt and pepper.

229 CAL, 17 G FAT (6 G SATURATED), 15 G PROTEIN,
5 G CARB, 2 G SUGAR, 1 G FIBER, 523 MG SODIUM PER SERVING

Frittata with Bell Peppers and Onions

Preheat the oven to 375°F.

In a medium bowl, whisk together the eggs, egg whites, milk, and lemon juice. Heat the olive oil in an 8-inch non-stick ovenproof skillet over medium-high heat. Add the onion, bell peppers, salt, and black pepper. Cook, stirring, until the onion is tender, about 3 minutes. Stir the vegetables and cheese into the egg mixture, then pour the mixture into the skillet. Bake the frittata until just set in the middle and the cheese has melted, 20 to 25 minutes. Let cool for 4 to 5 minutes, then cut into four wedges and serve.

179 CAL, 10 G FAT (5 G SATURATED), 17 G PROTEIN, 4 G CARB,
3 G SUGAR, 1 G FIBER, 293 MG SODIUM PER SERVING

SERVES 4

4 large eggs

**1 cup egg whites
(about 8 large egg whites)**

2 tablespoons 2% milk

**¼ teaspoon fresh lemon
juice**

⅛ teaspoon olive oil

**½ cup chopped red or
yellow onion**

**½ cup chopped mixed red
and yellow bell peppers**

Pinch of coarse salt

**Pinch of freshly ground
black pepper**

**½ cup shredded cheddar
cheese**



Special-Occasion Veggies

When you're having a crowd for a holiday feast, serve veggies in their fanciest party dresses. You'll love these sides so much, you'll want to make them your mains.

Roasted Brussels Sprouts with Grapes

SERVES 8

1½ pounds Brussels sprouts, trimmed and halved

3 tablespoons olive oil

½ teaspoon coarse salt

¼ teaspoon freshly ground black pepper

**3 large shallots, sliced
¼ inch thick**

2 cups red seedless grapes

1 tablespoon red wine vinegar

⅓ cup unsalted roasted almonds, coarsely chopped

Preheat the oven to 425°F.

On a rimmed baking sheet, toss the Brussels sprouts with 2 tablespoons of the olive oil, the salt, and pepper.

On a separate rimmed baking sheet, toss the shallots and grapes with the remaining 1 tablespoon olive oil. Roast the sprouts and grapes, turning when browned on one side (about 20 minutes for sprouts, 15 minutes for grapes), and roast until browned all over, 25 to 35 minutes total.

Combine the vinegar with 1 tablespoon water and add to the baking sheet with the grapes. As it steams, deglaze the pan, stirring up any browned bits from the pan with a wooden spoon. Toss the grape mixture and sprouts together, and top with the almonds.

149 CAL, 8 G FAT (1 G SATURATED), 4 G PROTEIN, 17 G CARB,
9 G SUGAR, 4 G FIBER, 142 MG SODIUM PER SERVING

Stuffed Acorn Squash with Farro

SERVES 8

5 acorn squashes, halved and seeded

2 tablespoons extra-virgin olive oil, plus more for drizzling

1 teaspoon coarse salt

½ teaspoon freshly ground black pepper

4 cups white button mushrooms, trimmed and sliced

1 large yellow onion, diced

1 tablespoon chopped fresh rosemary

4 cups stemmed and chopped Tuscan kale leaves

3 cups cooked farro

1 ¼ cups crumbled goat cheese

1 tablespoon chopped fresh flat-leaf parsley for sprinkling

Red pepper flakes, for sprinkling

Preheat the oven to 375°F.

Drizzle the squashes with 1 tablespoon of the olive oil and season with ½ teaspoon of the salt and ¼ teaspoon of the black pepper. Arrange the squashes, cut sides down, on two rimmed baking sheets. Pour ¼ cup water into each sheet. Bake until just tender, 25 to 45 minutes. Remove from the oven but leave the oven on. Turn the squashes over and let cool. Scrape the flesh from 8 halves into a bowl with a fork, leaving a wall at least ¼ inch thick. Scrape the remaining 2 halves completely and discard the shells.

Heat the remaining 1 tablespoon olive oil in a large non-stick skillet over medium-high heat. Add the mushrooms, onion, and rosemary and cook, stirring, until the onion is soft, about 6 minutes. Add the kale and cook until wilted, 1 to 2 minutes. Stir in the farro and squash flesh. Season with the remaining ½ teaspoon salt and ¼ teaspoon black pepper. Remove from the heat. Fold the cheese into the filling. Divide among the 8 squash shells and bake on the rimmed baking sheets until golden, 35 to 45 minutes. Drizzle with the olive oil and sprinkle with the parsley and red pepper flakes.

309 CAL, 9 G FAT (4 G SATURATED), 11 G PROTEIN, 51 G CARB, 1 G SUGAR, 8 G FIBER, 363 MG SODIUM PER SERVING



Green Beans with Tahini

Bring a large pot of water to a boil. Cook the green beans until bright green and crisp-tender, 2 to 3 minutes. Drain and plunge into a bowl of ice water. Once cooled, drain again and blot dry.

In a small bowl, whisk together the tahini, lemon juice, garlic, cayenne, olive oil, $\frac{1}{4}$ teaspoon of the salt, and 3 tablespoons water.

Heat the vinegar in the microwave until hot, about 20 seconds. Pour over the shallot. Let it pickle until cool, about 10 minutes. Drain. Toss the green beans with the dressing, the remaining $\frac{1}{4}$ teaspoon salt, the black pepper, mint, and sesame seeds. Top with the shallot and radish.

Tip: Instead of a butter-and-flour roux, use tahini to thicken soups (say, a creamy bisque) and add a delicious nutty note. Stir it in while the soup is cooking; aim for a spoonful or two of tahini per serving.

109 CAL, 8 G FAT (1 G SATURATED), 3 G PROTEIN, 7 G CARB,
3 G SUGAR, 2 G FIBER, 129 MG SODIUM PER SERVING

SERVES 8

1 $\frac{1}{4}$ pounds green beans, trimmed

$\frac{1}{4}$ cup tahini

2 tablespoons fresh lemon juice

1 small garlic clove, minced

Pinch of cayenne pepper

2 tablespoons extra-virgin olive oil

$\frac{1}{2}$ teaspoon coarse salt

$\frac{1}{4}$ cup red wine vinegar

1 large shallot, thinly sliced

$\frac{1}{4}$ teaspoon freshly ground black pepper

2 tablespoons chopped fresh mint

1 tablespoon sesame seeds, toasted

Sliced radish, for garnish



Roasted Sweet Potatoes with Ginger and Curry

SERVES 8

6 medium sweet potatoes, cut into 1 1/2-inch pieces

1 (3-inch) piece fresh ginger, peeled and cut into thin matchsticks

1/2 cup orange juice (preferably fresh)

2 tablespoons olive oil

1/2 teaspoon coarse salt

1/4 teaspoon freshly ground black pepper

1 teaspoon curry powder

1/2 cup pecans

Preheat the oven to 425°F.

Toss together the sweet potatoes, ginger, orange juice, olive oil, salt, pepper, and curry powder. Spread out on a rimmed baking sheet. Roast for 20 minutes. Stir and add the pecans. Roast, stirring occasionally, until tender and slightly browned, 20 to 30 minutes more.

202 CAL, 8 G FAT (1 G SATURATED), 3 G PROTEIN, 30 G CARB, 10 G SUGAR, 5 G FIBER, 201 MG SODIUM PER SERVING



Kale, Cranberry, and Hazelnut Salad

In a blender, combine the buttermilk, yogurt, tarragon, parsley, lemon juice, garlic, and a generous pinch each of salt and pepper; blend until smooth. Wash the kale leaves and trim away any thick, tough stems; pat dry and tear into small pieces (you'll end up with about 10 cups of kale). Using tongs, toss the kale with the dressing until well combined. Place the kale on a platter and top with the cranberries and hazelnuts.

122 CAL, 6 G FAT (2 G SATURATED), 6 G PROTEIN, 14 G CARB,
7 G SUGAR, 3 G FIBER, 70 MG SODIUM PER SERVING



It's a Superfood

Hazelnuts contain plenty of folate, a nutrient essential for building strong bones and preventing birth defects. Eat the skin for an extra-powerful dose of antioxidants. About 90 percent of the world's supply is grown in my ancestral home of Turkey. Most of that is probably used in Nutella. But I recommend them in salads, sprinkled on cottage cheese, or toasted and spiced as snacks. Eat them my way, please!

Roasted Veggies with Olive Dressing

SERVES 10

2 pounds parsnips, peeled, thin ends trimmed away, halved or quartered lengthwise (depending on thickness)

5 tablespoons extra-virgin olive oil

2 teaspoons coarse salt

2 pounds sweet potatoes, peeled (it's okay if some peel is left on), ends trimmed, cut lengthwise into wedges

½ cup coarsely chopped pitted black, green, or Kalamata olives (or a combination)

3 tablespoons fresh lemon juice

1 tablespoon finely chopped shallot

1 small garlic clove, finely chopped

½ cup loosely packed fresh mint leaves, coarsely chopped

½ cup fresh cilantro leaves, coarsely chopped

Preheat the oven to 375°F.

Toss the parsnips with 1 tablespoon of the olive oil and 1 teaspoon of the salt on a rimmed baking sheet; arrange in a single layer. Toss the sweet potatoes with 1 tablespoon of the olive oil and the remaining 1 teaspoon salt; arrange in a single layer on a separate rimmed baking sheet. Roast the parsnips for 10 minutes; remove and gently stir. Then place the parsnips back in the oven and add the sheet of sweet potatoes. Roast the vegetables, stirring once halfway through, until tender and lightly browned, 40 to 50 minutes more.

Meanwhile, in a small bowl, whisk together the olives, the remaining 3 tablespoons olive oil, the lemon juice, shallot, and garlic. When ready to serve, transfer the vegetables to a platter and spoon the dressing on top. Sprinkle with the mint and cilantro. Serve warm or at room temperature.

196 CAL, 9 G FAT (1 G SATURATED), 2 G PROTEIN, 28 G CARB, 8 G SUGAR, 6 G FIBER, 271 MG SODIUM PER SERVING



Lightened-Up Comfort Foods

These riffs on rich classics are healthified and rebooted with superfood ingredients.

Not-Fried Chicken with Buttermilk Slaw

SERVES 4

1/3 cup low-fat buttermilk

3 tablespoons finely chopped fresh chives or scallion greens

1 tablespoon mayonnaise

1 teaspoon honey

1/2 teaspoon Dijon mustard

1/2 teaspoon coarse salt

1/2 teaspoon freshly ground black pepper

1 (8-ounce) package shredded slaw

1 1/2 cups cooked quinoa

1/4 cup plus 1 1/2 teaspoons olive oil

1 tablespoon finely grated Parmesan cheese

2 tablespoons chopped fresh flat-leaf parsley

1 pound chicken tenders (about 8 pieces)

1 large egg, lightly beaten

Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper.

In a small bowl, whisk together the buttermilk, chives, mayonnaise, honey, mustard, and 1/4 teaspoon each salt and pepper. Toss with the slaw mix and refrigerate.

Toss the quinoa with the 1 1/2 teaspoons olive oil. Spread the quinoa on the baking sheet and bake, stirring occasionally, until slightly dry and golden, about 20 minutes. (Keep the oven on.) Let the quinoa cool. Mix the quinoa with the cheese, parsley, and the remaining 1/4 teaspoon each salt and pepper.

Dip the chicken, one piece at a time, into the beaten egg, then in the quinoa mixture, turning and pressing to coat both sides. Heat the 1/4 cup olive oil in a large nonstick skillet over medium-high heat. Cook the chicken, in batches if necessary, until golden, 2 to 3 minutes per side. Transfer to a baking sheet and bake until cooked through, 3 to 5 minutes. Serve with the slaw.

See the photo on page 307.

330 CAL, 15 G FAT (3 G SATURATED), 29 G PROTEIN, 19 G CARB, 5 G SUGAR, 3 G FIBER, 413 MG SODIUM PER SERVING

Macaroni and Cheese with Butternut Squash

Preheat the oven to 375°F. Grease a 2- to 2½-quart shallow baking dish.

Bring a large saucepan of water to a boil. Add 1 teaspoon of the salt and the pasta. Cook according to the package directions until al dente, adding the squash for the last 4 minutes of the cooking time. Reserve ½ cup of the cooking water, then drain. Wipe the pan dry and set aside. Whisk together the milk, reserved cooking water, flour, mustard, Worcestershire sauce, and pepper in a measuring cup.

Meanwhile, heat the 2 teaspoons olive oil over medium heat in the dry saucepan. Add the onion and the remaining ½ teaspoon salt and cook, stirring, until softened, about 5 minutes. Add the milk mixture, raise the heat to medium-high, and cook until thickened slightly, 2 to 3 minutes. Remove from the heat. Add 2½ cups of the cheese and stir until smooth. Add the pasta and squash to the cheese mixture and toss gently. Spoon into the baking dish. Sprinkle the pasta with the remaining ½ cup cheese. Bake until golden and bubbling, 15 to 20 minutes.

SERVES 6

- 1½ teaspoons coarse salt
- 8 ounces whole wheat or quinoa pasta elbows, shells, or fusilli
- 3 cups diced (¼ inch) butternut squash
- 1½ cups 2% milk
- 2 tablespoons whole wheat flour (preferably white whole wheat)
- 1 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce
- ½ teaspoon freshly ground black pepper
- 2 teaspoons olive oil, plus more for the baking dish
- 1 medium yellow onion, finely chopped
- 3 cups grated sharp cheddar (9 ounces)

396 CAL, 18 G FAT (10 G SATURATED), 18 G PROTEIN, 44 G CARB, 6 G SUGAR, 5 G FIBER, 518 MG SODIUM PER SERVING

Ginger-Scallion Wings

SERVES 4

2 tablespoons safflower oil, plus more for the baking sheet

2 pounds chicken wingettes (tips removed) and drumettes

1 ¼ teaspoons coarse salt

6 scallions, finely chopped

1 tablespoon chopped fresh ginger

¼ teaspoon red pepper flakes

Preheat the oven to 450°F.

Lightly oil a rimmed baking sheet, then arrange the chicken on the sheet in a single layer. Season with ¼ teaspoon of the salt. Roast until golden brown and crisp, about 35 minutes. While the chicken roasts, in a food processor, combine the scallions, ginger, the remaining 1 teaspoon salt, the red pepper flakes, and the 2 tablespoons safflower oil until smooth. Remove the chicken from the oven and toss with the sauce in a large bowl. Return them to the baking sheet and roast until the sauce sets, about 15 minutes more.

291 CAL, 22 G FAT (5 G SATURATED), 21 G PROTEIN, 2 G CARB, 1 G SUGAR, 1 G FIBER, 689 MG SODIUM PER SERVING



Baked Fries

Preheat the oven to 425°F.

Cut the potatoes into ½-inch-thick wedges. Spread on a nonstick baking sheet; toss with the olive oil, rosemary, and salt. Bake until golden brown on the bottoms, 30 to 35 minutes. Turn the fries and bake until golden brown all over, 10 to 15 minutes more.

389 CAL, 14 G FAT (2 G SATURATED), 7 G PROTEIN, 62 G CARB,
2 G SUGAR, 5 G FIBER, 258 MG SODIUM PER SERVING

SERVES 2

2 large Yukon Gold
or baking potatoes
(about 12 ounces each)

2 tablespoons olive oil

1 tablespoon chopped fresh
rosemary

¼ teaspoon coarse salt



Dark Chocolate and Beet Brownies

Preheat the oven to 350°F. Grease an 8-inch square glass baking dish.

Puree the beets in a blender with orange juice until smooth, about 30 seconds. In a medium bowl, whisk together the flour, cocoa powder, baking powder, and salt.

Set a stainless-steel (or other heatproof) bowl over a saucepan of simmering water (be sure the bottom of the bowl does not touch the water). Put the butter and chocolate in the bowl and heat, stirring occasionally, until melted and smooth, 4 to 5 minutes. Remove from the heat and whisk in the sugar. Whisk in the eggs, one at a time, until each is incorporated. Stir in the beet mixture and vanilla. With a spatula, fold in the flour mixture and the nuts (if using) to just combine.

Pour the batter into the baking dish. Bake until slightly puffed and firm to the touch, 25 to 30 minutes. Let cool on a wire rack. Cut into 12 pieces.

191 CAL, 10 G FAT (7 G SATURATED), 3 G PROTEIN, 24 G CARB, 18 G SUGAR, 1 G FIBER, 111 MG SODIUM PER SERVING



It's a Superfood

Beets are a good source of vitamin C, fiber, and potassium. Many of us are scarred by the tasteless sliver of beet on our elementary school lunch plate, but it's become my

favorite veggie of all, roasted with a drizzle of olive oil, salt, and pepper.

SERVES 12

4 ounces precooked peeled whole beets (from an 8-ounce package), chopped

1/3 cup orange juice

1/2 cup whole wheat or all-purpose flour

1/4 cup unsweetened cocoa powder

1 teaspoon baking powder

1/4 teaspoon fine salt

4 tablespoons (1/2 stick) unsalted butter, plus more for the baking dish

6 ounces bittersweet chocolate (such as 70% cacao), finely chopped

1/2 cup firmly packed dark brown sugar

3 large eggs

2 teaspoons pure vanilla extract

1 cup chopped unsalted walnuts or pistachios, toasted (optional)

Chocolate Thins

**MAKES 16; SERVING
SIZE 4 PIECES**

**4 ounces bittersweet
chocolate, finely chopped**

½ teaspoon canola oil

1 tablespoon unsalted nuts

**1 tablespoon pomegranate
seeds**

**1 tablespoon dried fruit
(chopped, if large)**

**1 tablespoon candied
ginger**

Put the chocolate and canola oil in a microwave-safe bowl and microwave on high for 1 minute. Stir until smooth and cool to the touch. Line a baking sheet with parchment paper. One teaspoon at a time, dollop the chocolate onto the baking sheet, spreading each dollop out with the back of a spoon.

In a small bowl, mix together the nuts, pomegranate seeds, dried fruit, and candied ginger and spoon the mixture over the rounds. Chill until firm, about 1 hour. Keep the chocolates refrigerated until ready to serve.

188 CAL, 15 G FAT, 4 G PROTEIN, 19 G CARB, 12 G SUGAR,
4 G FIBER, 2 MG SODIUM PER SERVING



It's a Superfood

Recent research shows that chocolate contains compounds that could help lower your blood pressure and “bad” cholesterol levels. (Experts recommend the extra-dark kind.)



Banana “Ice Cream”

Puree the frozen bananas in a blender or food processor until creamy. Place in an airtight container and freeze for at least 1 hour. Scoop and serve.

Healthy Flavor-Upper: This one-ingredient dessert is great on its own, but if you’re craving something fancier, you can mix in frozen berries as you blend. Or try topping with cocoa powder, cinnamon, or a drizzle of honey and some chopped nuts.

105 CAL, <1 G FAT, 1 G PROTEIN, 27 G CARB, 14 G SUGAR,
3 G FIBER, 1 MG SODIUM PER SERVING

Chocolate-Dipped Clementines

Heat the chocolate and the canola oil in a microwave on high for 45 seconds. Stir until smooth. Line a baking sheet with parchment paper. Peel the clementines and separate into sections. Dip each section halfway into the chocolate, then into the pistachios, and arrange on the baking sheet. Chill until set, about 25 minutes. Keep refrigerated until ready to serve.

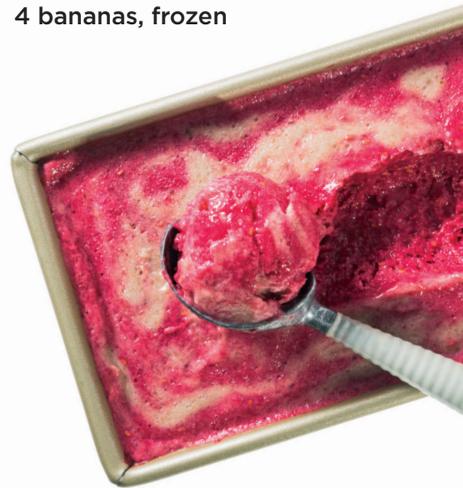
133 CAL, 8 G FAT (4 G SATURATED), 3 G PROTEIN, 17 G CARB,
11 G SUGAR, 3 G FIBER, 1 MG SODIUM PER SERVING

It’s a Superfood

Clementines bring a nice helping of calcium, folate, and vitamin C to the table.

SERVES 4

4 bananas, frozen



SERVES 4

2 ounces bittersweet chocolate, finely chopped

½ teaspoon canola oil

4 clementines

2 tablespoons shelled unsalted pistachios, finely chopped



PUMP UP YOUR POPCORN

Make this whole-grain snack tastier with add-ins. Mist 5 cups of air-popped popcorn with cooking spray (so toppings stick) and dust on the fun flavorings here.



CURRY POWDER AND COCONUT SHAVINGS

($\frac{1}{2}$ teaspoon + 2 tablespoons)



GRATED PARMESAN AND DRIED OREGANO

(2 tablespoons + $\frac{1}{2}$ teaspoon)



MELTED DARK CHOCOLATE AND SEA SALT

(1 ounce + $\frac{1}{2}$ teaspoon)

