

June 1, 2009

healthy living made easy



201 WAYS
TO CELEBRATE
SUMMER

First

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BEAUTIFUL ENERGY

ARAH CHALKE shares 5 little
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11 BARE-BODY SECRETS

FEEL GREAT EVERY DAY

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Fajitas



KEY LIME CHEESECAKE

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So EASY!



Catfish

Healthy to-go meals

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Sharpens focus!

Hummus-Chicken Wrap

"I like a hearty meal I can hold in one hand, and this protein-packed wrap fits the bill," says Denise Baron, culinary director at Burtons Grill in Boston. Her prep trick: "To keep the tortillas from getting soggy, I line each one with a dry lettuce leaf before adding the moist filling."

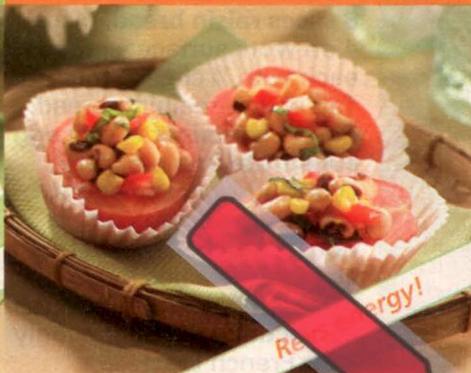
To do: In medium bowl, mix 1 cup diced vegetables, like carrots, red peppers, cucumbers, tomatoes and onions; 2 Tbs. feta cheese; ¼ cup diced cooked chicken and 1 Tbs. Greek or Italian dressing. Line 2 whole-wheat tortillas with rinsed and dried lettuce leaves. Divide ¼ cup prepared hummus between tortillas; spread. Divide chicken-vegetable mixture between tortillas; roll to secure filling. Wrap in parchment paper, then in foil.

Health perk: The garbanzo beans in hummus are a terrific source of tyrosine and phenylalanine. These amino acids are critical precursors of dopamine, a neurotransmitter that instantly heightens motivation and focus. What's more, the potassium in romaine lettuce thins blood, improving the flow of energizing oxygen to brain cells.



Chef Denise Baron

JUST RIGHT FOR WORK



Recharges energy!

Black-Eyed Pea Salad

"This summery vegetable medley is a staple on my dining table and in my lunch box," reveals Virginia Willis, author of *Bon Appétit, Y'all: Recipes and Stories from Three Generations of Southern Cooking* (Ten Speed Press, 2008). "When I'm making it to go, I dress the salad with a tangy vinaigrette instead of mayonnaise to keep the veggies tasting light and fresh."

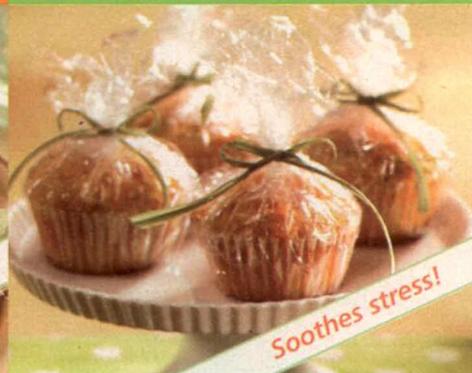
To do: In medium bowl, combine ¼ cup cooked corn; 1 cup canned black-eyed peas, rinsed and drained; ½ onion, finely chopped; ½ tsp. minced garlic and ¼ cup basil, sliced. Drizzle with 3 Tbs. prepared vinaigrette; toss to coat. Divide salad evenly between 2 halved, hollowed-out tomatoes. Place each in paper cupcake liner, then wrap tightly in foil or plastic wrap.

Health perk: A single tomato packs over half the RDA of vitamin C. This nutrient is required for the synthesis of carnitine, a compound that helps convert the body's fat stores into fuel. Plus, the vinegar in the salad dressing decreases the glycemic index of high-carb meals, warding off energy-sapping blood sugar swings.



Chef Virginia Willis

GREAT FOR A BALL GAME



Soothes stress!

Savory Cheddar Muffins

"These multigrain muffins are the ideal size for a pick-me-up when I'm on the run," says Jackie Keller, founding director of NutriFit, a meal-delivery service in Los Angeles. "I bake them in paper cupcake liners and tie them up in plastic wrap, which keeps them moist for days."

To do: Heat oven to 375°F. In bowl, combine ¾ cup cornmeal, ½ cup each whole-wheat flour and all-purpose flour, 2 Tbs. sugar, 1 Tbs. baking powder, ½ tsp. salt, 1 cup skim milk, ½ cup canola oil, 1 egg, 1 cup frozen corn kernels and 1 can (4 oz.) green chiles until blended. Divide batter evenly among wells of paper-lined 12-well muffin pan. Divide ½ cup shredded reduced-fat sharp Cheddar cheese among wells. Bake 20 min., or until toothpick comes out clean.

Health perk: The pantothenic acid in corn helps regulate the adrenal glands' output of norepinephrine and other hormones that improve the body's resilience to stress. Plus, Cheddar cheese is a top source of tryptophan, a crucial precursor of the mood-boosting neurotransmitter serotonin.



Chef Jackie Keller