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comfort zone

THESE HEARTY DISHES MAY SEEM LIKE SPLURGES, BUT THERE'S NO NEED TO SAVE THEM FOR CHEAT DAYS—EACH ONE COMES IN AT AROUND 450 CALORIES OR FEWER.

RECIPES BY KATIE WEBSTER PHOTOGRAPHS BY TARA DONNE



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DISPLAY UNTIL JANUARY 7

Chile Relleno Grilled Cheese

SERVES: 4

HANDS-ON TIME: 30 minutes

TOTAL TIME: 30 minutes

- 4 poblano peppers
- 1 avocado
- 2 teaspoons fresh lime juice
- 1/2 teaspoon salt
- 8 slices whole-wheat bread
- 3 ounces shredded Monterey Jack (about 3/4 cup)
- 2 large eggs, lightly beaten
- 2 tablespoons nonfat milk
- 1/2 teaspoon chili powder
- 1 tablespoon unsalted butter
- 2 teaspoons canola oil

1. Place an oven rack in the upper third of the oven. Preheat the broiler to high. Place poblanos on a rimmed baking sheet lined with aluminum foil and broil, turning occasionally, until blistered and charred on all sides, about 10 minutes. Transfer to a bowl, cover and set aside to cool.

2. Meanwhile, mash avocado in a small bowl with lime juice and salt. Spread avocado mixture on four slices of bread. Divide Monterey Jack among remaining slices. When peppers are cool enough to handle, peel off charred skin, remove stems and seeds and cut in half. Layer pepper halves over cheese and top with avocado-smeared bread.

3. Whisk together eggs, milk and chili powder in a shallow dish. Dip two sandwiches into egg mixture, coating the tops and bottoms but not the sides.

4. Melt 1 1/2 teaspoons butter and 1 teaspoon oil in a large heavy skillet over medium heat; swirl to coat. Lay the two sandwiches in skillet and cook until golden on the bottom, 3 to 5 minutes. Carefully flip and reduce heat to medium low. Continue cooking until second side is golden and cheese is melted, 3 to 5 minutes more. Dip remaining sandwiches in egg mixture and repeat cooking process over medium-low heat.

NUTRITION FACTS PER SERVING:

391 calories, 18 g protein, 33 g carbohydrate, 21 g fat (8 g saturated), 6 g fiber, 439 mg sodium

Edamame-and-Kale Fried Quinoa

SERVES: 4

HANDS-ON TIME: 30 minutes

TOTAL TIME: 40 minutes

- 1 cup quinoa
- 2 cups vegetable broth
- 2 tablespoons peanut or canola oil
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger

- 1 cup finely chopped red cabbage
- 1 small red bell pepper, diced
- 1 cup frozen edamame, thawed
- 2 cups stemmed, thinly sliced kale leaves
- 2 tablespoons reduced-sodium soy sauce
- 1/4 teaspoon pepper, preferably white
- 4 large eggs
- Sriracha (optional)
- Cilantro leaves (optional)

1. Toast quinoa in a medium saucepan over medium-high heat, swirling pan occasionally, until fragrant, 3 to 5 minutes. Rinse quinoa in a fine-mesh sieve under cool water; return to saucepan, add broth and bring to a boil over high heat. Cover, reduce heat to low and simmer until liquid is absorbed, 15 to 20 minutes. Spread quinoa on a rimmed baking sheet to cool.

2. Heat 4 teaspoons oil in a large skillet over medium-high heat. Add garlic and ginger and cook, stirring constantly, until fragrant but not browned, 30 seconds to 1 minute. Add vegetables and cook, stirring constantly, until tender, 3 to 5 minutes. Add soy sauce, pepper and quinoa and cook, stirring often, until heated through, about 2 minutes.

3. Brush remaining oil in a large nonstick skillet and place over medium-high heat. Crack eggs into skillet and cook 3 to 4 minutes for sunny-side up; for over easy, flip and cook until the white is set, 1 to 2 minutes more.

4. Divide quinoa among four plates, top each serving with an egg, and garnish with sriracha and cilantro if desired.

NUTRITION FACTS PER SERVING:

365 calories, 18 g protein, 39 g carbohydrate, 16 g fat (3 g saturated), 6 g fiber, 781 mg sodium

Put an Egg on It

Seriously: A fried egg is the simplest way to turn a salad, roasted veggies or sautéed greens into a satisfying meal (thanks to its six grams of hunger-busting protein) that feels like a splurge. Go to fitnessmagazine.com/friedegg for a foolproof how-to.

Cauliflower Macaroni and Cheese With Golden Bread Crumbs

SERVES: 6

HANDS-ON TIME: 25 minutes

TOTAL TIME: 50 minutes

Nonstick cooking spray

- 8 ounces whole-wheat elbow pasta
- 4 cups small cauliflower florets
- 2 3/4 cups low-fat milk
- 1/4 cup all-purpose flour
- 2 teaspoons Dijon mustard
- 1 teaspoon coarsely chopped thyme
- 1/2 teaspoon salt plus a pinch
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground pepper, preferably white
- 4 ounces shredded Gruyère (about 1 cup)
- 1 ounce grated Parmesan (about 1/4 cup)

SUCCESS SECRET

SPLIT THE DIFFERENCE

Substituting half the amount of high-cal ingredients healthifies comfort foods without robbing them of their richness. Here are our top five swaps and the calories you'll save.

SWAP	FOR	SAVE
Heavy cream	Evaporated fat-free milk	40 calories per tablespoon
Large egg	Large egg white	55 calories
Mayonnaise	Nonfat Greek yogurt	86 calories per tablespoon
85% lean ground beef	Diced mushrooms	164 calories per 3 ounces
Spaghetti	Zucchini "noodles"	179 calories per cup

*To learn how to turn squash into spaghetti, go to fitnessmagazine.com/veggievideos.



- 2 tablespoons panko bread crumbs, preferably whole-wheat
- 1 teaspoon extra-virgin olive oil
- ½ teaspoon paprika

1. Coat a 2½-quart baking dish with cooking spray. Preheat the oven to 400°. In a large pot, cook pasta for 1 minute less than package instructions call for, adding cauliflower to pot 4 minutes before pasta is done. Drain thoroughly and return pasta and cauliflower to pot.

2. Meanwhile, whisk together ½ cup milk, flour, mustard, thyme, ½ teaspoon salt, garlic powder and pepper in a small bowl. Heat remaining milk in a medium saucepan over medium heat until steaming but not simmering. Whisk flour mixture into milk and continue cooking, stirring often, until thickened and bubbling, about 4 minutes. Remove from heat and stir in Gruyère and Parmesan until melted and smooth.

3. Stir cheese sauce into pasta and cauliflower and transfer to prepared baking dish. Combine bread crumbs, oil, paprika and pinch of salt in a small bowl. Top macaroni and cheese with bread crumb mixture and bake until bubbling and golden, 22 to 25 minutes. Let sit 10 minutes before serving.

NUTRITION FACTS PER SERVING:
326 calories, 19 g protein, 43 g carbohydrate, 10 g fat (5.4 g saturated), 5 g fiber, 467 mg sodium

Chickpea Curry–Stuffed Sweet Potatoes

SERVES: 4

HANDS-ON TIME: 20 minutes

TOTAL TIME: 70 minutes

- 4 sweet potatoes (about 2½ pounds total), scrubbed
- 4 teaspoons canola oil
- 1 tablespoon minced garlic
- 2 teaspoons minced ginger
- 4 teaspoons curry powder
- 1 14.5-ounce can no-salt-added tomatoes
- 1 cup light coconut milk
- 1 tablespoon brown sugar
- 1 tablespoon apple cider vinegar
- ½ teaspoon salt
- 6 cups loosely packed baby spinach
- 1 15.5-ounce can chickpeas, rinsed and drained
- ¼ cup roughly chopped cilantro, plus leaves (optional)

1. Preheat the oven to 400°. Place sweet potatoes on a rimmed baking sheet lined with aluminum foil and bake until soft, 60 to 70 minutes.

2. When sweet potatoes have about 15 minutes left to cook, heat oil in a large skillet over medium-high heat. Add garlic and ginger and cook until

fragrant but not browned, 30 seconds to 1 minute. Add curry powder and cook until fragrant, 15 to 30 seconds. Add tomatoes, coconut milk, brown sugar, vinegar and salt and bring to a simmer, scraping up any spices from bottom of skillet. Add spinach and cook, stirring occasionally, until bright green and wilted, about 3 minutes. Stir in chickpeas and cook until heated through, 1 to 2 minutes.

3. Split sweet potatoes down the middle and push sides to open them up. Stir chopped cilantro into chickpea mixture and ladle over sweet potatoes. Garnish with cilantro leaves if desired.

NUTRITION FACTS PER SERVING:
421 calories, 12 g protein, 72 g carbohydrate, 10 g fat (3.6 g saturated), 15 g fiber, 656 mg sodium



Cheesy Does It

When cooking with cheddar, Monterey Jack or other semifirm cheeses, don't go any lower than one with 33 percent less fat, says Alison Lewis, the author of *150 Best Grilled Cheese Sandwiches*. "Otherwise you'll end up with a rubbery texture instead of an ooey-goey one."

Lentil-Turkey Meatballs on Grilled Bread

SERVES: 4

HANDS-ON TIME: 20 minutes

TOTAL TIME: 30 minutes

- Nonstick cooking spray
- ½ cup rinsed and drained canned lentils
- 1 large egg
- ¾ ounce finely shredded Parmesan (about 3 tablespoons) plus additional for sprinkling (optional)
- 1 tablespoon Dijon mustard
- ½ teaspoon black pepper
- ¾ pound 93 percent lean ground turkey
- ½ cup bread crumbs, preferably whole-wheat
- 4 tablespoons prepared pesto
- 1 tablespoon seasoned rice wine vinegar

- 1 tablespoon water
- 4 slices rustic whole-grain bread
- 2 teaspoons extra-virgin olive oil
- 2 cups baby arugula

1. Preheat the oven to 425°. Line a rimmed baking sheet with aluminum foil and coat with cooking spray.

2. In a large bowl, lightly mash lentils with a fork. Add egg, 3 tablespoons Parmesan, mustard and pepper and stir to combine. Add turkey and bread crumbs to lentil mixture and knead gently until just combined.

3. Form turkey mixture into 12 meatballs, about 2 tablespoons each, and place on prepared baking sheet. Bake until no longer pink in the center, 14 to 16 minutes.

4. Meanwhile, combine pesto, vinegar and water in a small bowl. Brush bread with oil on one side and lay oil side down in a large skillet. Toast over medium heat, about 6 minutes. Divide bread among four plates, toasted side up. Top with meatballs, pesto mixture, arugula and, if desired, Parmesan.

NUTRITION FACTS PER SERVING:

463 calories, 31 g protein, 37 g carbohydrate, 21 g fat (4.7 g saturated), 7 g fiber, 742 mg sodium

Maple-Walnut Pizza With Chicken Sausage

SERVES: 6

HANDS-ON TIME: 15 minutes

TOTAL TIME: 35 minutes

- 4 teaspoons extra-virgin olive oil
- 1 tablespoon cornmeal
- 1 16-ounce ball whole-wheat pizza dough
- ½ cup very thinly sliced red onion
- 4 ounces sharp white cheddar (about 1 cup)
- 5 fully cooked breakfast-style chicken sausage links (such as Aidells), thinly sliced
- 2 tablespoons chopped walnuts
- 2 tablespoons maple syrup
- 3 cups loosely packed field greens

1. Place an oven rack in the lowest position. Preheat the oven to 450°. Brush a rimmed baking sheet with 2 teaspoons oil and sprinkle with cornmeal. Roll out dough to size of prepared baking sheet and transfer to sheet.

2. Brush remaining oil on dough and scatter onion, cheddar, sausage and walnuts over it.

3. Bake pizza until bottom is crisp and starting to brown and cheese is melted and bubbling, 13 to 17 minutes. Drizzle with maple syrup and top with field greens.

NUTRITION FACTS PER SERVING:

386 calories, 16 g protein, 42 g carbohydrate, 18 g fat (5.9 g saturated), 4 g fiber, 649 mg sodium

